

Title:

Alternative Ways To Get Menstrual Pain Relief

Word Count:

532

Summary:

Menstrual pain relief, as the name implies, is caused by menstrual pain, which is a monthly occurrence.

Keywords:

menstrual pain relief

Article Body:

For ages, people have sometimes held on to the ^common wisdom~ that women can take more pain than men.

Menstrual pain relief is ultimately caused by the existence of menstrual cramps, which can usually be relieved.

Among the more common ways of achieving menstrual pain relief is the application of heat. This can be done by using a heating pad or a hot water bottle.

Non-steroidal anti-inflammatory drugs (NSAIDs) can also be used for menstrual pain relief in the form of pills or capsules.

Hormones can also be used to relieve the pain, particularly those that can be found in birth control pills.

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