



woman problems, *period.*

with Kristi & Candice

MY FUNCTIONAL
pharmacist

Episode 9 | 10 Tips to Help Ease PMS, Part 1

Time to make your time of the month less of a problem!!

On this episode, we're celebrating our announcement of OvaryActing: My PMS Problem Packs coming SOON to our website to order. For those of you who missed the announcement on the last episode, we are launching a line of professional-grade supplements that we've thoroughly researched and placed into convenient dose packs to help make your time of the month less of a problem. If you're interested in being notified of its release feel free to email us info@myfunctionalpharmacist.com and we'll keep you posted!

Since supplements are one piece of the puzzle, in this episode we will primarily focus on lifestyle factors that help ease PMS. Of course, before you hit play, please remember this podcast is for informational or educational purposes only and does not substitute professional medical advice or consultations with healthcare professionals. Always follow up with your OBGYN or PCP to ensure excessive pain isn't coming from an underlying source. Please free to email info@myfunctionalpharmacist.com or DM us @myfucntionalpharmacist if you have any topics you'd like to us to dive into or specific questions. We'd love to hear from you!

So let's get started and talk about our woman problems, period.

Hosts: Kristi F. Teague, PharmD, MBA and Candice Burtner, PharmD

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Transcript: Please note that there might be some errors due to transcription software.

Kristi F. Teague, PharmD, MBA ([00:00](#)):

Welcome back, everybody. Today, we're just gonna dive into some top 10 tips to help ease PMS. But before we talk about that, we've got some exciting news to officially share with y'all. For those that missed the last episode, we were talking about labs and launch, and we talked about our new product called Overreacting. And that is a PMS problem pack. So to help you make your time of the month less of a problem, we've created these problem packs that are full of great supplements dedicated to help your woman problems. So they will be coming soon to our website to order. We'll announce that, you know, all of our social media and what not. So just stay tuned. But we're really excited to officially share this big secret that we've been keeping for a while. So, Candice, do you wanna share a little bit more about, excuse me, the problem packs and

Candice Burtner, PharmD ([01:01](#)):

Yeah.

Kristi F. Teague, PharmD, MBA ([01:02](#)):

What they offer?

Candice Burtner, PharmD ([01:03](#)):

Yes. So we're gonna go in a little bit more detail at the end. But these are, I mean, generally they're pharmacists recommended, right? Who doesn't want that? They're professional grade supplements that we have personally, personally kind of searched through and really dug out the best of the best for you guys. And my favorite part, I think, is that they're inconvenient dose packs that you can just simply rip and take with you or rip them off, and they're all right there in this one little pack. Everything that you need for the morning dose, you can just rip it off everything you need for an evening dose, you can rip that off and take what's in there. So it just makes it so easy to, to take with you, to travel with, you know, whatever, whatever is needed. It's super convenient. So, yeah.

Kristi F. Teague, PharmD, MBA ([02:01](#)):

That's great. I love 'em. I wish I would've had it. This last month, grant and I have been traveling all over the place for weddings and conferences and it would've been so nice to just have a little dose pack Yes. With me to stick in my suitcase or, yeah. Even if you're not traveling, it's great if you're just busy and mm-hmm. <Affirmative>, you know, it's one more thing to take off your plate which we'll talk about, you know, the importance of stress management here today and just how it feeds into everything. So hopefully that'll help. Yeah. Make your time of the month less of a problem. So

Candice Burtner, PharmD ([02:38](#)):

It looks like we have another five star review.

Kristi F. Teague, PharmD, MBA ([02:42](#)):

Yeah. Yes. So excited about that. Do you wanna read? Thank you. Sadie's five star review for us.

Candice Burtner, PharmD ([02:50](#)):

Sure. Okay. So we've got amazing podcast. Great job ladies. This is such a needed podcast in our modern society. So cool to hear from functional pharmacists. I've already shared with several friends. Can't wait for more episodes. Keep up the great work. That is so nice. Thank you Sadie. I love that. Always encouraging to get those little reviews, so thanks for taking the, the time and effort to do that. We really appreciate it.

Kristi F. Teague, PharmD, MBA ([03:18](#)):

Yeah. And as always, you know, if you love the podcast or you've just started listening, but you want other people to hear it as well the biggest way that you can say thank you is by leaving a five star review for us, sharing your comments. We love to hear it. It's super encouraging and we'll feature it, you know, at the beginning of one of our episodes. So thank you guys, and I'm excited to just be on this journey with you guys.

Speaker 3 ([03:45](#)):

Welcome to Woman Problems, Period., a podcast hosted by Kristi and Candice from my functional pharmacist. Our hope and goal of this time together is to broadcast an unscripted hangout dedicated to helping women press play on their wellness journey. So let's get started and talk about our Woman Problems, Period.

