Exercise may lead to less pain during birth

A study in Brazil shows that women who take moderate exercise while pregnant might have a lower need for pain relief during birth. Around half of the women who participated in the study attended a water aerobics class for 50 minutes three days a week. Only 27% of them asked for pain relief drugs during labour, compared to more than 60% of women from the group who did not exercise during pregnancy. Exercise can help strengthen the muscles used during labour and make for an easier birth.

Super Soya

The increasing popularity of soya foods is mainly attributed to the health benefits which are associated with the use of soya beans. The role of soya in the prevention of chronic diseases continues to be a top priority for scientists around the world. The FDA has confirmed that foods containing soy protein may reduce the risk of coronary heart disease. Only people with a soy allergy should avoid eating food containing soy protein. Over the past years, there has been an increasing interest in the antioxidant effects of soya and in particular the health benefits of isoflavones. Soya is very important for vegetarians and vegans as a source of protein which they may otherwise lack. It has a high protein content and is rich in vitamins, minerals and fibres. The easiest way to consume soya is by drinking soya milk.

HEADACHE

While there are almost as many causes as there are headaches, the general physical change that happens in the body before a headache is quite familiar. Different stimuli – from high blood pressure to muscle tension – cause blood vessels in the head to dilate or enlarge. When this happens, the pain sensing nerves wrapped around these blood vessels are stretched and register pain as a headache. The more these nerves are stretched, the greater the pain of the headache.

Nobody escapes life without the odd headache that comes and goes. But when headaches affect your ability to function normally and enjoy life, urgent action is needed.

Flossing can be a hassle but cleaning in-between your teeth helps to keep breath fresh and prevent gum disease.

Try Sunstar GUM’s interdental range to clean in-between.

HEALTHY GUMS. HEALTHY LIFE.