

# The Period Report: The Beginning To Your New Menstrual Cycle

*Learn how going vegan changes your flow and the top 3 superfoods that'll help ease the menstrual cramps, PLUS a bonus guiltless recipe!*



WRITTEN BY MILIANY BONET

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# DISCLAIMER

I, Miliany Bonet, am NOT a medical or holistic doctor, nor a practiced practitioner. The facts stated herein this report are all based on my hours of research and my own experiences with *my body*. I am not making any medical claims or claiming to be a doctor. If you feel it's required, speak with your doctor first before anything.

**Please keep in mind:** EVERY-BODY is different. Just because a 100% raw foods lifestyle works for me at keeping my period at bay, that may not necessarily be the case for you, as I know women in the plant-based community who still got (and have) their period while eating vegan. Again, I am just sharing what works for ME and what has worked for other women who wanted to keep their period at bay.

## WARNING:

As a world-renowned blogger of 3 vegan websites, researching and seeking the truth is what I do. Some of the suggestions and experiences (and researched facts) in this report are fascinating and shocking. Just like with any topic in life, everyone will have their point of view, and I am just sharing my research and experience on a topic that is considered "normal" in the modern society. What we have been brought up to think is healthy, really isn't.

Many women have respected and thanked me for sharing my deep and thorough research on this topic. I appreciate that you appreciate me for sharing my research. The truth for some, not only hurts, but may be too much for them to handle in the beginning. I don't expect you to solely believe me; do your research and see for *yourself*. Seek the truth and you shall find it.

## ABOUT THIS REPORT

This report was created for females in mind (of course) who would like to know why eating a plant-based lifestyle is making them lose their period and the top 2 superfoods they can take that'll help ease and soothe the menstrual cramps. This is a very controversial yet important topic that needs to be discussed.

I hope you enjoy this report and find it educational.

## How Going Vegan Changes Your 'Flow'

When you transition to a plant-based lifestyle, one thing you will notice is your menstrual cycle will disappear for a few months, maybe even to a year! This can either be a moment of joy and relief (if you're educated well on the topic and know the truth!), or draw a really big health concern for some young girls and women.

If you experienced a loss in your menstrual cycle after following a plant-based diet - you're not alone. And research shows, losing your period is a good sign that your body is clean!

When I first went 100% raw back in 2012 (the year I became vegan at age 13), I lost my period for about 4-6 months until I got it back by eating cooked vegan foods. Although my mother was greatly concerned for me that I had not gotten my period in *months*, I was actually THRILLED to not have to worry about bleeding every month!

Losing your period happens to almost every young girl or women who adapts a plant-based lifestyle, so losing your period as a vegan has actually becomes quite normal and common.

When you eliminate animal flesh from your diet and eat as nature truly intended (a diet composed of fruits, vegetables, nuts, seeds, and some legumes), your body will adjust to the amazing lifestyle changes and clean itself out naturally.

I lost my period months after going 100% raw. The cleaner my diet got, the lighter my period had gotten, then I eventually stopped getting it. Although eating 100% raw foods works for ME at keeping my period at bay, some women have reported that just going vegan was enough for them to lose their period. Remember, EVERY-BODY is different and the changes you'll see within your body will vary.

Research shows that the cleaner a women's diet gets, the less the need for her body to menstruate! Although this knowledge may be new to you, it's no secret. Leaders in the plant-based lifestyle like [Markus Rothkranz](#), the best-selling author of [Heal Yourself 101](#), [Dr. Brian Clement from the Hippocrates Institute](#), [Viktoras Kulvinskis, the Co-founder of Hippocrates health Institute and publisher of the best seller - Over 1/2 million in print, Survival in the 21st century](#), and many more.

## How Eating a Clean, Low-Fat, Raw Foods Diet is Like a Detox...



Here is a great comparison that eating raw foods is like a detox for your body:

From a September 2001 interview by Paul Nison of Dr. Dave Klein: "*Detox entails (1) the cells off-loading metabolic wastes and environmental toxins into the bloodstream for filtering by the liver and kidneys for elimination and (2) the organs of elimination (bowels, kidneys, lungs, skin, vagina) releasing metabolic, environmental and residual food wastes via feces, urine, sweat, breath and menses.*" "I have heard that many women's periods diminish, become lighter, and in some cases stop temporarily or for good on the 100% raw

*food diet. This suggests to me that the cleaner the diet, the cleaner the body and lesser the need for detoxification.*

### Here's another one:

Thomas Lodi MD ('Get Fresh' magazine, Summer 08): '*...it has been my experience over the past eight years working with women eating raw, vegan diets that the menstrual cycles become scant and few, while quality of life and fertility not only persist but improve.*'

Interesting, right?!