Kristi F. Teague, PharmD, MBA ([04:13](#)):

Okay. So today we're gonna talk about our top 10 tips to help ease PMS from a more natural perspective. Of course. So typically when you go to a conventional doctor and you tell them you're having irregular or painful periods, what are they gonna suggest? Really just birth control and NSAIDs, which is just, you know, over-the-counter pain relievers like Tylenol ibuprofen, Motrin, you know, that sort of thing. So not really the best option for those that are wanting to try natural approach or functional approach or more well-rounded, you know, whatever you wanna call it. Of course, you know, those therapies do have some pros, but they of course come with a lot of cons as well. So it is important to weigh out the long-term side effects of going in that direction versus the potential benefits. So, you know, like we always say on this podcast, we're just here to empower you guys with education of what we think should be common knowledge. So Candice has some great education about birth control and NSAIDs, and we'll probably go into this, you know, deeper on another episode cuz it's just so you know, great to talk about. But I'm gonna let her just share some of like the top pearls of, you know, why do we wanna avoid that route? Why do we wanna pursue a more natural approach? You know, what, what is this really gonna do to our body in the long term?

Candice Burtner, PharmD ([05:43](#)):

Yes. Such a great perspective and such good questions, Kristi. So birth con. Yes. And it's for those of us who want something beyond the birth control and NSAIDs, that is definitely what we're gonna go into here. But if you haven't branched into that yet, just, just to know, you know, we're all about common knowledge for women, right? So we want you to know the long-term side effects of birth control and the short-term side effects and the long-term side effects of NSAIDs. And, you know, these are the two most commonly used things to help regulate and deal with cycle issues. So this feels like a, a pretty big deal just to get out there for, for patients, for women of all ages. So some things about birth control, they definitely have their place, right? I spent hormonal birth control is what we're talking about here, the pill, oral contraceptives, a few different names for them, but they have their place for, for birth control and we don't wanna knock them at all.

Candice Burtner, PharmD ([06:49](#)):

But we're going to <laugh>. So mainly because their side effects are not talked about at all. You know, we as pharmacists, we've both seen patients come into the pharmacy and say, yeah, I've gotten put on this, well, you know, have you talked or learned about some of the side effects of this and what to expect? Do you know, long-term risk and benefit? Things like this? And no one ever, no one ever does, and then never know. And some are interested and some are not. And maybe the ones that are not would be if they actually knew what they were. So in short, I'll kind of try and keep this short birth control if you are using it for symptom relief only, which is very common these days. We've got a lot of women who are just using birth or hormone birth control just for PMS symptoms and regularity.

Candice Burtner, PharmD ([07:46](#)):

And if, if you're in that category and it's not needed for birth control, there is another way. Okay. <laugh> the side effects of these things can include anything from mood changes, nausea, headaches, low libido, breast tenderness, changes in our cycle, breakthrough bleeding. Some of those tend to go away after the first few months, but some don't, you know, sometimes they stick around and, and most of the time patients will know if it's just not a good fit for them, you know, pretty much within the first three to six months sometimes earlier than that long-term side effects are gonna include clots. Okay? So blood clots, breast cancer high blood pressure, diabetes and liver disease. And lately you know, I don't know that this is official, but we all know women who have been on hormonal birth control for maybe a decade or more, and then they come off and they have trouble conceiving.

Candice Burtner, PharmD ([08:59](#)):

And this is, this is kind of becoming a bigger deal mm-hmm. <Affirmative>, especially this day in our time. So I think, you know, in general hormones that are, they're shifted, like they're a different chemical than our body would normally produce. And when we put those in our body, they disrupt the entire flow of, of the female body. And so we have to know that there's gonna be side effects from this, right? We have to know that there, there will be consequences for halting some of the flow or disrupting that for a long period of time.

Kristi F. Teague, PharmD, MBA ([09:39](#)):

Yeah. And that's honestly when a lot of people start discovering functional medicine for the very first time because they've been relatively healthy, they're, you know, yeah. In their twenties. And you know, as women are having kiddos later and later in life this is definitely becoming more of a, an issue. I think it was the C d C or, or some accrediting body that put out some stats about one in eight couples now struggles with infertility who are under the age of 30, which is just mind blowing and one in five struggle who are 30 to 39. So a little disheartening, but that's all, you know, a conventional lens. So that just shows the value of seeking a more well-rounded healthcare approach, I think. Yes, yes. Because we really are experiencing this, this issue, so mm-hmm.

Candice Burtner, PharmD ([10:38](#)):

<Affirmative>. Yeah. So we've obviously got some, once we disrupt this flow, some women are gonna recover fine from that. And then some don't, some don't recover very well. And I'm sure a lot of this is genetically, you know, so there'll be some genetics that play a role in this, but it seems that more and more women don't, right? According to the stats, it seems that way as well. And I think a big part of this is, or the reason for this is because we are in what a toxic society. If we talk about endocrine disruptors being everywhere, you know, all around us, we, they're just so much more this day and time. And so

because they're our bodies having to process those already, they're doing the damage to our hormonal system already. It, it kind of makes that recovery process a lot more difficult for our bodies. So

Kristi F. Teague, PharmD, MBA ([11:35](#)):

Definitely, and for those that have been listening along since the beginning, hopefully you guys are starting to see how everything truly, you know, works together in ebbs and flows and our body was created like that on purpose. But of course nothing's ever just a one dimensional viewpoint. So Candice always talks about the hormone triangle and this definitely feeds into that so affecting, you know, your thyroid affecting your adrenal glands and your sex hormones and how they're all interconnected. So I'm sure we'll continue to bring that, you know, picture up of a triangle throughout the rest of our episodes. It's just something that we kind of always teach about. But anyways, I feel like that's a good Yeah. Good moment to just stop and pause. Cause I know that's like a little overwhelming maybe to some folks, but just trying to connect the dots for you. So, but yeah. And then talk to us a little bit about NSAIDs. So are over-the-counter pain relievers. Why should we not pop those like candy? Which is definitely you know, kind of the status quo. Hopefully we're getting away from that more and more, but it's definitely just an accepted thing in our society. Oh, I've got a headache. Oh, I don't feel good. You know, they should be used for a time and a place. So yeah, let's

