

# Health Hints

## Easy Solutions To Common Health Problems

(NAPSA)—The solutions to some common health problems may be easier than you imagine.

Here are a few health problems women face and some surprisingly easy solutions:

**Problem:** I can't lose weight.

**Solution:** Part of the problem with trying to lose weight is that women immediately think "diet" and depriving yourself never works for very long. Make simple changes. Figure out how you can lose just a few hundred calories a day. Switch to a low-fat version of ice cream. Substitute fruit for dessert occasionally. Eat vegetarian one day a week. A few hundred calories can add up to a slow-but-steady—and more likely to be permanent—weight loss.

**Problem:** I have terrible cramps once a month. Painkillers barely touch the surface.

**Solution:** According to surveys from the American College of Obstetrics and Gynecology, one in 10 women experiences symptoms so severe they interfere with everyday activities.

Many women say heat therapy provides the most effective form of cramp relief. Products such as ThermaCare Menstrual Patches offer up to eight hours of soothing relief. The automatically-heated wraps (just open and apply) discreetly attach inside clothing to deliver soothing warmth.

**Problem:** I constantly feel stressed and can't find a way to relax.

**Solution:** Relax through exercise. Everyday activities can be invigorating and burn more calories than you may think while the exercise itself can actually be soothing. Easy ways to get more movement into your life include: park



**Common health problems that women face can have surprisingly simple solutions.**

farther from the mall and walk the difference; take the stairs instead of the elevator; hang the wash on the line instead of using the dryer. All of these activities burn calories. If you want to start a formal exercise program, start small and work up to a full workout.

Many people find laughter helps to relieve stress. One place you can turn to for a good laugh is a wry Web site that takes an amusing look at "men with cramps": [www.menwithcramps.com](http://www.menwithcramps.com).

**Problem:** I love high heels but my feet hurt.

**Solution:** If you can't give up your high heels, save them for special occasions. Shop carefully since some high heels are more comfortable than others. Ideally, even high heels should provide heel and arch support and have ample room for your toes. When you need to walk any distance, consider wearing comfortable walking shoes and then slipping into something dressier at your destination. Since foot size can change, have your feet measured once a year.

For more information, visit [www.thermacare.com](http://www.thermacare.com).