**FACT:** *When you eat a diet composed of animal flesh and protein, your body is quick to hit puberty early because of the animal hormones found in the animal products, which are foreign to the body. Studies show that the hormones in your food can affect your body in more ways than one and possibly more than you can believe!*

*When you go vegan, your body has to start producing its own hormones, which is why you lose your period. As your body is slowly adjusting to the plant-based way of living, your hormones too will adjust naturally the way they should.*

## MY TOP 3 FAVORITE SUPERFOODS TO TAKE TO EASE THE FLOW



If your period gives you cramps, makes you moody or gives you pain—here are my top 3 favorite superfoods that will help ease the pain and even make your flow lighter!

**Please Note:** *links in this report are clickable.*

### MARINE PHYTOPLANKTON OCEANS ALIVE



This is one of my favorite superfoods to take, as it's great for anything and everything! Considered to be the 'King Of Superfoods', [Marine Phytoplankton](#) is LOADED with vitamins, minerals and amino acids to help make sure your body and trillions of cells are well nourished and helps your organs function at its best. [This product](#) is made with pure, raw and organic ingredients, free from genetically modified organisms.

Marine Phytoplankton Oceans Alive contains high levels of magnesium and iron, making it the perfect superfood to cleanse and detoxify your body and help ease the menstrual cramps, pains and aches.

Most Marine Phytoplanktons on the market are not really pure and clean, as they are grown in open environments, exposed to air pollutants and any contaminants that's in the air and water. The best Marine Phytoplankton on the market that I recommend is from a great company called, [Activation Products](#), which you may remember the product review I did for them last year in September on my website, [RawVeganLivingBlog.com](#) (which you can [read here](#)). Their [line of activation products](#) are truly life-changing and transforming.

What makes Activation Products' Marine Phytoplankton unique from the rest who are growing Marine Phytoplankton in the industry, is the way Activation Products Oceans Alive 2.0 is grown and harvested.

[You can purchase your bottle of Marine Phytoplankton here](#) and save 10% OFF your entire order by using coupon code: **SPECIAL10** at checkout!

[Learn all about the amazing wonders of Oceans Alive here.](#)

## **BLACK STRAP MOLASSES**

Another great superfood I love and is especially great for the monthly flow is an all-natural, low glycemic, organic sweetener called [Black Strap Molasses](#). Black strap molasses is made simply from pure organic sugar cane. It's loaded with vitamins like Vitamin B6, Potassium, magnesium, calcium, and iron. Women bleed out iron when they get their period, so taking 2 tablespoons daily of black strap molasses while on your period is enough to add more iron in your body and really helps to ease the blood flow, along with the cramps!



The brand I use is from a good company called, [Wholesome Sweet](#). They are organic, vegan, non-GMO and unsulphured, which is what you want to look for when buying black strap molasses. Wholesome Sweet black strap molasses can be bought at your local supermarket (like Shoprite or Wegmans) or buy it on [Amazon](#) (but it's cheaper if you buy at your local store)

And last but not least... the final superfood that I absolutely LOVE eating on a daily basis is **RAW CACAO**! Raw cacao that has not been heated, processed or have any added refined ingredients in it, is the world's healthiest food!

### **EATING RAW CACAO ON YOUR PERIOD**

Cacao has been enjoyed for its amazing and invigorating properties for thousands of years. Cacao is considered to be a superfood and hailed as the 'Food of the Gods'. Eating cacao on a daily basis not only helps to give you a chocolate fix, but it holds such an abundance of benefits!



#### **Here are the top benefits of eating raw organic cacao:**

- *It's LOADED with minerals like iron, magnesium and polyphenols (to just name a few)*
- *contains 40 times the antioxidants found in blueberries*
- *highest plant-based source of iron! (which is perfect when you have your period, ladies!)*
- *contains MORE calcium than cow's milk*
- *an all-natural mood enhancer and a natural anti-depressant*
- *supports a healthy and strong immune system*
- *assists in weight loss*
- *improves memory*
- *anti-inflammatory*
- *anti-cancerous*

- *anti-aging*
- *increases your endorphin and serotonin production*
- *improves your sleep*
- *relaxes and calms your nerves and repairs muscle damage*
- *promotes longevity*
- *cacao is completely FREE from caffeine*
- *lowers your blood sugar levels*
- *great for diabetics*
- *contains only 1% fat!*
- *Great source of protein*
- *Keeps you focused*
- *High in fiber and helps to keep you fuller longer*
- *Improves your digestion*
- *Protects your heart*
- *Tonifies the face and can be used as a moisturizer*
- *Builds strong bones*
- *Reduces menstrual cramps, aches and pain*
- *Nourishes your entire body and feeds your trillions of cells*

and much more!



