

**Menstruation
is a girl's best friend**

For Energy, Happiness, and Good Health

Charlotte Bech, MD

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Written by Charlotte Bech, MD

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Dedication

This book is dedicated to my teacher His Holiness Maharishi Mahesh Yogi, the founder of Transcendental Meditation and Maharishi Ayurveda, with whom I have studied about yoga, Ayurveda and Transcendental Meditation since 1980.

I have had the great good fortune of personally being present around Maharishi Mahesh Yogi, in numerous meetings and courses, in Denmark, Sweden, Finland, Holland and India, from 1983 and onwards. Maharishi lived the last 15 years of his life in Vlodrop, Holland, which was fortunate for us Europeans. I was able to travel there and be with Maharishi several times per year until he moved on to a higher world on February 5, 2008.

Kind regards Charlotte Bech, MD



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The seers: I would like to thank the ancient Himalayan Ayurvedic seers and saints for cognizing the universal laws of nature that are governing women's health.

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Maharishi Mahesh Yogi : I would like to thank Maharishi for restoring Ayurveda in its original form, and bringing Transcendental Meditation to the whole world.

My parents: I would like to thank my parents in Heaven for helping me to gain my skills, expertise and strength of character. My mother Anne Margrethe Nygaard Pedersen helped me to become a medical doctor. She has loved me, supported me and cared for me like an angel. My father Thomas Bech Pedersen – also like an angel - has taught me discipline and focused work, and supported me to pursue the higher spiritual dimensions of life.

My husband: I would like to thank my best friend with whom I am married, my husband Gert Lund, for his unwavering support, tender loving care, and intelligent advice.

My friends: I would also like to thank my friends for their important inputs: Holy Egner

Prologue

The world's best kept secret for girls and women

Congratulations! You have found this book with the world's best kept secret for girls and women:

The Monthly Flow Programme of Classical Ayurveda

The Monthly Flow Programme of Classical Ayurveda helps you to:

- More effortlessly lose weight
- More easily get rid of accumulated fluid retention
- Clear up your skin
- Enhance your natural beauty from within
- Increase your womanly charm and radiance
- Enhance your complexion
- Refine your personality
- Increase your feminine energy
- Be more vital and energetic
- Optimize your health
- Become more happy
- Increase your fertility
- Stay more youthful even at a mature age
- Be more attractive as a girl, as a woman and as a human being on this planet

What is the best kept secret?

The best kept secret for us - girls and women - to get more health, happiness and success lies in our monthly cycle - and how we live, behave and eat during the days of the monthly flow. This book reveals the hitherto hidden secrets for diet and lifestyle during the days of the monthly flow.

I have worked with Maharishi Ayurveda and The Monthly Flow Programme of Classical Ayurveda since 1984, in Europe, the US and the Far East. Over the years, I have witnessed how The Monthly

Flow Programme has transformed the lives of thousands of girls and women, and how it has helped them not only to overcome imbalances and disease, but also to be more healthy, happy and energetic, and gain more success in work, study, career and family life, as lifelong dreams gradually happened to come true.

As a medical doctor, I recommend The Monthly Flow Programme of classical Ayurveda, first and foremost to those girls and women who wish to prevent disease, promote health and enjoy a higher quality of life. But I also recommend The Monthly Flow Programme of classical Ayurveda for sick girls and women, as a valuable supplement to standard medical treatments. Why do I recommend it? Because The Monthly Flow Programme simultaneously gives freedom from stress on the inside and happy energy on the outside.

I wish you good health, happiness and success, and all the very best in your life, now and always.

Kind regards, Charlotte Bech, M.D.,
Copenhagen Denmark



Preface

I have felt compelled to write this book

I have felt compelled to write this book for a very long time. The reason is that - unfortunately - so many different versions of Ayurveda for women are available on the market in the form of different books, courses and training programs, all claiming to be the classical Ayurveda for women – but few of them actually contains the pure classical knowledge. Some of these programs have even changed the quotes from the texts in order to fit their own personal interpretation of the programme.

I have written this book to ensure that at least we have one place in the world where the full, complete, and original version is available, unmixed and on its own, pure and perfect, as it has been given to us by the Himalayan seers of Ayurveda in ancient times.

This book is for you - if you are looking for a higher meaning and purpose of life as a Female being. This book presents the supreme level of classical pure Ayurvedic knowledge for women - the gentle path to supreme happiness, youthful beauty and radiant health.

Enjoy the book!

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**Theme of the book:
The monthly cycle programme of classical Ayurveda**

Written by Charlotte Bech, MD

Here is the monthly flow programme in a nutshell

Before you begin reading the book, I would like to tell you the main idea of the whole book so you get the whole Monthly Flow Programme in a nutshell.

