

# A LITTLE BOOKLET TO UNDERSTANDING PERIODS, YOUR BODY & MENSTRUAL WELLNESS

For quiet questions. For awkward moments.  
For honest conversations.



# MEET THE MONSTERS



## BFFY

The one who keeps everything together. She leads the rest, holding space for all the ups and downs - even when it gets overwhelming.



## BELLA

Always with her hot water bag. She quietly deals with the discomfort, finding little ways to soothe what hurts.



## FLO

The one with the quick mood swings. One moment she's fine, the next she's not — emotions hitting harder than expected.



## SUE

Always tired, always sleepy. She drains your energy, making rest feel like the only thing that matters.

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- About Eu Yan Sang Gold Label Bak Foong
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## **A LITTLE STORY**


**It started on an ordinary school day.**

**She felt something strange.  
Then she saw a small blood stain.**

**Her heart dropped.**

**Was this normal?  
What she supposed to do now?**





When she got home, she whispered to her mum,  
**“Mum, something’s wrong... I’m bleeding”**

Her mum hugged her.

**“There’s nothing wrong with you,”** she said.  
**“This is your body growing up.”**

Growing up can feel scary.

But it’s also completely normal.

This little book is for moments like that.

**YOU ARE  
NOT ALONE.**

**AND YOU ARE DOING  
JUST FINE.**

# A NOTE TO READ TOGETHER



Periods can feel awkward to talk about.  
But they don't have to be.

**Mums** – you don't need perfect words.  
**Daughters** – you're allowed to ask anything.

This isn't a lecture or lesson time. It's a time for open personal sharing - for mums to explain what's happening and to share in this journey of growing up with their daughters.

 **Try this:**

“Okay, no judgment. What's the first thing you think of when you hear ‘period’?”

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# GROWING UP: WHAT'S HAPPENING TO MY BODY?

Puberty is your body's way of saying:  
**"Hey, we're growing."**

**You might notice:**

- **Breast development**
- **Hair growth**
- **Body shape changes**
- **Skin changes**
- **Mood changes**

All of this is normal.

It doesn't happen overnight.  
And it doesn't happen the same way for everyone.



# WHY DO MY EMOTIONS FEEL BIGGER?

Some days you feel fine.  
Some days everything feels... annoying.



## YOUR MOOD

Laughing one minute,  
wanting to cry the next



## YOUR ENERGY

Suddenly feeling super  
tired for no clear reason



## YOUR PATIENCE

Small things suddenly  
feel like a big deal



## YOUR FOCUS

You read the same sentence  
three times and still don't get it

**YOU'RE NOT "TOO SENSITIVE."**

**YOUR BODY IS JUST ADJUSTING.**

## Parents can say:

"I notice some days feel harder. Want to talk about it?"  
No fixing. Just listening.

# WHAT IS A PERIOD?

Every month, your body prepares for a possible pregnancy.

If pregnancy doesn't happen, the lining inside the uterus sheds. That shedding is your period. It usually lasts 3-7 days.



**It's natural.**

**It's healthy.**

**It means your body is working.**



# WHAT IS NORMAL?

**CYCLES CAN BE:  
21-35 DAYS.**



The first few years may be irregular. Flow can be light, medium, or heavy.

Cramps may happen. Severe pain or extremely heavy bleeding should be checked by a doctor.

There is no **"perfect"** period. There is only your normal.

# WHY DO PERIODS HURT?

Cramps happen because the uterus intensely contracts to shed its lining.

