



NATURAL GUIDE Women's Health

to




Supplements, recipes
and everyday lifestyle
advice for every
woman






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About NOW:

Since 1968 NOW has been a leader in the natural products industry, and we proudly offer dietary supplements, sports nutrition, healthy foods, personal care products and essential oils. Still family owned today, we've never wavered from our mission—to provide value in products and services that empower people to lead healthier lives.



Getting Started

A

A one-size-fits-all plan for women's health is about as realistic as one-size-fits-all women's jeans. Yet, women of all ages continue to try to wiggle, squeeze and shimmy their way into a generic plan for feeling good. It's one of our biggest misconceptions about women's health, according to Wendy Bazilian, DrPH, RD, co-author of Eat Clean, Stay Lean (Rodale, 2015). "Increasingly, we recognize that we're all individuals and want a customized approach."

So how can we find the best path to feeling fabulous for our unique bodies and minds? Understand the basics of how our body functions and think of our health like a complex but incredibly vibrant ecosystem. Good health requires a combination of factors working together to help body and mind flourish. Women have intricate reproductive systems, constantly fluctuating hormones and minds that require a diet filled with diverse nutrients. On top of all that, as we go through life, our needs change, requiring us to listen and make adjustments as time goes on.



Armed with more knowledge about how our bodies work, we're empowered to take our health into our own hands. "We're becoming more health-inspired," says Bazilian, who is also an American College of Sports Medicine-certified health and fitness specialist. "We recognize that there are more spokes on the wheel that make us healthier. There's a lot to say about eating and exercise but there are other spokes as well—sleep, rest, recreation, relaxation, having fun." Learning about those spokes, and experimenting with how each affects you personally, can help you create a health plan that fits you like a glove.

Women's Supplements Cheat Sheet

"Supplements are about being selective and smart," says Bazilian. "For women in particular, it's really about customizing. Know why you're taking a supplement, and seek the expertise of someone who can help." She recommends starting with a daily multivitamin to fill in the gaps where the foods we eat don't provide the nutrients women need.

"Know why you're taking a supplement, and seek the expertise of someone who can help."



All women should also consider:

- **Omega-3s.** For cardio and mood health and to help support a healthy and balanced immune response.
- **Vitamin D.** To support bone health, as well as maintain overall health and wellness for the long haul.
- **Protein.** Critical for maintaining muscle tissue and a youthful metabolic rate as women age.



Nutrients To Help You Flourish In Each Phase Of Life

Women living in the real world don't always have time to prepare the foods we need to fuel our bodies and minds. And even if you do eat a well-rounded diet, you're often still not getting enough key nutrients. Fortunately, supplements can fill the nutrient holes.



ADOLESCENCE

- **Zinc.** This important mineral helps promote healthy endocrine function and support growing immune systems.
- **Calcium, vitamin D, vitamin A.** These vitamins help young women's skeletons acquire the bone mass needed for a long, healthy life.
- **Iron.** As girls start their period and lose blood, keeping iron levels steady becomes more important.



YOUNG ADULTHOOD

- **B complex vitamins.** They support the cognitive development critical to this time of life.



Glow In Your Golden Years

It's a great time to get older. "We have never lived longer with more potential to age well," says Bazilian. Thanks to more and more research, we are realizing that it's not inevitable that certain things will happen as we age and we can't do anything about them. "We have scientific evidence that you can build muscle well into your 80s. It was always thought that you couldn't build new brain cells and now we have disproven that. Healthy living, exercising and even happiness can build brain cells." Understanding how those spokes on the wheel—like nutrition, exercise, lifestyle and sleep—work together to boost our health and making the choices that help strengthen them through the years can help women thrive at any age. Bazilian points out the very different perception of menopause in Asia as a reason for all women to rethink what it means to age: "It's called a second spring. It's a beautiful transition."



CHILDBEARING YEARS

- **Omega-3.** To support a healthy immune system and help deal with typical everyday mental and physical stress.
- **Folate.** This B vitamin is critical for a baby's developing brain and spine.
- **DHA.** Important for a baby's cognitive development.
- **Iodine.** Supports normal thyroid function.
- **Collagen.** Believe it or not, your collagen production begins to slow in your mid-20s.



PERIMENOPAUSE

(the 10 years leading up to menopause)

- **Melatonin.** This nutrient helps women fall asleep and stay asleep during years when many often have trouble catching Zs.
- **Chasteberry.** May help with symptoms of PMS.



MENOPAUSE

- **Keratin and biotin.** To promote healthy hair, as it may normally thin with age.
- **Black cohosh.** May help to alleviate typical symptoms of menopause, such as hot flashes.
- **Magnesium.** To help relax the nervous system and lend sleep support.



BEYOND MENOPAUSE

- **DHA.** Can help maintain normal, healthy cognitive function.
- **Curcumin.** May help support healthy balanced immune response to address aches and pains associated with overexertion and may help to support brain and heart health.
- **Vitamin D, calcium and magnesium.** These nutrients help support healthy bones.
- **Vitamin K-2 (MK-7).** Helps bones retain calcium and helps keep blood vessels flexible.



Beat Stress, Energize Your Life

Ginger Rogers did everything Fred Astaire did—backwards and in high heels. Today, it seems the rhythm is faster and the steps of life more complicated. Long-term stress triggers our adrenal glands to pump out abnormally large amounts of the stress hormone cortisol, raising blood pressure and blood sugar, lowering our immune response and making us more vulnerable to burnout and even disease. While we can't always control the demands of work, family and life in the 21st century, we can do things to help prevent the fatigue that women everywhere face. After all, stress and fatigue aren't just unpleasant when you're heading into tomorrow's meeting; they can have health repercussions down the road.

Today, it seems the rhythm is faster and the steps of life more complicated.

Enhance Your Diet: 7 Supplements To Keep Energy High



Certain lifestyle and dietary choices are key to helping you maintain a fast pace; but supplements also help to support long-lasting, steady energy production. Here are a few favorite research-backed picks.

- 1. B-complex vitamins:** Mitochondria, the energy powerhouses in each of our cells, convert protein, glucose and fat into energy. B-complex vitamins are necessary for that process.
- 2. Coenzyme Q10 (CoQ10):** Studies show that CoQ10 supports mitochondrial function and energy production.
- 3. L-Carnitine:** This nutrient helps transport fats deep into cells so they can be burned for energy. Studies show it can support energy production.
- 4. Vitamin C:** Vitamin C supports the adrenal glands and helps the body make L-carnitine. But most people don't get enough of it, even in citrusy Florida. Only 56 percent of Americans get the recommended amount.
- 5. Magnesium:** Powering down your brain is just as important as keeping it fired up. Magnesium promotes a normal stress response and enables your muscles to relax, leading to better sleep—and ultimately more energy. Many women who take calcium supplements may not be getting sufficient magnesium to counterbalance its effects.
- 6. Alpha-lipoic acid:** This free radical scavenger also plays a key role in maintaining mitochondrial health.
- 7. Ribose:** Ribose helps form DNA and RNA and also helps the body produce energy.

Eat Wisely

What and how you eat can help kick exhaustion, and where to start may surprise you: Eat more often. But that means eating nutrient-dense whole foods more often, not stuff like cookies, chips and other processed and refined foods and drinks that offer lots of calories, but little in the way of nutrients. Plus, sugary, caffeine-infused foods cause rapid spikes and drops in blood sugar and energy levels. Instead, enjoy protein and fresh produce every time you eat—which for some of us should be every three hours. A variety of protein sources, such as beans, fish and nut butters help maintain healthy bones, muscles and skin, while fiber-rich produce keeps you feeling full, stabilizes blood sugar and provides essential nutrients such as magnesium.

And for foods' nutrients to actually help our bodies, our digestive systems have to be working well so all the good stuff can be absorbed and used. If you've got a chronic digestive problem, such as celiac disease, lactose intolerance or IBS, it could be affecting your energy levels. Even mild digestive woes can be draining, so explore natural methods to promote overall digestive health and boost nutrient absorption.

Next, be sure to keep moving—no matter how tired you may feel. While the mere thought of exercise may make you feel more tired, buck up and grab your sneakers because moving your body kicks off cellular responses that create more energy. You don't need to start with CrossFit. If you haven't been exercising regularly, start with slow, gentle activity, like walking just 15 minutes a day. Not only does it build muscle and burn fat, but it also stimulates muscle cells to produce more mitochondria, which in turn make more energy.



Energy -Meal Formula

One serving of carbohydrates, protein or fats = one hour of energy. Combine all three every time you eat, and choose the best-quality nutrients each time, in the form found closest to the way the food exists in nature—an apple instead of apple juice, for example, or even better, an apple (fiber and carbs) with a handful of almonds (protein and fats).



