

How Magnetic Therapy can help your period pain

Magnetic therapy has been said to be good for a lot of things, but now it is being touted as a help for women who experience a lot of pain before and during their period. Menstrual cramps seem to be the latest area where magnetic therapy is said to be helpful. Naturally, women in the UK and everywhere are looking for things that can ease this kind of pain. There are drugs on the market, but some of them don't work that well and the ones that do work well, are either very expensive, have unpleasant side effects, or both. This particular magnet that has been designed for menstrual cramps has its own belt with which it can be worn or it can be clipped to the front of a woman's underwear. It is discrete, lightweight, and not bothersome, so it's not as though everyone will know you're wearing one, and the company that makes it insists that it works to ease the pain of menstrual cramps.

They did a study involving one hundred women and found that sixty-six of them needed less medication and had less pain when they used the LadyCare magnetic device. It is believed that the magnet improves the circulation of blood to the uterine area and that stops a chemical called lactic acid from building up in the muscles surrounding it. The lactic acid is what causes the cramps, so if there is less acid, there is also less pain. The effects of this device build up, so women should wear it the day before they expect to start their period and keep wearing it until their pains have gone. It should be worn for several days and is designed not as a cure-all but as a way to help women be less dependent on the medication that they would normally take.

About the Author

This article was written on behalf of Magnopulse [Magnetic Therapy](#) and [Period Pain](#) .

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