

# Health Tips: The Best Ways to Use Your Phone for Mental Health Help



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y Nicole Maher

When we hear the words “mental health” and “cell phone” in the same sentence, we usually assume that their correlation is going to be negative. However, there are many different ways to use your phone to record or improve your mental health. Whether it’s downloading an app or logging off a platform, your phone can help you alleviate stress or anxiety. By implementing some of these [health tips](#) into your daily routine, you can begin to use your phone as an asset in your journey to better mental health.

# Check out these five health tips for using your phone to improve your mental health.

**1. Mental health apps:** There are a large variety of mental health apps that can help you through a stressful or anxious time. Certain apps provide you with quick exercises to do throughout the day to slow your mind while others allow you to track your mood over the course of a week. There are also more in-depth apps that allow you to speak directly with counselors through text or call, which can be a great resource for particularly hard days.

**Related Link:** [Health Tips: How Adopting a Pet Can Help Your Mental Health](#)

**2. Journal entries:** Many of us may keep more in-depth journals at home, but your phone is another great place to record quick entries. Try using the notes app to write mini journal entries throughout the day so you can keep track of your thoughts and feelings. These entries can be as simple as bulleted lists you write while standing in line for coffee or riding the elevator to your office. You can then look back at them after a few days and determine if the same thing was on your mind for the entire week.

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**3. Calm playlists:** We create playlists for long road trips and throwing parties, so why not create one for calming ourselves down? Having a go-to playlist for when you are feeling anxious is a great way to start developing a routine for calming down. By playing the same music every time you feel yourself getting stressed or worried, your body will eventually associate these songs with the need to relax, and may begin doing so

automatically. These playlists can include songs that remind you of happier memories, or simply be slow, mellow songs that help you relax.

**4. Guided meditation videos:** If your schedule is too full to make it to an in-person session, or if you haven't tried meditation before, listening to guided meditation videos is a great addition to your mental health routine. These videos range from as short as ten minutes to longer than an hour, and can be found on Youtube or music streaming platforms. You can incorporate this mental health tip into your morning routine by listening to one before you leave the house, or put one on at the end of the day to clear your mind before falling asleep.

**5. Log-off socials:** It is no secret that social media platforms can be the root of certain stresses or anxieties. Whether you are experiencing FOMO from a certain event or feel yourself getting caught up in the latest news, logging off for a few days is an easy way to relieve some of that stress. Social media cleanses can help you return the focus to your personal life and work towards improving your overall mental health with less distractions. Once you are feeling better, it is as simple as logging back into your accounts and carrying on with your day.

**What are some other health tips for improving your mental health through your phone? Start a conversation in the comments below!**

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## **Health Tips: How Adopting a**

# Pet Can Help Your Mental Health



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y Alycia Williams

Pets bring so many different emotions to many different people. Whether it's happiness and energy or relaxation and a sense of calm, pets tend to bring a different energy for all of us. In fact, pets can help with your mental health. Maintaining good mental health is so important, and having a pet can help maintain your mental health. [Health tips](#) are needed to decide whether you should get that pet you've always wanted.

# If you're indecisive on whether you should adopt a pet, here are some health tips on how a pet can help your mental health.

**1. Pets can help us to relax:** To reduce stress and anxieties in your life, you can play with your pets. Taking care of a dog or cat can be a great way to increase your happiness and self-confidence.

**Related Link:** [Date Idea: Cuddle With a Furry Friend](#)

**2. Pets can get your mind off of your problems:** A person could do an activity with their pets that will give them a fresh perspective on things. Spending time with animals will get your mind off your fear-related problems and give you the energy to do other things.

**Related Link:** [Health Advice: 5 Mental Health Tips for Cabin Fever](#)

**3. Pets reduce loneliness:** Spending time with a pet can be a great source of companionship. Animals can be good company to all of us and can prevent the fear of being alone during our troubles.

**4. Pets are 100% faithful:** A pet will be by your side through the good and bad times. People in our lives come and go, but your pet will never leave you regardless of how bad your problems may be.