Candice Burtner, PharmD ([12:58](#)):

Take this pain away. Yeah. Yeah. So NSAIDs are well the most common one that we use that's over the counter is ibuprofen and it's under some different names, Motrin. It's even in like some of the My Dolls. And I think there's a lot of different combinations that, you know, that have it in there. Advil and Motrin are probably the two most famous ones. But these mainly block the production of prostaglandins in our body. Okay? So that's, that's how they work. Prostaglandins are a big part of our defense and repair system and, and mechanism in our body. And so yes, they can contribute to some of the, in the inflammation and pain that we have when there's something going on, but it's for a reason. <Laugh>, you know, it's not just, oh, let me cause this pain, right? It's actually doing something and they're working.

Candice Burtner, PharmD ([14:01](#)):

One of the big things that they're in charge of is helping our uterus to contract when it's needed, when, when that is needed. And so when we block prostaglandins, we are not only pulling some of those mechanisms, mechanisms away that help our uterus contract to help our body detox, things that needs to detox but we're also blocking prostaglandins and lots of other places in our body. So the biggest one is in our stomach, in our gut. When we block them there, it can cause gut lining or stomach lining issues and make us at higher risk for ulcers. And guess what? Also a higher risk for leaky gut. Ugh. Which is what we're always trying to kind of prevent for long-term health, right? So picking and said increases our risk for leaky gut down the road, especially if they're taken often.

Candice Burtner, PharmD ([15:05](#)):

And in hi, the higher doses, you know and they're also kind of getting back to the uterus. They're not letting our uterus fully contract, so it can extend some things, right? But when we, when we are treating this and, and as you'll, we'll probably get to in, in the end of this, but we wanna back up, right? We wanna back up from that and, and kind of go before some of that stuff is needed. So we wanna back up and do some things before our cycle comes to not let things build up so much that our uterus has to

contract so hard and cause all that pain and feel so terrible. That's what our entire protocol's really gonna be about.

Kristi F. Teague, PharmD, MBA ([15:51](#)):

So it all goes back to detox, is what I'm hearing. Yes. From you, which is a great segue into our top 10 tips. But before we do that, I just wanna go back and ask you how would you define often, because that can vary a lot for different folks out there so often to some people maybe, oh, a couple times a year, <laugh> yeah. Or a couple times a day or a week. So I think just giving some more context to that because I thought, oh, just taking a couple every month isn't that big of a deal until I started really realizing, oh my gosh, I'm doing this every single month. Like, I don't know, I just had a wake up call mm-hmm. <Affirmative> that I'm dependent upon these NSAIDs to even function in the day-to-day. And that's not to say that I still don't take some Motrin every once in a while, but I really try to dive into the tin tips that I'm, you know, we're gonna talk about in a second, but mm-hmm. <Affirmative>. Yeah. Candice, just kinda elaborate on yeah. What you think is often. Cause I think that's just an important point.

Candice Burtner, PharmD ([17:07](#)):

Well, ye yes, that's a great point. So often I think I would say using it a couple times every month and, and you think about there are patients that use it not only seven days out of the month a couple, you know, a couple times every day on those seven days, but then you've also got, oh, the headache use throughout the month and, you know, you can, you can easily build up to like, oh, all of a sudden we've taken it 14 days out of 28, you know? Mm-Hmm. <Affirmative>. That is way, way, way too much. And we're definitely gonna have some quick consequences or quick side effects show up if we're taking it that much. I think obviously if it's only a couple times a month, much better <laugh> right? But we still wanna prevent that. Mm-Hmm. <affirmative>, we don't want to be putting extra toxins in our body every month because it, it just kind of can compound, right? On each month when there are other things that we can replace that with to try and get some ease that are going to lighten the loads for the future months. Does that make sense? Absolutely.

Kristi F. Teague, PharmD, MBA ([18:21](#)):

I know. That's great. I mean, we obviously don't want you to suffer, but it is really motivating to implement these lifestyle changes when you know what you're trying to avoid and why. You don't wanna cause leaky gut. Cuz if you're gonna contribute to the leaky gut, then wow, why are you doing any of this? Because yeah, you really gotta get to the root cuz you're gonna keep having food sensitivity reactions and hormone imbalances and feeling sluggish and headaches or, you know, whatever it may be. So yeah, just trying to connect the dots, dots for people because that was something that was really a game changer for my own personal journey and motivation to really implement these all on a consistent basis or, you know, the 80 20 rule at least. So anyways, with all that being said, I think that was yeah, super helpful to clarify and just shed some light and perspective.