## OTHER SYMPTOMS MAY INCLUDE:



**BLOATING**



**HEADACHES**



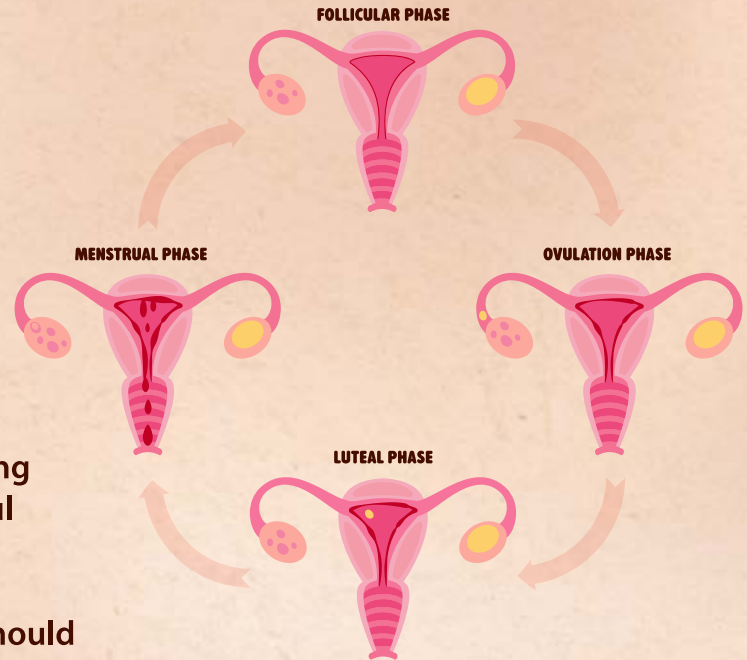
**LOWER BACK ACHE**



**TIREDSNESS**

You might experience mild discomforts during your period, but intense and frequent painful pangs should not be ignored.

If the pain and discomfort affects you, you should talk to a parent and consider seeing a doctor or TCM physician for professional medical advice.



# WHAT ABOUT MOOD & ENERGY?

## YOU MAY FEEL:



**EXTRA EMOTIONAL**



**EASILY IRRITATED**



**MORE TIRED**



**LESS FOCUSED**

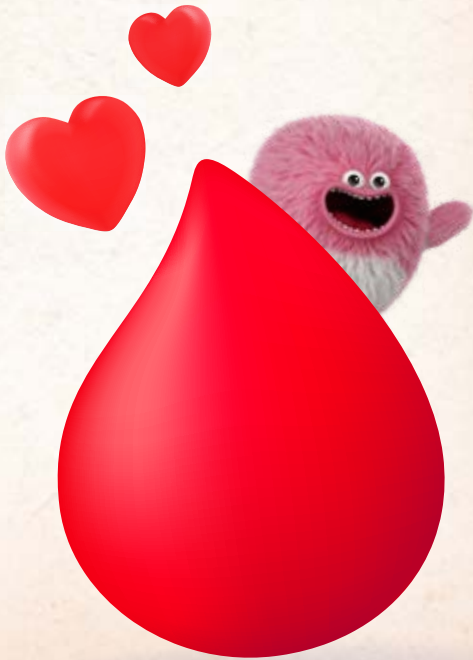
**That's because hormonal levels shift during your cycle.**

**This doesn't mean you're weak.**

**It means your body is working hard.**

# A TCM WAY OF UNDERSTANDING MENSTRUAL HEALTH

**In Traditional Chinese Medicine (TCM),  
menstrual health is about balance.**



**Two important ideas:**

**QI (ENERGY FLOW)**

**BLOOD CIRCULATION**

If Qi flows smoothly and blood circulates well,  
periods tend to feel more comfortable.

If flow is blocked or weak, discomfort can happen.

TCM focuses on restoring smooth flow and balance.



# WHY EARLY CARE MATTERS

TCM believes menstrual health reflects overall wellbeing.

Maintaining the body's natural balance early may:



Reduce recurring cramps



Support cycle regularity



Support long-term female wellness

It's not about fixing something **“wrong.”**  
It's about supporting what's natural.



# GENTLE EVERYDAY TIPS

Simple habits that may help:

- ♥ **Keep your lower abdomen warm**
- ♥ **Avoid excessive cold drinks especially during your period**
- ♥ **Get enough rest**
- ♥ **Gentle stretching**
- ♥ **Avoid “cooling” foods (e.g. watermelon, barley water, coconut water), eat warm & nourishing meals**

Nothing extreme. Just steady care.

💬 **Ask:**

“What usually makes you feel better on tough days?”