**5. You can find a pet that suits your needs:** There are many different breeds of dogs and cats you can choose from which can accommodate your lifestyle. Talk to a pet expert or a veterinarian on what type of dog to get that will fit in with your household.

**6. Pets are great for your health:** By adopting a pet, you will be saving a life, an animal that could very well become your best friend. A pet will love you unconditionally. Adopting a pet can be beneficial to your health and can be one of the best things that you can do in your life.

**7. Pets help us build healthy habits:** Physical activity, time in nature, and getting up in the morning are things that we should be devoting time towards but a pet can ensure that you stick to those healthy habits.

**What are some other ways pets can help with your mental health? start a conversation in the comments below!**

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## **Health Advice: Diet Tips for Boosting Your Immunity**





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y Alycia Williams

Boosting your immunity is crucial during these times, especially in light of the pandemic. You want to have the best immune system you can possibly have, and the only way you'll be able to do that is by getting some [health advice](#). We have some [health tips](#) for building your immune system.

**Here is some health advice when it comes to eating the right foods to strengthen your immune system.**

**1. Colorful fruits and vegetables:** Fruits and vegetables are the go-to for building your immune system. They contain all the essential vitamins that will give a boost to your immune system and help keep diseases at bay.

**Related Link:** [Health Trend: Intuitive Eating](#)

**2. Carrots, spinach and sweet potatoes:** These foods contain good compounds that help in cell proliferation, or rapid

growth of new cells in the body. This is a key component of immune system's health and thus these foods are important.

**Related Link:** [Health Trend: Hydration Hype](#)

**3. Vitamin C-rich foods:** Vitamin C is very beneficial in the quest to keep the immune system functional and healthy. Citrus fruits such as oranges and lemons can help with inflammation and prevent infections from occurring in the body.

**4. Omega-3 fatty acids:** These good fats are found in nuts and seeds such as flax or chia seeds. They help build a good and healthy immune system, according to research.

**5. Probiotics and fermented food:** These foods are loaded with good bacteria which help in maintaining a healthy gut. The gut is where 70% of our immune system is housed, which is why probiotics such as yogurt or kombucha can be a wonderful addition to the diet.

**6. Limit added sugars:** Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and obesity. Obesity may likewise increase your risk of getting sick.

**7. Stay hydrated:** Hydration doesn't directly protect you from germs and viruses, but preventing dehydration is important to your overall health. Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

**What are some more health advice for boasting your immune system? Start a [conversation in the comments below!](#)**

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# Health Tips: How to Stay Healthy in the Heat



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y Diana Iscenko

The summer months often times means hot weather. While spending time outside is good, extremely high temperatures can be detrimental to your health. According to the CDC, more than 600 people die from extreme heat each year. Adults over 65, children under 4 and people with chronic health issues are particularly vulnerable to the effects of high heat.

It's especially crucial to be aware of how the heat can affect your health during a public health crisis, like the COVID-19 pandemic. With parts of the country still on lockdown, many people are spending as much time outside as possible. Be sure to follow [health advice](#) to ensure you are remaining healthy as

the summer temperatures get higher and higher.

# **No matter how you're spending your quarantine summer, here are six health tips to help you stay healthy in the summer heat.**

## **1. Stay Hydrated**

Drink water, even if you don't feel thirsty! During hot weather, your body loses more fluids through sweating. Drinking water will help replenish those lost fluids and helps your bodily functions run more smoothly. Avoid a lot of alcohol, caffeine and sugary drinks; these will dehydrate your body. Sports drinks with electrolytes and minimal sugar are a good alternative if you start to get sick of water.

**Related Link:** [Health Trend: Hydration Hype](#)

## **2. Wear Breathable Clothing**

Clothing plays a big role in preventing you from feeling the effects of the heat. Wear loose-fitting, light-colored and breathable clothing. Loose-fitting clothes will easily allow the heat your body produces to escape. Light-colored clothes won't absorb the heat from the sun as easily as darker colors.

## **3. Seek Air Conditioning**

If you have air conditioning in your home, make sure it's always set to "cool." Keep the filter clean so it can run as efficiently as possible. Turning on fans and closing blinds and curtains during the day can make it even cooler in your home. If you don't have air conditioning, spend time somewhere that does. This could be a friend's house or a public place, like a library or a shopping center. You can also take a drive

and turn on the air conditioning in your car.

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## 5. Find Shady Spots

Spend as little time in the sun as possible. When outside, try to stay in the shade to prevent your body temperature from rising too much. If you do go in the sun, be sure to wear sunscreen to avoid overheating and skin damage.

## 6. Schedule Outdoor Time

When you know you'll be spending time in the sun, plan to go outside during the early morning or late evening. Avoid doing strenuous activity, such as yard work or outdoor exercise, in the middle of the day. This is the hottest point in the day and may bring your body to a dangerously high temperature.

**How do you keep cool over the summer? Start a conversation in the comments below.**

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# Fitness Trend: Throw Around The Pigskin This Thanksgiving





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y [Ahjané Forbes](#)

Thanksgiving is a time when we spend time with our family eating turkey and ham with all the fixings. This holiday is notorious for excessive weight gain, cooler temperatures, and, of course, football. Many NFL teams play on this holiday because of the gain of viewership, since most people have the day off from work. Rival teams play to be crowned the winner while die-hard fans are screaming at their screens with excitement, anger, or a little bit of both. The first ever championship game on Turkey Day was between Yale University and Princeton in 1876, though college football is now held the day after on Black Friday. Spending time with your family watching football can create many memories, but getting out here and playing football with your family can determine whose house dinner will be at for next year!

**It's time to throw around the pigskin this Thanksgiving! What are**

# some ways this fitness trend can provide health benefits?

**Exercise:** After eating and waiting for your food to digest, exercise can come in handy. Although you can't gain weight from one single big meal, it is very important to exercise to keep your body healthy! Football is a game that the whole family can participate in. Split the family into teams (children vs children and adults vs adults). Play the four quarters, have a water boy, cheerleaders, a referee, and of course, fans! Everyone will be involved and getting much-needed exercise!

**Reduction of Stress:** Releasing endorphins can make your body react better to pain. This will create a more positive feeling throughout your whole body. Stress for the duration of several weeks can cause a weakened immune system, high blood pressure, fatigue, and depression. Exercise can make your body happier, stress-free, and healthier.

**Related Link:** [Dating Advice for Your First Thanksgiving as a Couple](#)

**Bonding:** Not every member of your family has been there since the very beginning. Some married into it, and some were born into it. Getting them involved in a game of football can make them feel like a part of the family. Make the new baby giggle and laugh when a touchdown is made, or have the new spouse be a part of the team or keep score. They will feel welcomed!

**Mental health:** People who suffer from seasonal disorders can be feeling a bit under the weather around Thanksgiving. Playing or watching football with family can improve someone's mood. The "feel good" aspects that football has on a person's well-being may lift their spirits. This distraction can take your family members' minds off of their daily struggles!

**Related Link:** [Health Tips: Where Intermittent Fasting Goes Wrong](#)

**Tradition:** Playing football on Thanksgiving with the family can easily turn into a tradition to pass down for years to come. It is a way to add a little more excitement to the holiday and celebrate the importance of family.

**Love:** People who do not like football usually don't know how the sport works. Learn how the plays are called, how many points a touchdown is, what a fumble and penalty flag are, when a field goal or punt is considered and how to know if you are off-sides. Learning these things can make someone fall in love with the game of football. It can also help if you are seeing the game in person.

**Cardio:** Speaking of love, what better way to take care of your heart than by throwing around the football? Moving your muscles can pump more oxygen into your blood stream and heart. Increasing the levels of oxygen in your lungs can get rid of waste in your body.