Kristi F. Teague, PharmD, MBA ([19:14](#)):

But let's dive into some of these tips. So, you know, of course, you know, before we actually talk about these tips, you know, we want you to still follow up with your traditional, conventional healthcare team, your ob, G Y N, your P C P, whoever that may be. You know, we're not trying to replace any of their advice, just come alongside and compliment it because of, of course, excessive pain. That's not always normal. And so we wanna make sure it's not coming from an underlying source like fibroids or cyst or,

you know, there's a whole sort of <laugh> sort of things that they, that it could be. So anyways, with that being said, let's, let's get into this. So tip number one is hydration. So that just goes back to Candice's point of everything is about detox. So we've gotta get our body flushed with enough water, hopefully it's filtered water.

Kristi F. Teague, PharmD, MBA ([20:16](#)):

You know, we wanna avoid, we've talked about this in our detox episodes, but just a little throwback, you know, we wanna avoid plastic water bottles. We wanna, you know, at least aim for half our body weight and ounces. And we wanna avoid things that are gonna dehydrate us to, so caffeine and alcohol, those aren't only gonna dehydrate us, but gonna impact our, our gut integrity as well. So yeah, just use a habit tracker or there's a bunch of apps on your phone to stay hydrated, but it is just so key for laying a solid foundation. And that's something that, I don't know, I just thought I didn't have time to use the restroom that often when I was working busy hours. And make time for yourself though, like carry the water bottle to work, be the weirdo with like a hundred bottles <laugh>. I don't, I feel like I showed up with my tea, my mushroom coffee, my water bottle, my smoothie, and like just own it because it's truly, you know, helping you in the long run. So yeah,

Candice Burtner, PharmD ([21:26](#)):

Anyways, definitely the number one thing there. Yeah. and then what it also helps with tip number two, right? Mm-Hmm. <affirmative>. So tip number two is to help with, with the bloating. So you can say, you know, limit your salt intake, which can help with bloating. But I would even maybe go further and just say, make sure our minerals are balanced, right? So sometimes limiting salt is not so much to do with just like eating so much salt, but having more salt than all the other minerals in our body and they just don't flow well. So a good multi mineral is very helpful for that sort of balance. Definitely eat, you know, what we're eating is gonna be a big thing, so just eating smaller meals rather than the big ones, right? And this is where your digestive enzymes can come into play.

Candice Burtner, PharmD ([22:25](#)):

Something that happens with our digestion during our cycle and we just don't sometimes we don't, we find that we're not digesting as easy when there's a stressor going on in our body. Our digestion system doesn't work as well. And so those enzymes can come in handy. You know, making sure we're protecting our gut during this time. I love bone broth at this time because it provides such good gut support, but also good protein. If you can use the bross and good easy easy, easily digested proteins are gonna be super helpful. But yes, avoiding processed food and eating more complex carbs like your fruits and vegetables in addition to protein as well. And just, you know, making sure we're using those digestive enzymes if needed along the way if you find that you are more bloated in general. Okay.

Kristi F. Teague, PharmD, MBA ([23:29](#)):

Yeah, that's all great,

Candice Burtner, PharmD ([23:33](#)):

I guess. Okay. I guess I would move on. Yeah, I guess we can put fiber in here too. With the bloating, definitely we could definitely, you know I usually like a lot of fiber every day, but it, this can be an individualized thing if you feel like it's contributing to some of your bloating, maybe pull back on that a little bit. I would say use your intuition here with what you're eating. Eat the foods that seem to cause less bloating for you in general and you know, but I think fiber is good because it's still, if, if you tolerate

it well and you do okay, it's still helping that con you know, that consistency of bullying out toxins during this time as well. So

Kristi F. Teague, PharmD, MBA ([24:20](#)):

Yeah, Candice and I, we had a great conversation before we jumped on the recording just talking about this specific point, you know, do I keep taking the illium husk during if I find that it's bloating? So yeah, like we mentioned in the other episodes, don't jump into five teaspoons a day. You know, that's, that takes a while to, to titrate up to. Yeah. So just, yeah, just know your body and yes, we talk about cruciferous vegetables, but those can also be really bloating. So maybe you just limit the amount and eat them in smaller portions rather than, you know, half your plate of veggies that evening. Mm-Hmm. <Affirmative>. Anyways, just some, I think really good practical tips there. So that was really like five tips in one <laugh>, <laugh>.

Kristi F. Teague, PharmD, MBA ([25:15](#)):

Honestly, which is great. That's classic Candice. And I'm gonna move on to tip three, so get moving. So this'll definitely help with any type of, you know, bloating that you're experiencing as well. At least 30 minutes of exercise is what we recommend typically, you know, at least three to five times a week. But of course, like new data always is coming out about you should be getting X amount of steps. Oh, actually it's this amount. Really just move your body. Mm-Hmm. <Affirmative>, you know, again, just going back to that intuition, obviously want you to get your heart rate up if you can tolerate it, but there's hormonal customization that goes into that too. You know, what you can tolerate. So even something like stretching and yoga is great too. Just getting that blood flow and it'll really help with the pain. I know it's the last thing on earth that we feel like doing when we're struggling, but even doing just simple yoga poses and stretches has really been helpful for me personally. And then when I can tolerate hit training, that sweating is great. Again, just we're detoxing that you know, it was excessive hormones, so yes. Just all ties together.

Candice Burtner, PharmD ([26:37](#)):

It kind of gets back there to activating your lymphatics, right?

Kristi F. Teague, PharmD, MBA ([26:42](#)):

Yes, exactly. Apart

Candice Burtner, PharmD ([26:44](#)):

And stretching and yoga, just yeah. Making sure mm-hmm. <Affirmative>, there's movement going on all around.