Add In Adaptogens

This class of supplements helps the body adjust to everyday stress levels by supporting healthy adrenal function and, as the name suggests, helping you adapt to a whirlwind existence.

RHODIOLA: In a recent four-week Swedish study of 60 people, researchers reported that rhodiola supplements supported energy levels and general mental performance, particularly concentration. A 2014 study published in *The Journal of Alternative & Complementary Medicine* noted that the herb also boosted mood.

Dose: 500–1,000 mg daily.

ELEUTHERO: Once called Siberian ginseng, eleuthero appears to support a healthy immune response.

Dose: 200 mg daily.

ASHWAGANDHA: A critical part of traditional Ayurvedic medicine, ashwagandha can help support energy levels and may help to maintain a calm, relaxed mood.

Dose: 500 mg daily.

LICORICE ROOT: This herb has been used for centuries by Chinese herbalists. It is well known for its immune-supporting and its ability to promote healthy adrenal function.

Dose: Follow label directions. Do not use if pregnant.

MUSHROOMS: Maitake, shiitake and reishi, the three most popular adaptogenic mushrooms, are all nutritionally rich and enjoy a long-standing reputation in Traditional Chinese Medicine as energy enhancers.

Dose: Follow label directions.



4 Essential Oils To Help Manage Stress And Boost Energy

Essential oils provide an excellent way to help you calm down, perk up, stay focused and more. Here are some best-in-show options to try, whether by using in an aromatherapy diffuser or creating a DIY beauty product.

Essential Oil	Qualities	Recommended Use	Precautions
Bergamot	Lively, inspiring, uplifting	Inhale, add to diffuser.	Increases skin's sensitivity.
Jasmine	Romantic, relaxing, calming	Inhale, add to diffuser or add to bathwater.	May cause an allergic reaction; do not use if pregnant.
Lavender	Soothing, normalizing, balancing	Inhale, add to diffuser or add to bathwater or massage oil.	None known.
Vetiver	Grounding, calming, stabilizing	Blend with lavender or ylang ylang for a rejuvenating bath.	None known.



Balance Weight

Unfortunately, there are lots of reasons why a woman's metabolism—the complex process our bodies use to convert food into energy—may slow down. Years of yo-yo dieting can wreak havoc on it. Aging can put the brakes on it, too. The good news: adopting a few natural strategies can help recharge it.

Let's start with what not to do: Skip meals, which sabotages our metabolism. This is especially important as you begin your day, says Mark Hyman, MD, author of *Ultrametabolism* (Scribner, 2006) and *The Ultrametabolism Cookbook* (Scribner, 2007). "Skipping meals creates a mini-starvation in between that interferes with metabolism," says Hyman. Start your day with a protein-rich breakfast to kick-start your system and to get essential amino acids that help you feel full longer.

Next up: Ditch fake foods and foods packed with trans-fats. Sorry, low-fat ice cream and low-calorie potato chips really are too good to be true. Highly processed and nutrient-devoid ingredients "pretend" to be food and can also interfere with your metabolism, according to Hyman. Trans-fats—often lurking in fried, some baked and "fast" foods—are well known for raising total and LDL ("bad") cholesterol and lowering HDL ("good") cholesterol. "They slow metabolism and fat burning, and reduce insulin sensitivity, so you're more likely to gain weight," Hyman says.

Also remember: Calories matter, but the type of calories you consume may be more important. Focus on low-glycemic foods; a food's glycemic index (GI) is a numeric value that indicates the rate at which the food raises your blood sugar. High-glycemic foods, such as white rice, plain bagels and potatoes, cause blood sugar to take off, which quickens your body's release of insulin and can have a negative impact on metabolism. Instead, eat low-glycemic beans, whole grains, and vegetables, which not only keep blood sugar in check, but also fill you up fast.

Stay-Trim Weekday Meals

These mouthwatering, simple meals keep calories in check, without losing flavor or nutrients.