**What are some ways you can exercise with your family this Thanksgiving? Let us know in the comments below!**

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# Health Tips: Where Intermittent Fasting Goes Wrong





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y Rimsha Ather

Nowadays, many fitness experts recommend '[intermittent fasting](#)' as a star-spangled technique for burning your calories without having to go to the gym. What is intermittent fasting, you ask? It is not a diet per se, but more like a dieting pattern. You choose to consume food during a particular window of the day only, while staying hungry for the rest of it. This feasting-fasting mode allows you to torch excess fat (as the body's fuel-source shifts from glucose to ketones), optimize your immune system, preserve muscle mass, and improve gut health, etc.

Though you might have seen multiple celebrities like the Kardashian clan adopting intermittent fasting, it's not mandatory that you'll have similar results. Each body is unique and gives off a different response to any fitness regime.

**Coming back to the topic at hand,**

**there are multiple downfalls to intermittent fasting if it's not done right. You could be starving yourself and not know it, which is the more dangerous outcome. So, do watch out for the following obstacles when you begin your diet so that you can get the best out of it instead of the worst.**

### **Overeating Upon Breaking Fast**

Fasting helps you to learn diet moderation, primarily. If you start eating a horde of high-calorie food items upon breaking your fast (there will be a chicken-nugget themed temptation period, trust me!) you'll defeat the entire purpose of keeping a fast. Thereupon, instead of losing weight, you'll gain it. This excess intake of unhealthy food items after a period of prolonged hunger has a counterproductive effect on the body, and can waylay your fasting regime terribly.

### **Relying Too Much on Coffee**

Suppose, after your 10 p.m. dinner, you determinedly close your kitchen. Regardless of the hunger pangs you might wake up with, in the middle of the night. Next morning, according to the schedule, you are to skip breakfast. So, to compensate for the lack of nutritional intake, you rely on a cup of fresh, black-roasted joe to boost your energy levels and at the same time, dial down your hunger. But, it doesn't stop there. You start drinking coffee way too much during the fasting period and then end up getting overweight instead of under. Where did



you go wrong? With the overconsumption of coffee, which increased your blood sugar level and amplified your fat storing rate as well. Therefore, steer clear of the coffee ingestion and you'll be good to go.

### **Going Headfirst into a 36-hour Fast**

One thing you need to understand is that, especially in the fitness domain, slow and steady wins the race. People who undertake every single workout session on their first day of gym, usually end up exhausting themselves to their bones and rupturing their muscle mass.

### **Your body is not made up of steel.**

It deserves to be treated ever so gently and with extra care. If you take on too much too fast, your system will crash and starvation will be the doomed result. So, pace yourself on a moderate speed and begin with a smaller fasting window. Expand the fasting period gradually—journaling your progress in the meantime—once you're absolutely sure your body can take it.

### **Not Maintaining a Balanced Lifestyle**

Intermittent fasting deprives your body of glucose and dials down your energy levels, only to bring them back up. So, when you adopt this dieting pattern, you'll feel super-low, energy-wise, in the first few days. You might not even wish to get out of the bed. This air of lethargy and the overall sedentary lifestyle will only undo the positive effects of fasting. I'd suggest that you try to stay active throughout the day, consume only the expert-approved healthy diet, take a complete eight-hour nightly sleep, meditate regularly to reduce your stress levels and try to stay composed + calm.

Wrapping up, you can totally optimize your intermittent fasting regime by staying clear of the aforementioned snags, and by doing so, you'll feel positively fit in a matter of days.

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# Health Advice: Victoria's Secret Angels' Pregnancy Fitness





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y [Katie Sotack](#)

With each Victoria's Secret fashion show, we've brought a parade of beautiful bodies strutting down the runway with toned arms and killer legs. These Angels are no stranger to a fit lifestyle even while pregnant. Models like Gisele Bündchen and Behati Prinsloo don't miss a beat because of their baby bumps. The Victoria's Secret Angels are here to prove [fitness](#) is an achievable lifestyle no matter the circumstance.

**Angels follow strict [health advice](#) to be runway ready with a baby on board. How can the average expecting mother use their [fitness tips](#) to stay toned?**

Regardless of the situation, fitness requires dedication and an inner drive. Once you have that it's all about knowing where to start. Following the Victoria's Secret Angels'

routines and tricks will give your pregnancy a healthy boost. Here are the [health tips](#) for a pregnant [celebrity workout](#) and [diet](#).

**1. Start before pregnancy:** During a sit down with your doctor, they're likely to say it's bad form to lose weight while pregnant. Not to mention the time to try strenuous workouts belongs before pregnancy in order to avoid stressing your baby. Being fit while carrying is about maintaining rather than achieving. This requires some planning on your part. If a fit pregnancy is important to you, begin a routine before you start trying.

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**2. Angel's workout:** The models follow a strict body sculpting routine. For the first six weeks of training exclusively engage in cardio like swimming, dancing, or running. In the following six weeks focus on interval workouts which involve building muscle. The trick to a lean muscle is keeping the weight low and the reps high. The ratio should be twenty minutes of cardio to 15-20 weight reps, alternating back and forth throughout the workout.

**3. A colorful plate:** Angel mummies don't count calories as restricting can affect milk production and thus the development of your baby. Rather, pre-, post-, and during pregnancy fitness is about making healthy choices. Your meals should be colorful. Pile on the bright veggies to match with a white protein like chicken or fish. Carbs are essential as well, just lower the portion size and keep it brown (as in whole wheat/grain).

**Related Link:** [Fitness Advice: How to Get Your Best Booty](#)

**4. Post-pregnancy:** To lose weight post-delivery, it's recommended to begin with leisurely walks. Anything harder than that should be preceded by medical clearance and be

relatively low impact. Move onto water aerobics for cardio before adding light weight lifting. Respect where your body is and know it won't spring back to its pre-pregnancy levels immediately.

**5. It's their job:** While working to emulate an Angel body during pregnancy it's important to realize your limitations. For Victoria's Secret models it's their literal job to sculpt and tone their body while making sure to eat right. But for the average person getting to the gym for hours and knowing exactly what to eat is challenging. Not to mention the pregnancy cravings and fatigue. Give yourself leeway to have an ice cream cone every once in a while.

**How do you stay fit during pregnancy? Share in the comments below!**

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## **Health Tips: Celebrity Diet Suggests Supercharged Coffee**





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y [Emily Green](#)

It is common for people to see their favorite celebrities sharing their favorite products, diets, and much more on social media. Many people try out their favorite [celebrity diet](#) in an attempt to improve certain parts of their lives or their health overall. Actress Busy Phillips likes to include a supercharged coffee with two tablespoons of grass-fed butter or ghee, a tablespoon of Brain Octane Oil, and two scoops of collagen protein powder in her routine every morning. Phillips believes this part of her diet is an important part of boosting her metabolism and keeping her skin smooth.

**One of Busy Phillip's health tips is to include a supercharged coffee in your morning routine. What are some healthy coffee boosters that**

# you can use to replace sugar?

While most people just grab their coffee and head out on the go, adding a healthy coffee booster to your morning drink can help improve your mind, body, and overall just improve your outlook on the day. Here are some of Cupid's favorite healthy coffee boosters:

**1. Cinnamon:** Adding some cinnamon into your coffee will not only leave you feeling warm and fuzzy, but fill you with antioxidants, anti-inflammatory properties, and much more. This can help keep any nasty germs away, and keep you feeling strong and healthy to take on the day!

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. Cocoa Powder:** Are you a big chocolate fan? Looking for a way to add that chocolatey goodness into your day? By stirring a spoonful of cocoa powder into your coffee, you can get that yummy taste while also getting antioxidants and vitamins that will help improve your heart.

**Related Link:** [Date Idea: Plan a Walk Around Town](#)

**3. Cayenne Pepper:** Even if you love all things spicy, be careful adding this into your coffee! Research shows that adding a spoonful of cayenne pepper into your coffee every day will not only give you that kick you need in the morning but can even help you live longer.

**4. Baking Soda:** If you have a sensitive stomach but need that caffeine in the morning, try adding baking soda into your coffee. Doing so will cut down on the coffee's acidity, leaving your stomach feeling fine.

**What are some other healthy coffee boosters to add into your coffee? Let us know in the comments below!**

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# Health Trend: Natural Deodorant



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y [Katie Sotack](#)

Have you ever wondered about the ingredients in the little antiperspirant you use on your underarms? You wouldn't be the first. The publicity over the last year between mental mindfulness and physical health has spiked a [health trend](#) in natural products like deodorants that don't contain chemicals. But switching to an all-natural deodorant can take some getting used to.



# The health trend of using natural deodorant is more than a one and done process. Learn about the transition before you jump ship to the unprocessed scent blocker.

Switching to natural deodorant is a patient game, but if you succeed the mainstream news says your health will be better in the longer run. Here are the facts and [health tips](#) and [health advice](#) on switching your odor stopper.

**1. Deodorant Detox:** The smell, at first, is not pleasant. Your body is used to deodorants with chemicals that block sweat and stink from coming out. Without a traditional deodorant, your body will need to purge itself. Basically, avoid planning a date the first month of the switch to be safe.

**2. Sweat Stains:** Natural deodorant is not an antiperspirant, meaning it will not stop the sweat. Without the aluminum salts and propylene glycol added in your pores are free to open. This is not a bad thing, considering sweat itself doesn't smell, but rather the bad bacteria on your skin produces the odor. Still, if you tend to run on the moist side underneath, test out a lighter color shirt at home to see if you leave stains. Just like the odor detox, don't be afraid to give your body some time to adjust.

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**3. Health benefits:** The big push to this health trend is avoiding the preservatives in processed deodorant. There's been growing concern that the mainstream products cause Alzheimer's and breast cancers. Though researchers have yet to find enough evidence to definitely prove the correlation, it's

enough to terrify some consumers.

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**4. Longevity tips:** Because of the detox factor, the odor-blocking will not last long in the beginning. On the first few days, it works approximately two hours at a time. That's why it's recommended that during the initial process the user carry to go deodorant wipes with them. These products can be found using natural formula as well and will take care of bad bacteria growth while you're on the move.

**5. Funk over time lessens:** An ultimate benefit to natural deodorant is the long term scent booster. Aside from the aforementioned possibility of avoiding diagnoses, natural deodorant does not block pores. This means that after your month of smelling, the good bacteria on your skin will take over and reduce odor. This also allows your natural pheromones to shine through, which could, in turn, make you smell more attractive to some individuals.

**How do you block the underarm scent? Share in the comments below!**

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## **Health Trend: Tampon Alternatives**





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y [Mara Miller](#)

A recent [health trend](#) has been on the rise in 2019 in the form of tampon alternatives. You don't need to limit yourself to only tampons. Tampons can hurt, depending on the brand, and they are packed with chemicals like rayon and bleached wood fibers that shouldn't be anywhere near our bodies. You can find 100% cotton tampons but they won't help you with the sustainability aspect of searching for tampon alternatives if that's why you want something different for your monthly flow. Let's forget about sleeping with a tampon in—that's a big no-no because the average person gets 7 to 9 hours of sleep, and therefore going way past the recommended time it's safe to leave a tampon in. You should use a pad instead. Pads aren't any better either—it can feel like you're walking around with a stinky diaper all day. Exploring tampon alternatives can not only help you toward sustainability but can also help ease the cost and discomfort of having your period. You're also reducing the risk of potential illness with our [health tips](#).

# Okay, Ladies—let's talk periods. Check out this new health trend for tampon alternatives!

Forget stained jeans on your next [date night](#) for this [health advice](#)—tampons are potentially dangerous. Toxic Shock Syndrome and other infections are every woman's nightmare. Tampons, especially the super-absorbent kind for heavier flows, can trap bacteria inside called *Staphylococcus aureus* if left in too long, causing TSS. Although the syndrome is rare, this still can have fatal effects for women. Beyond this, tampons cause an unimaginable amount of waste during your monthly flow, and they're *expensive*. When you add up how much a woman spends in her lifetime on tampons, it can be up to \$5,600 dollars. We've gathered a list of alternative tampon products for you to try. Some of them may still generate waste, but nowhere does it equal the number of waste tampons produce:

**1. Menstrual Cups:** Menstrual cups are great because not only are they reusable with a one-time cost (therefore saving you upwards of \$120 each year and much more during your child-bearing years), but they also allow you to monitor your flow, have a less embarrassing odor, and lower landfill waste. Brands like Tampax, Diva Cup, and Luna Cup make their menstrual cups out of medical grade silicone. The cost might be pricey at about \$40 dollars to buy the cup but it will save you much more in the long run. Just be aware of the mess menstrual cups can make since they catch body fluids. Using a menstrual cup can have a learning curve as well because they can be difficult to remove—do not do it by the stem. In fact, you might want to cut the stem down if it hurts. Do not panic if you can't get the cup out immediately. Pinch the base and pull slowly. It's best to practice using the cup before you start your period. Also—be comfortable with yourself. You have to get very familiar with everything down below so you don't

hurt yourself inserting the cup.

*It should be noted there have been some reports of menstrual cup-related TSS incidents, but only when the women have left them in far longer than the recommended time (7 days as opposed to 10-12 hours). Be sure to keep track of time when using any kind of insertable period product for your own safety. Timers on your phone do wonders.*

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**2. Disposable discs:** Comparable to menstrual cups, disposable discs are inserted like a diaphragm and can be left in for up to twelve hours. You can even get frisky in bed with your partner while you are using one. The Flex Company, a disposable menstruation disc company, claims the Softdisc has not been linked to TSS, but be sure to do your own research before you decide to search out period alternatives. Soft disposable discs might be a better alternative to the stiffer silicone cups because they aren't as hard but still catch any fluid that leaves the cervix. You'll still spend money on your period products but they will still go farther than regular tampons.

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**3. Period Panties:** Specifically designed to catch your flow during the month, period panties are a tampon alternative that allows you to forgo inserting something in your body. If you have a heavier flow, some of these products may require something else to help catch excess fluids, but there are some brands that have introduced superabsorbent underwear that will help you avoid using other products. Period panties—or thongs, boyshorts, hipsters, bikinis, or hi-cut—work in place of clunky pads that make it awkward through the day. Depending on the panty and the brand you buy, they are equivalent to the absorbency of 2 to 3 tampons. Be prepared to wash the laundry

every day, too! Period panties may also be a good product to start your teen on when she starts her first period since she won't have to deal with embarrassing leaks or odors at school if you get her a few pairs that can handle a heavier flow to get her through the day.

Are there other types of period alternatives you've tried? Let us know in the comments below!

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## Health Tip: 3 Trends That Hurt Your Teeth



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y [Bonnie Griffin](#)

A number of [health trends](#) this year have people drinking new beverages. It's fun to test out this new [health advice](#), like sipping apple cider vinegar or putting collagen in your coffee. You might not realize that some of these can be detrimental to your dental health after you dive into new food or drink trends in the hopes of becoming healthier. Nothing is more painful than an open cavity when you need to wait for an emergency appointment at the dentist because your enamel has been stripped away.

## **Health tip: Not all health trends are good for your teeth. What are some ways we can protect them?**

Everything we eat or drink has to pass through our mouths. With all the new health trends that include acidic drinks and foods to help burn off calories and become a healthier you, you might be damaging your teeth. Cupid has some [health tips](#) to protect your teeth and gums if you want to try any of these trends:

**1. Adopt a healthy diet instead of a juice cleanse:** Being on a healthy diet has been known to be a better healthy option versus going on a juice cleanse. It turns out that not only are juice cleanses not the best option for getting healthy, but they aren't great for your teeth either. Dentists report seeing increases in decay because the juice can sit between the teeth, wearing away at your gums and teeth. If you still want to give this health trend a try, drink through a straw and definitely use mouthwash and floss regularly.