The central idea (wholeness) of the whole book

By following The Monthly Flow Programme of classical Ayurveda, we - girls and women - will more easily lose weight, release fluid retention from the tissues, clear up our skin, and gain energy, happiness and good health. In The Monthly Flow Programme, we follow a simple diet and a restful lifestyle during the days of the monthly flow (and during these days only).

Follow a simple diet: Take foods and drinks predominant with the sweet taste, such as warm fluids, tea with milk, warm milk, and porridge of milk boiled with barley.

Follow a peaceful lifestyle: Take rest, stay at home, have free access to a bathroom, take plenty of sleep, meditate, listen to harmonious music, look at pleasant pictures, avoid hard physical work, avoid intellectual work, and avoid exercise and yoga.

From our understanding of a deeper reality at deeper levels of nature's functioning, we realize:

By following The Monthly Flow Programme of classical Ayurveda, we get a private monthly retreat for self-development. As a result, we will experience more bliss, wisdom, peace and intuition, resulting from our development of consciousness.

Here is an overview of the book:

This book has five chapters, and each chapter is divided into three main sections:

Chapter 1: The normal monthly cycle according to classical Ayurveda

Chapter 2: Diet for the monthly cycle programme of classical Ayurveda

Chapter 3: Lifestyle for the monthly cycle programme of classical Ayurveda

Chapter 4: Three dimensions of the monthly cycle programme of classical Ayurveda

Chapter 5: Three types of benefits of the monthly cycle programme of classical Ayurveda

Let us begin with Chapter 1.

Chapter 1:

“The normal monthly cycle according to classical Ayurveda:

A deeper understanding of girls and women’s monthly cycle based on increased awareness of body and health”

The central idea (wholeness) of Chapter 1

A normal monthly cycle follows the rhythms of nature and the monthly flow occurs in manner that is simple, easy and comfortable.

From our understanding of a deeper reality at deeper levels of nature’s functioning, we realize:

Living life in accordance with Natural Law means living a simple, effortless and natural life.

Overview of the chapter

We will be discussing the central idea of Chapter one: ‘The normal monthly cycle according to classical Ayurveda: A deeper understanding of girls and women’s monthly cycle based on increased awareness of body and health ', in three main topics: 1) Definition of a normal monthly cycle, 2) Factors influencing the monthly cycle, and 3) Contraceptives.

We will analyze these three topics in the light of a broader awareness of physiology and health.

Women who follow this program find it is pleasant, relaxing and comforting, and many women find it reduces all kinds of physical and mental discomforts. Before we begin with the different chapters with all the details and all the explanations, let us start by an overview to see what the monthly flow program consists of:

How would you feel if I told you to relax for a few days and eat foods mainly with a sweet taste? This is the monthly flow program in a nutshell: **Relax for a few days and eat foods mainly with a sweet taste.** Let us get an overview of the main instructions:

Overview of The Monthly Flow Programme of classical Ayurveda

The Monthly Flow Programme of classical Ayurveda means we are following a specific diet and lifestyle for the first three days of the monthly flow menstrual fluid (and only for these first three days. The rest of the month we eat and live normally). First we will see how we live and then we will see how we eat:

Here is how we live:

What should be the lifestyle during the days of the monthly flow?

Take rest as much as possible

Adopt a simple lifestyle for girls and women during the days of the monthly flow: Resting at home, ideally for the first three days of the monthly flow, relaxing, enjoying, and taking it easy. The most important point is to take physical rest, by staying at home, during the days of the monthly flow of menstrual fluid. The most important point is for girls and women to have easy access to bathroom. Go to the bathroom whenever you feel the slightest urge, and that may be 3 - 4 times per hour, during

the awake hours. When you feel tired, simply lie down. It is also beneficial to practice Transcendental Meditation as that gives very deep rest twice a day. Rest at home for all the days of monthly flow, but at least for the first three days. Make sure get enough sleep, go to bed early, rest after every meal, rest in the afternoon, and maintain a regular daily routine.

Avoid blocking the flow

Do not suppress natural urges (urinating, bowel movements, yawning, sneezing, belching.)

Go to the bathroom often.

Make sure you always have easy access to a toilet

Go to the bathroom whenever you feel an impulse to go

Avoid tampons and menstrual cups all together

Avoid bathing in tubs or bathing and swimming in lakes, rivers, pools, or ocean

(It is acceptable to take a short shower - but avoid tub bath.)

Maintain a good personal hygiene

Avoid intercourse

Avoid any behavior that places the uterus upside down

Avoid roller coasters.