Spaghetti Squash Primavera

Ingredients

- 3 whole spaghetti squashes (about 1 pound each)
- 2 tablespoons Ellyndale Organics® Olive Oil (divided)
- 1 yellow onion (diced)
- 2 zucchini (diced)
- 1 cup diced bell pepper (red, yellow, orange or a combination)
- 1 cup broccoli florets
- 3 large cloves garlic (pressed or minced)
- 1 (28-ounce) can whole tomatoes (in juice)
- Grilled chicken
- 1 tablespoon crushed red pepper flakes (or to taste)
- 1 teaspoon dried oregano
- 1 tablespoon fresh thyme, or 1/2 teaspoon dried
- Asiago cheese (for garnish)

Directions

1. Preheat oven to 425°. Cut spaghetti squash in half lengthwise and remove seeds with a spoon. Place squash, cut side up, on a baking sheet. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Turn cut side down and roast for 25 minutes.
2. Meanwhile, heat remaining olive oil in a large saucepan over medium heat. Add onion, zucchini, squash, bell pepper, and broccoli; sauté until vegetables begin to soften, about 5 minutes, stirring frequently. Add garlic and toss to combine. Add tomatoes, crushing with a spoon. Season with red pepper flakes, oregano, thyme and salt and pepper. Sauté for another 5 minutes or so.
3. When squash is tender, use a fork to scrape into spaghetti-like strings. Divide among shallow bowls. Spoon primavera sauce and slices of grilled chicken over "noodles" and garnish with cheese. Serve immediately.

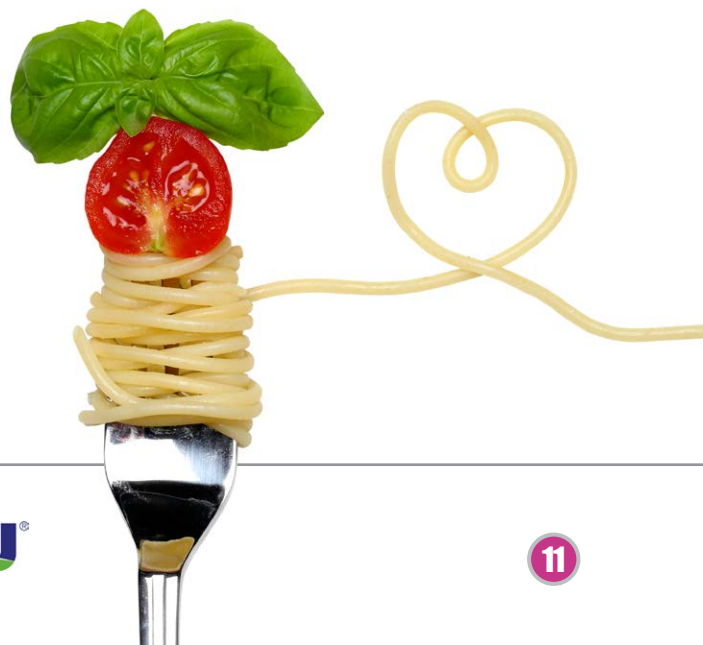


Woman Power

Yo-yo dieters often lose muscle and regain fat.

Sure, huffing and puffing through aerobic exercise does boost metabolism, an effect that lasts hours afterward, but muscle burns more calories than fat—even when you're lounging on the couch. Too much cardio can spike muscle-eating stress hormones, like cortisol, and hinder thyroid hormones, leading to fatigue and slowed metabolic rate (the rate at which you burn calories at rest), says Natasha Turner, ND. Plus, long, moderate-intensity aerobic workouts tend to lower levels of the satiating hormone leptin, making you ravenous afterward.

In contrast, both experts say, **strength training along with short, intense cardio sessions stimulates fat-burning hormones like testosterone and human growth hormone, bolstering metabolism.** Try 30- to 45-minute workouts three times weekly, combining intervals (cardio bursts punctuated by brief rests) and strength training. On "off" days, walk for 30 to 60 minutes.





Quinoa, Cannellini Bean And Spinach Salad

Ingredients

- 3/4 cup Living Now® Organic Quinoa (well washed)
- 1/4 teaspoon salt
- 1 1/2 cups water
- 1 tablespoon Ellyndale Organics® Olive Oil
- 1/2 large sweet onion (diced)
- 1 1/2 cups diced bell pepper (red, yellow, or orange)
- 1 pound fresh spinach leaves
- 1 (14-ounce) can cannellini beans (rinsed and drained)
- 2 large cloves garlic (pressed or minced)
- 1 teaspoon crushed red pepper flakes

Directions

1. In a small saucepan, combine quinoa, salt and water. Bring to a full boil. Cover and reduce heat to low; cook for 10 minutes. Remove from heat. Let sit for 5 minutes; then fluff with a fork.
2. Meanwhile, heat olive oil over medium-high heat in a large skillet. Add onions and peppers and sauté until soft, about 5 minutes. Add spinach and beans and continue cooking until spinach is wilted, about 5 minutes. Add garlic, red pepper flakes and salt and pepper to taste. Stir to combine.
3. In a large bowl, combine cooked quinoa with spinach mixture. Serve immediately.