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# WHEN EXTRA SUPPORT MAY HELP

The background of the slide is a photograph of a traditional Chinese medicine clinic. It features a white desk with a computer monitor, two white chairs, and a wooden cabinet with a computer monitor. On the wall, there are three framed anatomical charts of the human body. To the right, there is a wooden cabinet with many small drawers, likely for storing medicine. The room is lit with warm, ambient lighting.

If there are:

- ♥ **Frequent painful cramps**
- ♥ **Irregular menstrual cycles**
- ♥ **Extreme or excessive fatigue**
- ♥ **Heavy period flow that affects daily life.**

It may be helpful to consult a healthcare professional. A TCM physician can help you better understand your body's constitution and provide advice on the kind of support that suits you.

# ABOUT GOLD LABEL BAK FOONG

Eu Yan Sang Gold Label Bak Foong is formulated with over 20 traditional herbs.

Some key herbs include:



益母草  
(Herba Leonuri)

Promotes blood circulation



黄芪  
(Radix Astragali)

Restore "Qi" & support energy



当归 & 川芎  
(Radix Angelica Sinensis & Rhizoma Chuan Xiong)

Nourish blood



肉桂  
(Cortex Cinnamomi)

Warm meridians & expels cold



香附 (Rhizoma Cyperi) &  
远志 (Radix Polygalae)

Calm the mind



杜仲  
(Cortex Eucommiae)

Tonify kidney & strengthen back



白芍  
(Radix Paeoniae Alba)

Relieve cramps & pain

**TOGETHER, THE HERBS ARE TRADITIONALLY USED TO:**

Relieve menstrual discomfort

Support hormonal balance

Promote overall female wellness

Formulas are based on traditional TCM principles and are best taken under professional guidance.

# THE RANGE

Different formats for different needs:



## Gold Label Bak Foong Pill (Large Pills)

The most traditional format. Best for those comfortable with a conventional pill size. Can be broken to chew directly or cooked into soup.



## Gold Label Bak Foong (Small Pills)

Smaller, easier-to-swallow pills ideal for first-time users. In a convenient, travel-friendly format.



## Gold Label Bak Foong Essence

A convenient, ready-to-drink liquid that's less "heaty". Vegetarian & Halal friendly.



## MenoEase Pills

Specially formulated to support women approaching/experiencing menopause.

Speak to our consultant in-store to find our what suits you best.

# SUPPORT EVERY STAGE OF HER JOURNEY

Growing up is a big journey, and you've taken the first step towards better menstrual wellness! To support your and your daughter's wellness journey, enjoy an exclusive treat on the **Gold Label Bak Foong series**:

## 20% OFF

with purchase of 1 box

use code: **GIRLPOWER20**

## 30% OFF

with purchase of 2 boxes

use code: **GIRLPOWER30**

Simply present this booklet at any Eu Yan Sang store to redeem the discount, or shop online at [www.EuYanSang.com.sg](http://www.EuYanSang.com.sg) using the promo code.

\*Limit to one-time use per member. Not a member yet? Sign up for FREE now!

Not valid with other ongoing promotions, discounts, or vouchers.

Eu Yan Sang Singapore reserves the right to amend these terms without prior notice.

## COMPLIMENTARY

TCM Body Constitution Assessment at Eu Yan Sang Clinics

What's included:

- 15-min body constitution assessment
- Personalised lifestyle & dietary advice
- Digital TCM Health Report (Lite)



\*Prior appointment is required, conditions apply. Scan the QR code to find out more!

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# TRACKING YOUR CYCLE

Tracking helps you:

- Understand your pattern
- Predict your period
- Notice irregularities
- Prepare emotionally and physically

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Tracking your cycle provides you with insights into your menstrual wellness.





# GROWING UP DOESN'T HAVE TO FEEL CONFUSING.

**With open conversations, gentle care, and the right support,  
every stage can feel manageable.**

**To learn more about menstrual wellness and TCM support,  
You're welcome to visit Eu Yan Sang Retail Outlets  
or speak to experienced TCM Physicians at our Clinics.**

**You're not alone in this journey.  
With care, Eu Yan Sang**

