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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Five Easy Ways to Reduce Menstrual Cramps**

**By Alex Sharp**

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Menstrual cramps, also known as dysmenorrhea, is recognized as the single greatest cause of lost school and working hours among women which is estimated at 140 million hours annually in the United States alone.

Unlike before, menstrual cramps is now considered as a serious medical condition. Thus, in addition to the usual home remedies of dysmenorrhea, health experts and practitioners alike are giving some helpful tips that can help women during that particular painful time every month. Here are some that we have listed just for you.

1. Try an over the counter Ibuprofen. It can be found as the active ingredient in several OTC medications, such as Advil, Nuprin, and Motrin IB. The OTC dose per pill is 200 milligrams. The recommended dose is one tablet every four to six hours (or two, if one does not work), not to exceed six in a 24-hour period. Prescription formulations come in dosages of 400 to 800 milligrams.
2. Try taking an oral contraceptive. Oral contraceptive pills can be quite useful in treating menstrual cramps because they decrease the amount of menstrual tissue formed and lower the pain level (amplitude) of the uterine contractions probably due to their progestin effect.
3. Try an over the counter mefenamic acid. Mefenamic acid effectively relieves severe menstrual pain while also reducing heavy menstrual bleeding, easing menstrual migraine, and easing the physical and emotional symptoms of premenstrual syndrome.
4. Try to eat small frequent meals because a lot of food causes blood sugar to swing up and down causing symptoms of PMS. Instead of eating three large meals, eat five or six small meals a day, about two and a half hours apart.
5. Exercise can help alleviate painful menstrual cramps by raising the level of beta-endorphins, chemicals in the brain associated with pain relief. Exercise raises the levels of beta endorphins, which have a positive effect on mood and behavior.

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6.Reduce salt intake to prevent water retention that causes bloating. Likewise, avoid liquor and other alcoholic beverages to reduce headaches.

7.Learn to relax. Rest, sleep and relaxation exercises can help reduce the pain and discomfort of menstrual cramps. At least take time for a relaxing massage or bath with oil made with chamomile, lavender, marjoram, ginger and/or clary sage. They are aromatic and can aid in relaxation.

8.Visit your health care provider if excessive pain and cramping persists.

Do not live in pain. So next time a painful menstruation strikes, try these simple tips.

For Further Help, Please Visit [www.natural-stamina.com/Menstrual.html](http://www.natural-stamina.com/Menstrual.html)

None

### **Strike Pain Out**

**By Pat Murphy**

Quite wrongly, many women endure pain and muscle cramps during their period believing it to be normal. But it isn't, especially those that cause excessive pain. More importantly, it could be a signal or symptom for something more serious like an infection or disease. However, menstrual pain isn't all that bad. In fact, it is an indicator of women's health. Studies have proven that women who experience menstrual pains are more fertile, as the pains are closely-linked to ovulation cycles.

Good or bad, menstrual pain is still a source of discomfort and must be relieved. Menstrual pain can occur a day before or during the actual menstruation. Usually centering on the lower abdominal muscles to the pelvic area, the pain usually spreads to the back and thighs. In other women, it can also cause chills, nausea, or fever. But since medical attention can't be had readily, educators about women's health have advised several methods to relieve menstrual pain.

Menstrual cramp medications are readily available in drug stores. Some can be as common as a painkiller medication like naproxen or ibuprofen. They limit or stop the release of pain signals called prostaglandin. This translates into lesser pain. As some cramps are caused by blood clots that impede the release of menstrual flow, these medications also work prevent blood clots. Also, since these medicines are non-aspirin or narcotic-based, women with allergies or even younger girls can safely take them. In addition, these medicines can be taken before or during the onset of cramps, eliminating the need to keep timetables of medicine intake. Women can also change brands if the formulation of their old brand does not work well anymore. Keep in mind to ingest one that lasts for 10-12 hours before sleeping at night. The availability of cramp medications is truly a big leap for women's health.

Regular exercise had been also proven to prevent or stop menstrual pains. Jogging, brisk walking, and other varieties of physical activity releases toxins and stress from the body which could worsen cramping. Diet also plays a big part in alleviating cramps and menstrual pains. It is advised to avoid

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eating food with high salt content which is water-retentive as this could raise the bloating factor that usually accompanies cramping. Plus, being fit is a major step in keeping women's health in-check.

Lastly, it is imperative that menstrual pain or cramping that doesn't go away should be reported to the doctor immediately. It is also a good idea to get annual reproductive system check-ups such as Pap-smears. Remember that women's health are dependent on a precarious hormonal balance. It would save women much time and trouble to have diseases or irregularities checked and corrected even before they develop to full-blown diseases.

For more valuable information on Women's Health issues, please visit



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