*Nutritional Benefits  
of Raw Cacao  
(Raw chocolate)*

Unlike processed dark chocolate,  
antioxidants are preserved in  
raw cacao

- \*Guilt-free treat
- \*Contains an extremely high  
concentration of antioxidants
- \*Helps regulate blood pressure
- \*Cacao is the highest whole food  
source of magnesium
- \*Builds strong bones
- \*Balances the brain chemistry
- \*Detoxifies the liver
- \*Helps with healthy pancreas  
functioning
- \*Reduces appetite and helps in  
weight loss

rawforbeauty.com

## HOW TO MAKE HOMEMADE RAW VEGAN CHOCOLATE WITHOUT DAIRY, SUGAR OR PROCESSED INGREDIENTS!



Do you LOVE chocolate but hate the guilty feeling afterwards? Ladies, have you ever wondered why you CRAVE chocolate more when you're about to get your period (or are on your period?) It's because minerals like iron and magnesium are present highly in raw cacao and your body needs more of these minerals when you menstruate.

If you want to indulge in chocolate, why not eat chocolate that's healthy for your body and that will nourish your soul? This raw vegan chocolate recipe is free from dairy and sugar, and is so easy and simple to make; in just 15 minutes you can have yourself an amazing low-fat chocolate bar!

### Here are the ingredients you'll need:

1. *Raw organic cacao powder (I like to order mines on Amazon from a brand called [TerraSoul](#))*
2. *[Organic Extra Virgin Cold-Pressed Coconut Oil](#)*
3. *Organic raw sweetener of your choice (options are: [SweetLeaf Stevia](#), [black strap molasses](#), [coconut nectar](#), coconut sugar, or maple syrup)*

That's it! Now here are the **instructions**:

1. Melt about 3 tablespoons of coconut oil at low temperatures in a small pot on the stove.
2. While the oil is melting, pour 4 large heaping tablespoons of cacao powder in a clean, small bowl (not too small, should be big enough to stir).
3. Add in the melted oil and sweetener of choice and stir until a thick, creamy and smooth consistency.
4. Use the chocolate as a sauce and drizzle on top of banana ice cream or any fruit of your choice, or pour into chocolate molds and freeze for 15 to 30 minutes, until firm (aka frozen). Enjoy!



CACAO	VS	COCOA
Raw		Roasted at high temp (not raw)
Beautifying: Extremely high in antioxidants to protect cells from premature aging		Low to no nutritional value
Great source of magnesium, potassium, iron, calcium		Sugar is often added
<b>STUDIES SHOW:</b>		Total processed food!
Reduces blood pressure & insulin resistance		<b>COMMON INGREDIENTS IN PROCESSED CHOCOLATE:</b>
Improves learning and memory		GMO soy lecithin & soybean oil
Makes you feel loving and blissful		Milk solids & milk derived ingredients
Total superfood!		Food colouring
		Artificial flavouring

**BE VIBRANT. BE AWESOME. BE JOYOUS.**

*Image source from joyoushealth.com*

I hope you found this report helpful and eye-opening. If you have a question, experience or a concern you would like to address to me, please don't hesitate to contact me at [miliany@rawveganlivingblog.com](mailto:miliany@rawveganlivingblog.com). I can only give you my tips, strategies and suggestions. Nothing else.

If you enjoyed this report, you might be interested to know that I will be launching a book this year about my experience losing my period and exposing the truths and debunking the common myths the industry doesn't want you to know about your period! You will also learn how you can be in control over your period and what foods to eat to get your period back (if you choose).

And if you're interested, you can [read my report here](#).

If you are subscribed to my period Report email list, then you will be notified on when the book is launching. If you are not already subscribed and would like to join the exclusive feminine club, [you can subscribe by clicking here](#).

I'd love to hear your feedback. Send me an email at [miliany@rawveganlivingblog.com](mailto:miliany@rawveganlivingblog.com) with the subject line "The Period Report Feedback" and I will get back to you!

Thank you!

Miliany Bonet

### **My Websites**

[RawVeganLivingBlog.com](http://RawVeganLivingBlog.com)

[Omedz0.com](http://Omedz0.com)

[TransitioningToRaw.com](http://TransitioningToRaw.com)

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