Kristi F. Teague, PharmD, MBA ([26:50](#)):

Exactly. Yeah. I love how everything we've talked about is really building upon each episode and hopefully, you know, if you do feel a little lost, just go back to episode one and hopefully that will help <laugh>. But we do reiterate a lot of the same themes because they all really contribute and help just with the lymph, with detox Yeah. Etcetera. So, okay. And another common thing that you've probably heard us talk about has been stress relief. So that is tip number four. And again, this can be different for everybody, everybody de-stresses a little differently, but of course, massage, deep breathing exercises, just getting enough sleep, I mean, that could be a whole tip in and of itself. Mm-Hmm. <Affirmative>

we've talked about on previous episodes, just women require more sleep and it doesn't seem fair, but it is what it is. We have a lot going on.

Kristi F. Teague, PharmD, MBA ([27:49](#)):

We've got a lot to process and with our hormones and emotionally probably too. So definitely prioritize going to bed early, you know, your iPhone has a bedtime reminder, which I'm definitely gonna start utilizing. And yeah, just implementing these sort of things. And also yoga, right? We talked about that. So there's, there's so many different ways to, to help this. And balancing your nervous system is definitely a hot topic right now in functional medicine. So do some research on that if you're not familiar with it. Progressive muscle relaxation is another technique that a lot of folks are talking about. I personally started looking into this and just how can you, you know, stimulate certain muscles to provide relief. I don't know that much about it, I'll be honest yet. But there's definitely some tips that you can have on hand, just different tools in your tool belt when you feel anxious. So yeah, this will all build up. So this isn't necessarily just the week of your cycle. This, like Candice said, is something that we just kind of do all the time. And that way when your cycle comes, hopefully you don't have as strong of those instructions and what not. So any other tips on stress relief? No,

Candice Burtner, PharmD ([29:11](#)):

I mean, I think all those are good. I think if I could pick a favorite, the deep breathing.

Kristi F. Teague, PharmD, MBA ([29:17](#)):

Yes.

Candice Burtner, PharmD ([29:19](#)):

I mean, other than the sleep obviously, but deep breathing is, it's so, it's so easy and simple that we forget to do it, you know? But it's just so, so, so important.

Kristi F. Teague, PharmD, MBA ([29:32](#)):

Yeah. It's, it's pretty wild. So for those that have been following along my pharmacy Instagram, you'll know that my, my dad had a heart transplant about a year ago, and that requires some catheterizations every couple of weeks and what not to check on the, the heart and get a biopsy. And a lot of folks have to get fentanyl and, you know, different benzos to sedate them. And he was able to do the majority of them with just deep breathing, which is Oh wow. Pretty wild. All the doctors were really stunned. But he just didn't like feeling groggy afterwards with all the other medications and since he was having to go so frequently. So he's been able to get through a lot of procedures with even putting in like the right heart cath and yeah. Anyways, that are medical folks you can really appreciate that. Just goes to show, my whole point of that is just the power of deep breathing.

Kristi F. Teague, PharmD, MBA ([30:39](#)):

So he's gotten really into it over the last couple years and it's been really motivating and inspiring for me to just pause and remember, okay, yeah, let's, let's breathe. And of course you can do, you know, where you put your finger on one nostril and breathe through one nostril and then flip I think that's called something, I don't know. You do it for a certain <laugh>. Yeah, we'll have to have a breath specialist. Come on. I know, I know. We could really dive into all that, but for sake of time Yeah, we'll keep, we'll keep going. And of course, meditation, it should be, you know, probably on this list and journaling,

reading your Bible prayer, whatever your spiritual practice is writing, just yes. Yeah, just figuring out what works consistently. We talk about that all the time. Consistency is key. Yes.

Kristi F. Teague, PharmD, MBA ([31:34](#)):

All right. And another thing that is really helpful for stress relief and just pain is your heating pad. So a warm compress. So this is tip number five, figuring out what works well for you. Everybody uses a little different style, but I have a couple <laugh> that I rotate through and love and that's always just an amazing thing to get me through those times that I wanna reach for Advil. And that's just personally been, yeah, something that I've implemented more and more of just using heat. And they make different styles of this too. I know one brand of the, like organic tampons and what not, feminine products, they have a little patch that you can put on your lower abdomen and we're not an affiliate of them. But just some alternative options if you're looking for what we call non-farm therapy as just like, okay, maybe you're at work and you can't have a heating pad on because you don't work from home, so what's another solution?

Kristi F. Teague, PharmD, MBA ([32:47](#)):

Well, maybe I can go buy one of these sticky things and place it on a lower abdomen and it generates heat over time. So just, just an option. And tip number six kind of goes along with that. There are some really cool technologies coming out recently, and we haven't tried them yet, but we did order one. I ordered one for myself. The tins unit technology has been around forever, but there's a couple brands that are starting to advertise it specifically for painful periods, which was so interesting. So I actually ordered the livia, I think is what it's called, <laugh> for myself to, I'll keep y'all posted to see how it helps, but it's really neat. No wires or anything like that. So of course we have to worry about like EMFs and things like that with Bluetooth, but it's again, goes back to, okay, I'm trying to weigh out the pros and cons of everything. You can't be perfect and that aim of perfection of a holistic lifestyle is gonna cause you more stress and lead to bigger issues. We've talked about that. But anyways, I'm excited because hopefully it'll continue to help and we can share that with other people. Yeah. And anyways, just something to look into. So we're not experts on that technology by any means, but it's been something that's kind of been talked about a lot. Yeah.