Greek Turkey Mini-Meatloaves

Ingredients

- 1/2 large onion
- 3 large cloves garlic
- 1/2 cup pitted Greek olives
- 1/2 cup Greek-style feta cheese
- 1 1/4 pounds lean ground turkey breast
- 1 tablespoon dried oregano
- 1 tablespoon Worcestershire sauce
- 1 tablespoon red wine vinegar
- 1/2 cup bread crumbs (fresh or dried)
- 1 egg
- 1 tablespoon Ellyndale Organics® Olive Oil

Directions

1. Preheat oven to 425°. In a food processor, combine onion, garlic, olives and feta; pulse until roughly chopped (not puréed). In a large mixing bowl, combine onion mixture with turkey, oregano, Worcestershire, vinegar, bread crumbs and egg. Use hands to mix well but do not compact tightly.
2. Divide meat into four equal portions. Mold each into a mini-meatloaf and set on a baking sheet. Drizzle with olive oil and season with salt and pepper to taste. Bake for 20–25 minutes, until a meat thermometer reads 165°.





Go Green ... Tea

While it may pack less of a caffeine punch than coffee, green tea may contain more metabolism-boosting nutrients. Research shows that green tea's catechin-polyphenol called epigallocatechin gallate (EGCG) works with caffeine to optimize your metabolism—a magical effect that lasts longer than if you have caffeine alone.

Brewed green teas have varying levels of caffeine and polyphenols, so if you're serious about weight management, take a standardized extract that contains 50 mg of caffeine and 90 mg of EGCG per dose three times a day before meals. **Also sneak more into your diet with creative, delicious recipes.**

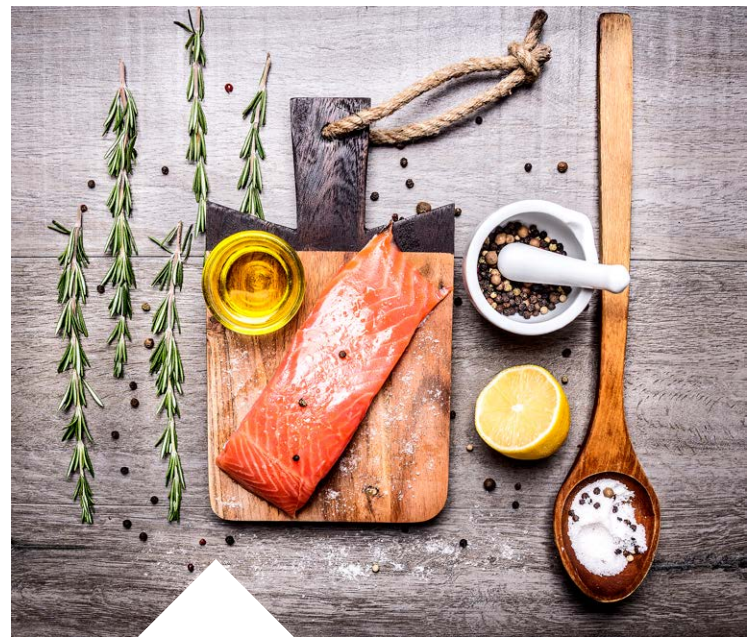
Jasmine Green Tea and Huckleberry Granita

Ingredients

- 1 1/2 tablespoons jasmine green tea leaves
- 1 1/2 cups hot water (140 degrees)
- 1/4 cup plus 2 teaspoons honey
- 3/4 cup fresh or frozen huckleberries or blueberries
- 2 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice

Directions

1. In a teapot, steep tea in hot water for 3–4 minutes. Strain into large bowl; discard tea leaves. Add honey and stir to dissolve. Add remaining ingredients. Put in freezer and stir every hour until too solid to stir. Let mixture freeze until solid, about 3 more hours. Shave or scrape granita into smaller bowls to serve.