**Related Link:** [Food Trend: Probiotic Products](#)

**2. Mix your apple cider vinegar with water:** Naturalists claim drinking apple cider vinegar can cure your body of many ailments. These claims include skin with a healthier glow,

weight loss, and lowered blood pressure. The process in which apple cider vinegar is made creates a mix of probiotic and helpful bacteria and enzymes, but this also means it is very acidic. Straight apple cider vinegar can damage the enamel on your teeth, leaving them vulnerable to cavities. Instead, it's much better for your teeth if you mix the vinegar with water. Common dosages are one to two tablespoons or teaspoons mixed in a large glass of water, depending on how well you stomach the taste of apple cider vinegar. Be sure to brush your teeth after your dose of apple cider vinegar.

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

**3. Decrease your charcoal toothpaste usage:** Charcoal toothpaste promises a whiter, brighter smile. You may not realize that charcoal toothpaste can actually yellow your teeth over time and may contain abrasive ingredients. The abrasive ingredients are used to remove stains, but charcoal toothpaste doesn't contain enough fluoride to fight tooth decay because it can wear down your enamel to reveal dentin, a softer tissue that looks yellow in appearance. If you decide you still want to use charcoal toothpaste, it's recommended not to use it as your everyday toothpaste, but instead once every other week. Do not brush too hard or too long.

**Health trends are not always the best ways to make your body healthier, in fact, some can cause damage to your dental health that can be hard to fix. Let us know your thoughts about these health trends below.**

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## **Health Trend: The Ins and**



# Outs of CBD



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y [Katie Sotack](#)

[Health trends](#) constantly evolve through branding by popular [celebrities](#). Cannabidiol, or CBD for short, is growing in popularity as a chemical compound found in marijuana because it doesn't cause a high. According to *RealSimple.com*, the compound is said to cure PMS, anxiety, insomnia, and hangovers.

**With CBD available from drugstores to cafes, is this cure-all craze worth the hype?**

CBD is available as powders, oils, vapes, and more, but is it

really beneficial to aches and pains? The cannabis compound that's a gray area in the eyes of the law and in science. Here are the health tips you need to know before purchasing CBD:

**1. Proven treatments:** When it comes down to it, the only FDA approved use for CBD is to treat two rare forms of epilepsy. Not to mention that only one form of CBD is approved for such use. Still, studies have shown benefits for patients with multiple sclerosis and arthritis. If it's legal in your state and your experiencing muscle aches or spasms, rubbing on some CBD on the affected area could be beneficial.

**Related Link:** [Fitness Trend: Mobile Exercise Apps](#)

**2. Anxiety and Depression:** There's not enough research to back this up. The bulk of the testing has been done on animals with no definitive proof that CBD has any effect on humans aside from epilepsy. However, some report that the use of CBD relieves their social anxiety and in one study with mice the oil has been shown to have antidepressant effects. A disclaimer to using CBD with mental illness is that marijuana has been known to trigger psychosis and specifically schizophrenia in patients with a family history of mental illness. If you have concerns speak with your doctor before testing out CBD.

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

**3. Relieves cancer-related symptoms:** Like marijuana, CBD can alleviate nausea, vomiting, and pain often related to cancer treatments. However, unlike marijuana, CBD will not get the user high because it lacks THC. Some animal tests have shown the CBD has preventative properties in mice as well. Further studies are needed to conclude if this remains true for people.

**4. Dosage:** Even if CBD is a cure-all, you'd need more of it than what's sold in an average vape pen. For the effects to take place the user would need to ingest hundreds of

milligrams. Most over the counter products like vapes, oils, and edibles are sold at around 5 milligrams. Again, speaking to your doctor could be beneficial. They may prescribe something entirely different for your issue or increase your dosage of CBD.

**5. Neuroprotective properties:** As mentioned above CBD has shown neuroprotective properties for issues like multiple sclerosis and epilepsy. This area is also one of the most studied for a relationship between CBD and human health. An oral spray of CBD and THC has been shown to reduced muscle spasms in patients with MS. Ingesting CBD in a way that works for you might ease MS and epilepsy-related symptoms.

**What's been your experience with CBD? Share in the comments below!**