



What Causes Period Cramps?

Period cramps are caused by contractions in your uterus. These contractions are triggered by changes in your body's hormone levels. When you menstruate, your uterus contracts and sheds its lining, which is released as blood through your vagina.

Some people are more likely to experience period pain. Risk factors include people who:

- are younger than 30 years of age
- bleed heavily during their periods
- have irregular bleeding
- have a family history of period pain
- smoke
- started puberty early (age 11 or earlier)

If your period is frequently painful, you should talk to an ob-gyn.

Here are some simple tips to help ease the pain:

Bring the heat: Take a warm shower. To get some relief from period pain, place a HeatWrap on your lower abdomen. Put it below your belly button with the adhesive side against your underwear. Even drinking a warm beverage like tea could help then snuggle in a warm blanket read a book or take a nap.

Take a walk: Regular exercise can help with period pain.

Give yourself a massage: Grab some aromatherapy oil and use your fingertips to massage circles around your lower belly area.

Say omm: Practicing relaxation techniques such as meditation or yoga may help you feel better.

Eat less salt and sugar: Sugar, salt, and caffeine heighten your period symptoms and make you feel worse. Eating sugary foods during your period will make your blood sugar raise and when it comes down, it comes crashing down; leaving you feeling more irritable, moody and stressed.

Salty snacks increase water retention, so, if you are already feeling bloated, it will only get worse. Although, I know a lot of women who crave salt while they are on their periods.

Caffeine actually raises your estrogen levels, resulting in PMS (premenstrual syndrome) symptoms, pain in the breast, abdomen, back, joints, muscles, or pelvis. You may also have constipation, diarrhea, nausea, and gas.

Counter act the wrong things you eat by eating plenty of fruit (natural sugar), and vegetables and choosing low-sodium foods that are rich in calcium, zinc and healthy oils such as omega-3 may help to keep your levels of prostaglandin production in check and reduce bloating, allowing for easier periods.

Vitamin B6 helps to reduce PMS cravings, increase your energy levels, regulate your mood swings, and even lessen bloating. Plus, it is found in tons of tasty foods such as fish, chicken, potatoes, and bananas.

Stay hydrated: According to experts, you are more likely to have abdominal cramps during your period if you are dehydrated. Try drinking as many as you like of eight 8-ounce glasses of water per day. Can't hurt.

We wish you the best health and a wonderful lifetime.

The staff at

