

Women Want To Know

Harnessing Your Inner Venus

(NAPSA)—Recent research has discovered intriguing ways women can make the most of their own inner goddess.

Explains Dr. Rebecca Booth, leading gynecologist and author of “The Venus Week: Discover the Powerful Secret of Your Cycle...At Any Age,” your body has the power to work for you. Instead of feeling at the mercy of your hormones, you can feel in control throughout the month. It’s a matter of understanding how your body works so that you can capitalize on your entire cycle and harness the positive effect of the hormonal chemistry that occurs.

In the week that follows your period and leads up to ovulation, Dr. Booth says, an incredible recipe of hormones in your body makes you feel more feminine, powerful and beautiful. This combination of hormones positively affects your metabolism, lifts your spirits and encourages romance.

You can maximize the effects of what Dr. Booth calls the “Venus Week” through diet and lifestyle changes. Simple lifestyle changes include:

- Eat well by minimizing “white” food or sugary, highly-processed foods and eat more protein and whole-grain foods.

- Indulge in high-quality dark chocolate, which contains flavonoids, which have estrogen-like activity. Flavonoids, like estrogen, have an uncanny effect on increasing sensitivity to insulin and boosting carbohydrate metabolism.

- Stir in a daily dash of cinnamon, which also increases sensitivity to insulin.

- Exercise regularly to support the mood-elevating brain chemicals that soar during the Venus Week.



Proper diet and lifestyle can help women make the most of their own inner goddess.

Even once the Venus Week is over, you can still keep the good energy going. Remember natural shifts in mood and energy are temporary and can be offset by the diet and lifestyle. Dr. Booth suggests you look at every phase of your cycle as having a unique and important purpose. Try not to view “that time of the month” as a stereotypical low point, she adds. There are even some great new technologies available to help. For example, the Always brand has a pad called Always Infinity with excellent absorbency that adds to a sense of confidence and security.

“All women can benefit from the beauty of the Venus and harness its physical and emotional benefits, offsetting the drop in estrogen and the increase in progesterone that follows Venus Week,” says Dr. Booth. The power of the Venus Week can work for you all the time.