Candice Burtner, PharmD ([34:17](#)):

Anything that's helpful that's not contributing to inflammation, you

Kristi F. Teague, PharmD, MBA ([34:22](#)):

Know. Exactly. These are.

Speaker 3 ([34:25](#)):

All right. Well, thank you for hanging out with us today. As always, if you're interested in following along for more content, be sure to subscribe to our podcast, give us a review, and check out our social media for updates along the way. Until then, we hope you found this motivating as you seek to optimize your own health and take care of your woman problems. Period.

Episode 10 | 10 Tips to Help Ease PMS, Part 2

Candice Burtner, PharmD ([00:00](#)):

Hey everyone. Happy Wednesday and welcome back to Woman Problems, Period. Last episode, we started talking about our top 10 tips to help ease PMs from a functional approach, but we only made it about halfway. So today we are jumping right back in with tip number seven. So if you haven't listened to part one yet, highly recommend going back an episode. That way you're all caught up. As always, thanks for hanging out with us and I hope this information helps make your time of the month less of a problem.

Candice Burtner, PharmD ([00:32](#)):

Then we've got tip number seven is avoiding endocrine disruptors. Okay. Mainly changing to organic feminine products, right? Those are available now and they're usually right on the shelf by the other ones that we used to buy decades ago. And it, it's just beautiful that a lot of these different brands have come out now just to make it easier to avoid toxins during that time and, and taking care of everything. So,

Kristi F. Teague, PharmD, MBA ([01:02](#)):

Yeah, and you can even set it up on, you know, auto ship in whatever, whatever place that you shop. You can usually do an auto shipment date, so then you don't really have to worry about, oh, are they out?

Candice Burtner, PharmD ([01:17](#)):

Yeah,

Kristi F. Teague, PharmD, MBA ([01:17](#)):

Yeah. Anyways, that's been

Candice Burtner, PharmD ([01:19](#)):

All the convenient

Kristi F. Teague, PharmD, MBA ([01:20](#)):

After something to, yeah, again, reduce your stress and make sure that you're adherent. That's my biggest thing is yeah, how do we adapt our crazy modern lifestyle to this natural approach when it's not always the easiest. But again, like you said, this stuff is becoming more and more available and accessible, which is just so neat. So, yeah. Yeah. Very cool.

Kristi F. Teague, PharmD, MBA ([01:45](#)):

Welcome to Woman Problems, Period. a podcast hosted by Kristi and Candice from my Functional Pharmacist. Our hope and goal of this time together is to broadcast an unscripted hangout dedicated to helping women press play on their wellness journey. So let's get started and talk about our Woman Problems, Period.

Candice Burtner, PharmD ([02:12](#)):

And then tip number eight is using essential oils. How fun is this? I know this has been a really fun thing for the past few years for a lot of women, but some of the top, if you like, essential oils and you like having them around. Lavender is obviously a soothing one. Peppermint we can use for pain or for headaches. Frankincense oil is great for just healing in general and helping to decrease inflammation. Clary sage oil helps to balance hormones that can actually be used topically and rubbed on the abdomen along with the heating pad and can help with, with cramps and things like that. Along with cypress oil, which also can help with cramps if used topically as well. So any of these you can start to look into. There's some of the top ones that are, that are used for PMS or cycle pain. And you know, mostly it's breathing them in, right? Any type of oil you want to just, if you're rolling them on or using them, you want to get them where you can breathe them in. You can diffuse them. But there's those bottom three or four actually. You can kind of just put on painful areas and mm-hmm. <Affirmative> let them soak in and let them do their thing. So

Kristi F. Teague, PharmD, MBA ([03:42](#)):

I will say if you are gonna diffuse them and you do have pets, just a little PSA that not all oils that are diffused are safe for pets to breathe in as well, they can actually be, you know, pretty detrimental. So just do a quick search cause I'm not sure about these, but anyways, not everybody has a, a fur baby, but I know a lot of listeners do, so, yeah. Yeah, just another thing to think about. I know it's education is really everything.

Candice Burtner, PharmD ([04:14](#)):

Yes. Okay. Tip number nine is using some warm teas or hot teas. We've talked about detox teas before. One of my new favorite ones is that golden milk recipe where you can use turmeric and kind of make this, you know, sweet little golden milk that's anti-inflammatory and also pretty yummy. So a lot of different options here. You know, I think the key is finding some of your favorites and mm-hmm. <Affirmative> and just rotating those in, making sure they're enjoyable. They can be stress relief, but they can also, there are different forms of herbs usually, right? So they all have their own little mechanisms that they're adding to help our bodies cope with whatever is going on during that time. So,

Kristi F. Teague, PharmD, MBA ([05:07](#)):

And mint and dandelion, those are some of the ones that I typically navigate or gravitate towards just for the detox properties. And mint, again, is great for pain. So if you're gonna yeah, breathe it in or have it in a t you can have yeah, multiple forms, so you're

Candice Burtner, PharmD ([05:27](#)):

Right, you're right, pretty

Kristi F. Teague, PharmD, MBA ([05:28](#)):

Neat.