Avoid bending forward to pick up something from the floor (instead bend down in your knees)

Avoid yoga postures

Take physical rest during the days of the monthly flow:

Relax in a reclining chair

Lie down with eyes closed on the left side after meals, (2-20 minutes)

Lie down whenever you feel tired or drowsy

No yoga asanas, whatsoever – no yoga postures

Avoid also even the easy yoga postures

Avoid all exercise during the days of flow (take the bus instead of the bicycle, take the elevator instead of the staircase)

Avoid or reduce travel during the days of the monthly flow

Avoid or reduce large social gatherings

Avoid or reduce heavy household work

Avoid excessive physical work

Do not be awake during the night, but take proper rest at night

(if you can not sleep, at least lie in the bed with eyes closed)

Avoid giving or receiving any types of therapy, such as chiropractic adjustment, healing, kinesiology, acupressure, acupuncture, physical therapy, kinesiology, reflexology, hydro therapy, bio-resonance therapy, or regression therapy.

Avoid taking any herbal preparations or dietary supplements (unless specifically prescribed by a medical doctor or ayurvedic expert especially for this time)

Avoid doing self massage with oil (abhyanga)

Avoid any and all types of self-massage or any other kind of massage

(In case of pain, cramps or other discomforts, consult an Ayurvedic expert and a medical doctor.)

If you have pain use castor oil

In case of menstrual cramps, girls and women may apply – not massage - warm oil on the entire abdominal area. The most effective oil is castor oil mixed with an essential oil, in the following proportion: 100 ml castor oil with 10 drops of one of the following: Essential oil of Sweet Fennel, Jasmine, German chamomile, Lavender, or Anise seed. Use only one essential oil at a time. Pick the one you like the most. You may choose a different one the next day.

(You will not need 100 ml per day - this is only to show the proportions. You do not need to make a new mix every day. You may make a mix of 100 ml and use it for some time until finished.)

After you have applied this oil mix on the abdomen, then put a soft towel over the abdomen, and then a hot water bottle and relax with a warm and thick blanket or duvete covering the whole body (except the head).

Here is what we eat:

Take a sweet diet

The monthly flow diet is predominantly sweet in taste and consists mainly of warm milk and milk cooked with barley. A sweet diet means boiled warm milk, possibly with sweeteners, and grains cooked with milk, ideally barley cooked with milk – and very importantly: Without any salt. This type of porridge could also be cooked with other grains, for example rice cooked with milk, oats cooked with milk, but always with no salt added.

Add sweet spices: Cardamom is a sweet spice and can be used here. Use cardamom in warm milk and milk porridge with barley. Cardamom is beneficial because it enhances Ojas, the body's golden substance for immunity. Rice pudding is a milk boiled with rice: Cook rice and milk, then add cardamom, and perhaps small amounts of unrefined cane sugar.

Take plenty of lukewarm fluids, such as Yogi tea or Vata tea cooked with milk, boiled full fat warm milk with cardamom and a little unrefined cane sugar, Ayurvedic coffee substitute called Raja's cup, cooked with milk and a little unrefined cane sugar, or simply boiled warm water.

Avoid pungent (spicy) foods: Avoid foods prepared with or containing pungent spices or spicy ingredients such as curry, pepper, chili, garlic, onion, ginger, clove, ordinary raddish, white horse raddish, paprika, cayenne.

Avoid sour foods: Avoid citrus fruits, juices of citrus fruits (yellow juices), cranberry juice and other sour juices, unripe fruits, ketchup, mustard, soy sauce, pickles, fruits that are not sun ripened, sour cream, yoghurt, aged cheese, blue cheese, tamarind, tamari, fermented foods, fermented probiotic dense foods.

Avoid hot foods: Avoid foods that are burning hot, or have an inherent heating quality, such as alcohol (and pungent spices).

Avoid salty foods: Avoid foods prepared with salt or which are inherently salty, such as sea weed, or foods that contain natural salts, such as bread, pasta, most kinds of porridge and most vegetables. In summary, we avoid pungent, hot, sour and salty foods, such as vegetable dishes, bread, salted nuts, nut butters, meat, poultry, fish, dishes with legumes (beans, peas, lentils), stews, soups, vegetable juices, raw food, salads, smoothies, pastas, pizzas, salted butter, cheese, and sour milk products such as yoghurt and sour cream. As a result, we stay away from most of our normal daily foods and our normal, prepared meals.

Other important principles for the first three days of the monthly flow:

Avoid fasting.

Avoid any kinds of laxatives or other cleansing and / or detox programs.

Avoid herbal preparations (herbs and / or dietary supplements): During the days of the monthly flow, girls and women will - in general terms - benefit from taking a break from herbal preparations, unless specifically prescribed for this time. It is most beneficial if girls and women stops any herbal preparations during this time. Please consult with your doctor or Ayurvedic expert regarding this. Eat according to the strength of your digestive fire and eat the main meal at lunch.

Other foods: