

Natural remedies for period pain



Some studies show the following natural remedies may reduce period pain for some women.

Increase your omega 3 levels



Aim for 2 portions of oily fish a week, or take algae-based supplements.

Focus on magnesium rich foods



Good sources of magnesium include cashew nuts, dark leafy green vegetables, and dark chocolate.

Go for ginger



Try sipping on a warm ginger tea or grate fresh ginger into curries and stir fries.

For more information, visit [bupa.co.uk/health-information](https://www.bupa.co.uk/health-information)