

6 tips for period pain



How pesin fit LIVE LIFE wen period palava start



SHIT

Hard shit fit make pesin dey feel very slow

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TRUTH

Shit wey dey pain-free, strain-free, wey soft like ripe banana everyday

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HYDRATION

If u no drink enough water, e fit make cramps, bloating and discomfort dey plenty

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TRUTH

Make pesin dey drink enough water dey cause make all the pipes dey work well

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EXERCISE

To lie down for bed all day no be d answer for pain

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TRUTH

Gentle stretches, wakawaka and yoga fit make pesin feel beta and increase strength

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HEAT

Warm baths, heating pads and hot water bottle

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TRUTH

Heat on top belle or back fit reduce pain and tension

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SUPPORT

Compression shorts, leggings and cloth wey be like Spanx

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TRUTH

Shorts wey giv support for belle and bumbum fit help reduce cramping

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SLEEP

Pipo wey no dey sleep well fit feel more pain



TRUTH

Plan to sleep for 8 hours everi night

