

How to Reduce Period Cramps and Pains

Most women experience menstrual pains at some point. For some, they are a mild inconvenience, for others they can be debilitating and restrict everyday life.

Here we explain the causes and list some suggestions for how to reduce period cramps and pains.

How to ease period cramps

Understanding how to ease period cramps can help make them more manageable. Different methods and remedies work for different people, and it is helpful to vary treatments to find out what works best for you. Try these home remedies to help you learn how to ease period cramps successfully.

What causes period pain?

Period pain is a common side-effect of menstruation that is caused by small contractions in the muscular wall of your womb during your period. Period pain is mainly felt around the stomach, lower back, and thighs. Some women suffer from mild cramping or dull aches, while others experience more intense pain. Other symptoms of period pain include nausea, headaches, and an upset stomach. The severity of period pain can vary between your menstrual cycles.

Hydrate

Dehydration leads to bloating which can make period cramps worse. Drink at least 6-8 glasses of water a day to help you stay hydrated and help to ease period cramps.

You can avoid becoming dehydrated by paying attention to your diet too. [Consuming salty foods](#) can cause your body to retain water, leaving you feeling more bloated and uncomfortable.



Cook from scratch using natural ingredients wherever possible and enjoy a well-balanced diet that is packed with plenty of leafy greens, fresh fruit and vegetables. These will replenish your body with plenty of iron, and lots of magnesium and potassium which can help to reduce cramping.

Exercise

Exercise may be the last thing you feel like doing but it is an effective way of helping you learn how to ease period cramps. Try gentle exercises like swimming or walking to begin with and increase the intensity levels when you feel more comfortable. Exercise increases blood circulation and releases feel-good hormones called endorphins to boost your mood and relax muscle tension.

Stretching exercises like restorative yoga and Pilates will help release tension in your body and relax muscles to ease period pain.



Apply Heat

Placing a heat pad or hot water bottle over painful areas helps to loosen muscles and soothe away pain. Stepping into a warm bath is another way to ease period cramps away. The warm water can soothe tension and soreness while helping you feel more relaxed.

Quit Smoking

Smoking is believed to increase the likelihood of period pains because it causes constriction of your blood vessels. This slows blood flow to your uterus and makes cramping more likely, so if you want to learn how to ease period cramps – quit smoking! Smoking has negative effects for all aspects of your health and the NHS can provide free support to help you stop, [visit their website](#) for information and resources.

TENS Pain Relief

TENS Pain Relief could be the best option if you prefer to ease period cramps without using pain medication. TENS Pain Reliever (transcutaneous electrical nerve stimulation) is a drug-free method of soothing pain. TENS involves sending small, painless electrical pulses via electrode pads placed on your skin over the pain-affected areas. These pulses block the way pain signals are sent to your brain and stimulate your body to produce more of its own pain-relieving chemicals (endorphins), this can help to ease period cramps as you continue with normal life.



Kinetik Wellbeing has a range of [TENS devices](#) to help to ease period cramps safely and naturally. With multiple stimulations and intensity settings, you can learn how to ease period cramps by customising your settings to meet your needs.

Although it is not always possible to prevent period pain completely, these home remedies can help you to work out how to ease period cramps so they become more manageable. By learning how to make period pain more bearable you can gain control over your symptoms and prevent them from disrupting your everyday life.