

checklist:

Heavy bleeding

- Rest, rest, rest *deeply* at menstruation.
- Reduce stress overall in your life and by cooperating as much as possible with the rhythm of the cycle.
- Make sure you are very well nourished, (see the section on Nourishment in the HH course)
- Clean up your environment and consider doing a detox programme with a qualified practitioner. (see the section on Detoxing in the HH course)
- The Deer Exercise is excellent for reducing excessive bleeding.
- Avoid tampons and try *cloth* menstrual pads.