Candice Burtner, PharmD ([05:29](#)):

And then tip number 10 is supplements. And this is where we can kind of talk about our OvaryActing problem pack. That is going to come out pretty soon. You know, some of the main ones, and, and I know we've gone over this before but some of your main ones that are gonna be in here, magnesium we've talked about, can help with cramps, headaches, bloating, just making sure there's no deficiency in that because magnesium is used in so many processes in our body, right? Glutathione, we've talked about

that and how that can help not only our liver detox, a lot of things even before our cycle comes but can also help during our cycle. And remember it has that cool side gig about helping neutralize any dangerous estrogens that are coming along. So also omega three s come into play.

Candice Burtner, PharmD ([06:34](#)):

I would almost say if you, even if you don't use them regular on a regular basis, grab omega threes instead of NSAIDs. And if you can use them on a regular basis the week before, even if it's just the week before your cycle or the week of like somewhere in there on a regular basis, it's gonna help go before the inflammation and make it a lot less. Okay super simple there just to, just to keep that on hand. Be complex, can help with bloating and energy of course. Just making sure we're getting those in. Our you know, your herbs, we can kind of go back to some of the chasteberry, Kristi mentioned dandelion the dong quai, the ginger, parsley, licorice. A lot of these are just known for balancing hormones and helping to ease some of the terrors that come along with them. And, and certainly with when they plummet for our cycle some of these can help improve our progesterone, which is very helpful, right? We've talked about that. And also can help reduce pain. And then lastly, we'll throw out the boswelvia and turmeric, which are both anti-inflammatory. And I would even say this, this is probably maybe a better grab for that instant, instant pain instead of in place of NSAIDs. So,

Kristi F. Teague, PharmD, MBA ([08:07](#)):

Yeah, definitely. And I love our protocol, not only because it's super comprehensive and yeah, it's just we spent a lot of time making sure that it had all the right things and without being too expensive or too complicated for y'all. So a lot of love went into this so that hopefully it can help you, but also because it's got professional grade supplements, <laugh>. Yes. And I think there's, you know, a lot of confusion around that. Why can't I just get some over-the-counter stuff? And you definitely can. And you probably heard me talk about this before as well, so not to beat a dead horse, but just, you know, they're not the same quality or caliber, so like anything, you're gonna pay more for a better quality. And anyways, all that to say, it's just a lot of love and time. And Candice, do you have anything else before I go rambling about the <laugh>? The benefits of professional grade supplements? Yeah. And even like buying them online, you can't always guarantee Yes. That it's gonna be actually, actually all there because people are, you know, taking the vegetable capsules apart, emptying out some of the active ingredient, filling it back together and selling it on Amazon mm-hmm. <Affirmative> and various platforms. And so it could be dangerous too. So yeah. Anyways, I, I can go on and on and we'll probably have an episode just about like the pros of professional grade supplements. Yeah. But yeah, Candice, do you have any other,

Candice Burtner, PharmD ([09:50](#)):

Yeah, so important I think just to make sure the quality that you're getting and ensuring that, because it is kind of a crazy world out there when it comes to medication and supplements. Yeah. And so just having trusted resources is a big deal. You want to know what you're paying for and the be ensured that the money you're spending is going to something of good quality. So but yeah, no, I think we can just kind of end with this whole, you know, summing everything up with our upstream downstream approach, right? So everything that we do or teach is kind of gets to this. We want to, we want to stop inflammation at the upstream, right? Some of the downstream things include cycle issues or hormone imbalances. And, you know, while we can come along and help with some of those downstream issues right away, if we're only doing that and not pointing you to some of the upstream things that can help you know, it's, it's doing an an a disservice we feel like to patients and so mm-hmm. <Affirmative> we want to really point to both. Something that can help you immediately and something that's gonna help you moving forward. Just kind of move your health in the right direction.

Kristi F. Teague, PharmD, MBA ([11:20](#)):

Yeah. And you may have heard this, some of y'all listening as the root cause approach, it's essentially the same thing. Instead of a tree with roots, we're talking about a river. So <laugh> just to help you kinda understand overall we're just trying not to put a bandaid on things we're trying to get down to the root cause, you know, or whatever you may call it. But yeah, it all boils down to detox really. So again, if you want more info on that, go check out our detox series. I think it just lays such a good framework for all of our discussions and that's why we put it first, because we wanted to really lay that foundation. And speaking of foundations, so we also think spiritual foundations are really important around here. Mm-Hmm. <Affirmative>. And so we're gonna move into some motivation. So as some of you may know, education, motivation and optimization are our three pillars.

Kristi F. Teague, PharmD, MBA ([12:23](#)):

So we've given y'all some tips, we've given you some education, and now we want to motivate you to actually really live this out because the things that we're asking you to do aren't necessarily easy. You have to be strategic about how you change your lifestyle. It could be overwhelming. So a verse that has been really a verse I've been trying to memorize last week is Romans 12:12. And I thought it was so pertinent. So be joyful in hope, patient in affliction, faithful in prayer. So this can apply to multiple areas of your life, but of course it can apply to your health as well. So just be joyful that there is hope that you can get better and get back to living your life. We talked about my story a little bit on the last couple episodes, and that gives me hope for the next six months to get better and better.

