

# News for Women

## New Web Site Tells It Like It Is

(NAPS)—Here's news in which many women may take a healthy interest: According to the National Institutes of Health, staying well after menopause may mean making some changes in the way you live.

- Don't smoke. If you do use any type of tobacco, stop—it's never too late to benefit from quitting smoking.

- Eat a healthy diet—one low in fat, high in fiber, with plenty of fruits, vegetables and whole grain foods, as well as all the important vitamins and minerals.

- Make sure you get enough calcium and vitamin D—in your diet or in vitamin/mineral supplements.

- Learn what your healthy weight is and try to stay there.

- Do weight-bearing exercise, such as walking, jogging or dancing, at least three days a week for healthy bones. But try to be physically active in other ways for your general health.

You can learn more from a new Web site that offers a very personal, humorous and somewhat tongue-in-cheek approach to a topic that affects virtually every woman. Rich in positive, informative content, the site's topics include the importance of understanding that PMS and menopause are very real and not "just in your head." It also features personal accounts and practical ways to deal with your own emotions and better understand the effect they can have on those around you.

As Web site founder Angelica Jones stated, "I was getting pretty sick and tired of the way I felt and all of the crazy information that was and is flying around the



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Internet and the news. Women are confused. You read something and then before you know it, the whole landscape has changed. Issues like eat or take soy or all the controversy over whether you should take HRT just made me crazy. It was confusing territory."

Jones first came up with the idea as a place where she could share her own accounts, thoughts, ideas and what worked for her with everyone and anyone with PMS. The Web site has evolved and, upon numerous requests, now includes the products that she has used in her quest to reduce symptoms. The SnittyandSnotty.com Web site will be updated frequently with the newest information on PMS and menopause as it becomes available.

Jones added, "Women just thought it was a great idea; they liked the fact that I didn't make it flowery; it contains blunt talk and deals with issues straight on."