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Is there anything that helps with extremely heavy periods?

It isn't so much as it is heavy flow. I almost can't leave my house a couple of days per month. For me it has been worse since having my twins and singleton. I have really short cycles like 23 days and I have 7 day periods that are extremely heavy.

Me: Can u tell me color of your tongue if it is bluish or red or light red or yellow or white and if u have any moisture or not on tongue. Also tell me if u have any coating on tongue

picture is attached as p1.jpg

The blood starts off really dark with lots of clots.

I should mention that I have a toddler with type 1 diabetes and I get very little sleep acting as her pancreas.

Take China Officinalis 200 one dose of 5 pills and talk to me after 2 months