



3 Local Superfoods to Calm Cramps and Clear Your Skin

Your body is incredibly smart, and you don't need fancy, expensive medicines to feel good during your period. Next time you or your mum head to the local market, keep an eye out for these three hormone heroes:

1. Pumpkin Seeds

What they do: They are nature's ultimate muscle relaxers.

How they help: They contain magnesium, which gently tells tight, cramping womb muscles to relax so you can rest comfortably.

2. Sesame Seeds

What they do: They are skin-clearing champions packed with zinc.

How they help: They help your body clear out the extra hormones that cause painful pre-period pimples and chest tenderness.

3. Whole Grain Sorghum

What they do: An iron-rich grain that gives you steady, long-lasting energy.

How they help: It digests slowly, preventing the sudden blood sugar crashes that can trigger sharp, sudden cramps.

Your Quick Period Action Plan:

Track It: Mark the first day of your bleeding on a private calendar so your period never catches you by surprise.

Eat Breakfast: Never start a busy school day on an empty stomach; a real breakfast keeps your hormones safe and happy.

Sip Warm Tea: Drink warm ginger or lemongrass tea a few days before your period starts to calm down pain before it even begins.

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