One-Two Punch For Weight Management

Fish Oil

Studies show that fatty fish and fish oil may help manage weight in overweight individuals, especially when combined with exercise. The omega-3 fatty acids in fish maintain normal insulin, which helps to prevent the loss of muscle mass. **"Fish oil has the opposite effect of trans-fats,"** says Hyman. **"It turns on metabolism and supports a balanced immune response."** Try taking 1 to 2 grams of fish oil a day.



Snooze To Lose (lbs)

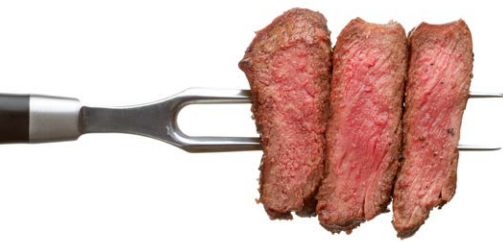
Try to get at least eight hours of Zs each night.

Sleep deprivation increases ghrelin, the hormone that tells you you're hungry, and decreases leptin, the hormone that makes you feel full. The end result: You can't help answering when junk food calls from the kitchen.



Why Every Woman Should Love Her Heart

Heart disease is the number one killer of women. It's the number three killer of women under 45. Up to six times more women die of it than of breast cancer. "It's persisting, and ever important that we are aware of that," says Bazilian. That's why embracing foods, supplements and lifestyle habits that support your ticker is critical for every woman. Here's where to start.



Top 5 Ways To Support Your Heart Health

Cut your meat. Not in small pieces, rather, reduce how much red meat you eat. When you do have it, go with grass-fed. People with high levels of CLA, found in beef and dairy from grass-fed cows, reduce their heart attack risk by more than a third, according to one study.

Select extra-virgin. Extra-virgin olive oil boasts monounsaturated fat that is loaded with free radical scavenging polyphenols, and recent research suggests it may alter genes that influence heart health.

Don't ignore stress. Women who report their job stress is "much too high" have nearly a 50 percent higher risk of developing heart disease, according to research. Stress often plays a bigger role for women than for men, says Patrick Fratellone, MD. "They have to balance their roles as mother, wife, and worker." To help ease stress he asks his female patients to meditate 15 minutes, twice weekly; exercise 30 minutes, three times weekly; and pursue a hobby 30 minutes, twice weekly.

Brush up. Cleaning teeth and gums well twice a day lowers the risk for cardiac disease by as much as 70 percent.

Turn off the TV. A large Australian study found people who watched TV for four hours or more a day were 80 percent more likely to die from heart disease than those who watched two hours or less. And a similar Canadian study found those who sat most of the day were 54 percent more likely to die of heart disease than those who stood or walked at least half the time.





The Breast-Health Diet

One in eight American women will develop invasive breast cancer over her lifetime. What you eat, and how much you get of certain nutrients, can play a huge role in supporting breast health, say experts. In addition to getting ample servings of fruits and vegetables and whole grains in breads and cereals, adopt these every day breast-smart nutrition choices:



Toast To Breast Health: With Sparkling Water

Drinking any kind of alcohol — yes, even red wine — raises your chance of getting breast cancer. Just one drink a day will increase your lifetime risk by 5 percent, and it goes up from there, with six daily drinks raising the risk by a whopping 40 percent, says Leena Hilakivi-Clarke, PhD. In fact, alcohol is a culprit in nearly 11 percent of breast cancers, say British researchers who followed more than a million women over a 7-year period. While the research is clear on the risk of alcohol, the why behind this risk is much less clear.

- **Work in walnuts.** Walnuts contain healthy omega-3s, as well as antioxidants and phytoosterols (another type of plant fat)—all of which have been shown to support breast health. Since walnuts pack a wallop of fat (even though it's the healthy kind, it's still fat) and concentrated calories, make sure you're substituting walnuts for other snacks and not just eating them in addition to your normal intake, as weight gain raises the risk of breast cancer.
- **Trade coffee for tea.** Researchers found that among thousands of women, those who regularly drank green tea had a lower risk of breast cancer. The more years and more often these women drank tea, the stronger the breast protection. Tea contains powerful free radical scavengers; the superstar is called epigallocatechin gallate (EGCG). Green and white teas, in particular, are packed with EGCG, although black and oolong teas also have some. EGCG deactivates harmful free radicals and helps to regulate signaling pathways involved in cancerous changes.
- **Fill up on fiber.** Fiber helps support breast health—and many women are falling short. Females should focus on getting 25 grams per day. Chia seeds, berries, beans, jicama and oats are all excellent sources.