Kristi F. Teague, PharmD, MBA ([13:24](#)):

It's not a linear journey, right? It's definitely ups and downs. Yeah. But we want you to overall be moving in the right direction. So along that way you're gonna have to be patient because it isn't a smooth journey all the time. So it may be tough and you may not get the results right away that you're looking for, but pressing into that pain is important because like the Lord's gonna teach you something from that, right? He always, I feel like does, and then faithful in prayer. So again, just we talk about consistency and faithfulness throughout this whole episode and just throughout all of mfp and Woman Problems, Period. because it's so important to making lifelong changes. And ultimately this is definitely probably the most important thing <laugh> to take away is just yeah. Talk about stress relief and, and all of that when you don't know what to do, turn to prayer. Yeah. So yeah, we know we're Christians around here, but a again, that might be different for every faith. I know we don't have all Christian listeners and that's okay too, but we just want to expose y'all to a little bit about who we are and be transparent about where we get our motivation from.

Candice Burtner, PharmD ([14:42](#)):

So this is so interesting, Kristi, I so yesterday just spent some extra time just almost like make up, you know, I just needed a day mm-hmm. <Affirmative> of spiritual saturation. And what I kind of sat in yesterday is just going back to you know, asking the question, what's the best way to live on this planet? Hmm. Like sociologist, I don't know, sociologist question, I think <laugh>. But the answer in in the Bible kind of goes, well, it points to what God is telling us in Micah 6:8. They're asking, you know, what, how do we live? What's the best way to live? Micah asked that. And the answer is to do justice, to love mercy, and to walk humbly with your father. And you know, I just sat on that for a little bit and I don't know if you see this, but mm-hmm. <Affirmative> the verse that you just read is confirmed, right? Yes. In a New Testament in many ways. I know <laugh>, it's confirmed in a lot of places, but

Kristi F. Teague, PharmD, MBA ([15:57](#)):

We did not plan this.

Candice Burtner, PharmD ([15:59](#)):

I did not see Romans 12:12 yesterday, but oh

Kristi F. Teague, PharmD, MBA ([16:02](#)):

Man, that's great. I love it.

Candice Burtner, PharmD ([16:03](#)):

Being justice is hope. Yeah. Being joyful in hope to love mercy is love patient and affliction is loving. It's leaning in, it's leaning in to obedience when things are hard, you know, that's, that's love. That's doing the hard things. And then walking humbly with your God is, is faithfulness. Right? Ah,

Kristi F. Teague, PharmD, MBA ([16:34](#)):

Wow. That is so neat. Oh my gosh. Yes. I love that grant. And I, my husband have been talking a lot about the Old Testament being fulfilled in the New Testament and finding those parallels mm-hmm. <Affirmative> so then for this to happen, wow, it's so neat. I love that. And that's how, yeah, that's how God speaks to us is through his word. And so I shouldn't be surprised, but I always am because it's just a fun, it makes life fun. It makes me a journey. Journey and, and super encouraging. So Wow. That talk about motivation <laugh>.

Candice Burtner, PharmD ([17:12](#)):

I know. That's really cool. That's

Kristi F. Teague, PharmD, MBA ([17:14](#)):

Great. I love it. Which is

Candice Burtner, PharmD ([17:16](#)):

Have all of that literally sitting right here beside me. Oh. And so I did not know that you were, that you were gonna, I thought we were cutting it off at the line and I didn't even see our, on our outline motivation <laugh>. That's

Kristi F. Teague, PharmD, MBA ([17:31](#)):

Great. Oh man. Well, I hope that really speaks to at least one of our listeners out there and encourages you with your health and wellness journey to just keep pressing on and being consistent and, and realizing that it's all connected, mind, body, soul. So yeah. So if you, you know, need any help to stay encouraged, you know, you can always reach out to us if you're struggling with your hormones or detox and this has really gotten you fired up, but you want some one-on-one help. And we, you know, we don't normally push our services on here, but it's just we recognize that OvaryActing is just one piece. Supplements, as you can see, are just one piece of this bigger picture and of your protocol. And while we're super excited for that, we also want to encourage you to lean into all of the other aspects of your protocol as well. So yeah, that's really all I have to share about, you know, optimization, that's how we feel like everything's gonna come together and, and you'll start to see that, that progress. But you can

do this on your own, of course, like a DIY version. But I do think there's something special about doing it in a one-on-one or group setting.

Candice Burtner, PharmD ([18:51](#)):

Yeah, definitely. And we love that. That's what we love around here.

Kristi F. Teague, PharmD, MBA ([18:55](#)):

Me too. Well as always, you know, you can email us at info@myfunctionalpharmacist.com or DM us at my functional pharmacist. If you have any specific topics you'd like us to dive into or you have questions or you just want to say, Hey, <laugh>, you know, we'd love to hear from you. It's super encouraging to hear how this podcast is helping you along your health journey. So it's all we have for today, and we hope to hear from y'all soon.

Kristi F. Teague, PharmD, MBA ([19:26](#)):

All right. Well, thank you for hanging out with us today. As always, if you're interested in falling along for more content, be sure to subscribe to our podcast, give us a review, and check out our social media for updates along the way. Until then, we hope you found this motivating as you seek to optimize your own health and take care of your Woman Problems. Period.