



Her Kitchen Remedies

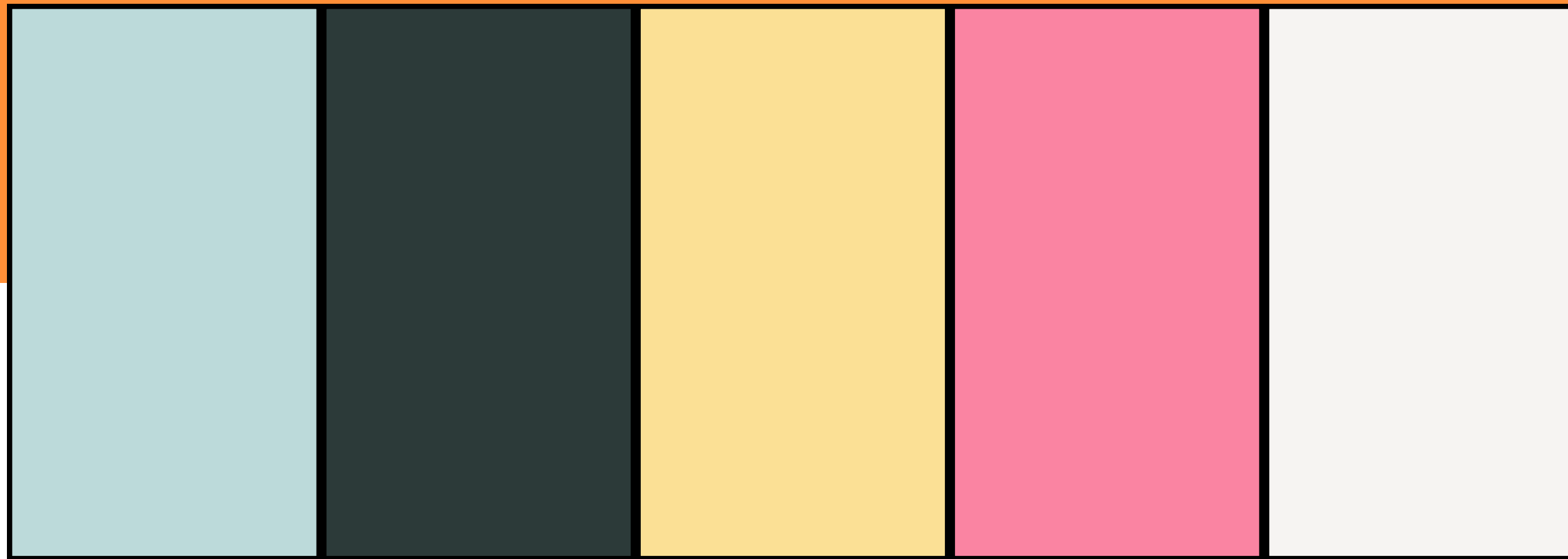
Introduction to Typography

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Topic

This cookbook is a heartfelt collection of recipes and remedies created specifically to support menstrual health. Its focus is on managing conditions such as PMS, PCOS, and irregular cycles—issues many face but often feel unheard. The recipes inside are thoughtfully crafted to nourish the body, balance hormones, and ease the discomfort that comes with these challenges. Each dish is designed to provide not just physical relief but also a sense of care, empowerment, and well-being. The cookbook invites you to embrace healing through wholesome, delicious food that can make a meaningful difference in your everyday life, offering a path toward balance and vitality.

Colour Pallete



I have used these light colors because they are known for their calming and soothing effects, helping to create an atmosphere of tranquility. These soft hues promote comfort and relaxation, enhancing the overall sense of well-being and emotional balance.

From my kitchen to yours presenting

Her Kitchen Remedies

For those days when Google fails, turn
to grandma's remedies and garguti nuske



01

FENUGREEK WATER
Eases menstrual
cramps and discomfort.

SEEDS LADOO
Eases fatigue and
calms mood
swings.

03

CHAMOMILE TEA
A soothing sip for
those tough cramps.

CELERY JUICE

Promotes hormone
balance and
emotional harmony.

04

GINGER RELIEF TEA
Helps soothe cramps
and reduce
inflammation.

05

GOMRETS

01 Fenugreek Water



Benefits

- Reduces menstrual discomfort and pain.
- Keeps your cycle in check for a smoother month.
- Kickstart your weight loss journey, naturally.
- Helps manage blood sugar, especially if PCOS is in the picture!

TIPS

Be mindful of the quantity! Avoid consuming fenugreek in excess, as moderation ensures you get the most benefits without any side effects. Use fenugreek consistently for up to 90 days, then take a 10-15 day break to help your body maintain its balance and effectiveness.

Ingredients

- 1 tablespoon fenugreek seeds
- 1 glass lukewarm water

Receipe

- Step 1** - Add the fenugreek seeds to a glass of lukewarm water and let them soak overnight.
- Step 2** - In the morning, drink the infused water on an empty stomach for a refreshing start to your day.
- Step 3** - For an extra boost, enjoy the softened seeds on their own, or mix them into your salad, sabzi, or curry for a subtle, nourishing touch.