More fiber-packed foods:

- Pear, with skin, 1 medium, 5.5 g
 - Spaghetti, whole-wheat, cooked, 1 cup, 6.2 g
 - Split peas, cooked, 1 cup, 16.3 g
 - Lentils, cooked, 1 cup, 15.6 g
 - Artichoke, cooked, 1 medium, 10.3 g
 - Peas, cooked, 1 cup, 8.8 g
 - Sunflower seed kernels, 1/4 cup, 3.9 g
- **Fortify with folic acid.** Folic acid is essential to our cells dividing and growing properly. This B vitamin is needed to make DNA and RNA, which are the blueprints for all the body's cells. Recently, researchers from the Fred Hutchinson Cancer Research Center reported that getting high amounts of folic acid from diet and supplements supported breast health in women, compared to women with a very low intake.



Beauty From The Inside Out

*Skin is your biggest organ, and your body replaces all 19 million of your skin cells every month. It's a big job, so do what you can to help out. Need more incentive? Your efforts won't just boost your beauty, according to Alan Logan, ND, coauthor of *Your Skin, Younger* (Cumberland House, 2010). "Studies show skin damage often reflects a person's health and vitality," he says. Consider recent studies of twins, which found the younger-looking twin had healthier habits, less stress and fewer medical problems—and ultimately lived longer.*

3 Nutrition Habits For Beautiful Skin

"The body repairs and replenishes from the inside out," says Logan. "Nutrition makes a significant contribution to overall skin appearance."

- Slash refined sugar, which promotes inflammation and oxidative stress. Instead, opt for natural substitutes such as xylitol, erythritol or stevia.
- Reduce use and consumption of vegetable oil.
- Boil, steam, poach and stew. Foods cooked on high, dry heat (grilled, fried or baked) can have aging effects in the body because they contain preformed advanced glycation end products (AGEs), which distort collagen.

ACNE-PREVENTION TIP: Keep your cell clean! Your phone collects bacteria, which it transfers back to your face.

Smooth Operators

Along with less of a commitment to suffer in high heels, skin discoloration can emerge as we grow older. While the damage is already done by years of sun exposure, more and more skin care products provide skin-brightening benefits by using ingredients such as red algae, kojic acid and vitamin C.





6 Herbs And Supplements For A More Pleasant Period

- **Chamomile (*Chamaemelum nobile*).** A calming herb, it works to alleviate minor cramps associated with menstruation. Try three cups of tea daily during painful days.
- **Evening primrose oil (*Oenothera biennis*).** This oil may reduce minor breast discomfort associated with menstruation. Try a supplement with 2-3,000 mg per day.
- **Magnesium.** Helps to relax muscles. Find it in lima beans, tofu, raspberries and almonds or try it in a supplement of 320 mg per day for women over 30.
- **Omega-3 fatty acids.** May help to reduce pain associated with cramps. Find it in coldwater fish, flaxseed, leafy greens and walnuts or try supplements that contain 1,000 mg EPA and 700 mg DHA.
- **Potassium.** Helps maintain electrolyte balance. Find it in apricots, black beans, cherries and lentils or try a supplement of 100 mg day.
- **Tyrosine.** This amino acid supports a positive mood. Find it in cheddar cheese, soy milk and beans or try a supplement of 750 mg per day.

A Healthy (And Happy) Cycle

Do you battle with monthly bouts of acne, cramps and crankiness every month? You're not alone. Eighty-five percent of U.S. women experience at least one of these symptoms, according to The American College of Obstetricians and Gynecologists. And while you're free to mutter curses aimed at Eve, there are steps you can take to have a more pleasant period.

Many of the healthy lifestyle tips you hear most often such as, reduce your sugar intake, eat more veggies and calcium-rich foods and exercise more, are even more salient as you start your period. That's because those actions can help support healthy inflammation response and address cramping, all while supporting a steady mood.

8 Yoga Poses For A More Peaceful Period

(according to Surya Little of Prajna Yoga in Santa Fe, NM)



- Half moon pose
- Bridge pose
- Corpse pose
- Wide-angle seated pose
- Reclining bound ankle pose
- Reclining big toe pose
- Downward facing dog
- Plow pose