

Your magazine for self-discovery, creativity, and the art of living!

A woman is shown from the waist down, wearing pink period underwear. She is holding an open newspaper, which is partially obscuring her torso. The newspaper has the word 'Feuilleton' at the top and a photo of a woman. To her left is a vase with dried flowers on a grey cabinet. In the background, a bathtub and a wooden stool are visible.

# StoryLane

## Magazine

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Menstrual pain? 5 Tips from Period Underwear  
Manufacturer ooia

# Menstrual pain?

## 5 Tips from Period Underwear Manufacturer ooia

You probably know it all too well: during your period, you can experience discomfort ranging from emotional unease to physical stress and severe pain. But what really helps in relieving menstrual pain? And when should you see a doctor for menstrual discomfort? We, ooia, the German market leader in period underwear, have put together 5 effective tips to help alleviate menstrual pain:

- Heat up your menstrual pain
- Opt for gentle exercise against period pain
- Masturbation for relief from menstrual discomfort
- Short-term first aid for menstrual pain: painkillers
- Menstrual pain and the gut: period poops are real!

Heat can work wonders by relaxing your body and acting as a muscle relaxant. A hot water bottle or our ooia Hugs with integrated heat pad are great options for this.

Menstrual yoga with gentle stretching exercises like "cat & cow," "low lunge," or "child's pose" can alleviate menstrual discomfort. Light exercise promotes blood circulation and loosens the muscles. In addition, physical activity is beneficial for your mental well-being and can prevent mood swings!

Studies show that an orgasm can relax the body and act as a muscle relaxant. The endorphins released during orgasm can act as a natural painkiller. However, whether an orgasm helps you depends on the underlying cause of your menstrual pain

In the case of acute menstrual pain, a painkiller can provide quick relief. It is best to consult a pharmacist for advice on which tablet is suitable for you and how to take it.

Many people also experience bloating and diarrhea during their period. Although there is no need to be ashamed of it, it can still be uncomfortable to sit on the toilet in pain instead of relaxing comfortably on the sofa. Here are some ways to counteract digestive problems and support your diet:

- Avoid sugar, cow's milk, caffeine, and alcohol, as they can contribute to your discomfort.
- Opt for warm, easily digestible, and cooked meals, as well as anti-inflammatory and pain-relieving foods like ginger. Soups, vegan curry, stew, and herbal teas can provide relief to your lower abdomen.

If you suspect an iron deficiency, it is advisable to consult your doctor, as iron loss can occur during bleeding.

These menstrual discomforts can be warning signs.

It is important to note that certain menstrual discomforts can be warning signs of underlying hormonal disorders or conditions such as endometriosis, adenomyosis, or fibroids. Even though benign causes often underlie these symptoms, it is advisable to undergo a medical examination in case of doubt.

If your menstrual cycle causes problems or concerns, take your symptoms seriously. Pay particular attention to warning signs such as unusually short or long cycle duration, very heavy or weak bleeding, spotting, very intense pain, or noticeable clots during menstruation. If you notice such symptoms, it is advisable to seek professional medical support.

Remember that you are not alone, and there are ways to cope with menstrual discomfort.

Would you like to try period underwear, such as our ooia Hugs, with an integrated heat pad? Here's an exclusive discount code for you.

