

Women On The Move

Tips For Feeling Good All Month Long

by Shari E. Brasner, M.D.

(NAPSA)—It doesn't take a brain surgeon (or a gynecologist) to tell you that your hormones get out of whack the days before and during your period. Renegade zits appear. Jeans seem to shrink overnight. Discomfort takes various forms.



Dr. Brasner

While pajamas, a pint of Rocky Road and a hot water bottle may provide temporary comfort, taking good care of your body every day of the month can do wonders in boosting your physical and mental well-being all month long.

Although you can't stop the ebb and flow of your hormones, your mind and body don't have to be at their mercy. To feel great all month long, it's important to exercise regularly, eat a balanced diet and get rid of some of your unhealthy habits.

1. Limit salt intake. Foods high in sodium such as french fries and potato chips cause your body to retain water and bloat.

2. Cut down on caffeine. Espresso, soda and other beverages containing caffeine can make you irritable and exacerbate cramps.

3. Exercise, exercise, exercise. Run, walk, swim, or do some form of aerobic exercise for a minimum of 30 minutes three times a week to fight fatigue and negative moods.

4. Let the H₂O flow. Drink a minimum of eight glasses of water a day to reduce bloating.

5. Smooth as silk. During a woman's period, genital tissue is likely to swell due to increased blood flow in the area. An applicator tampon does not flex to fit your body's natural curves and may exacerbate pain and discomfort during your period. o.b.[®] Silk Ease[™] Tampons—the first and only tampon with a silky-smooth cover—were designed for easier insertion and removal, eliminating the ouch factor that may occur while using a tampon. And since there is no applicator, women can control where it goes and place it in the most comfortable spot.

6. Get some Zzzs. Sleep for at least eight hours every night—and go to bed before midnight—to stave off stress.

You have to know your body in order to be good to yourself. Try keeping a personal journal of any monthly symptoms to detect patterns so you can make changes and plan ahead. Getting in tune with your body and making a few small changes to your everyday routine will help you feel great and be yourself...every day of the month.

Dr. Brasner is a clinical instructor at Mount Sinai School of Medicine, is the author of Advice from a Pregnant Obstetrician and is frequently asked to speak about women's health on a variety of television programs.