

[IMAGE]

## **Restoring Menstrual Regularity: Try a Few More Calories**

By Editorial Staff

"Eat more calories" isn't always a popular recommendation, but it may be the right one from a health perspective, particularly for active women who experience menstrual irregularities.

The study, due for publication in the *Journal of the Endocrine Society*, evaluated 62 young, exercising women with infrequent menstrual periods. (Regular exercise can contribute to various menstrual irregularities including pain, missed periods and flow changes.) Approximately half of the women increased their daily caloric intake by 300-400 calories, while the other half kept their regular eating / calorie habits. After 12 months, women who consumed extra calories were twice as likely to have experienced a menstrual period during the study period compared with women pursuing their regular caloric intake.

While you can't knock the health benefits of exercise, it can also cause health issues, not only because of its influence on hormones, but also because strenuous exercisers often do not adequately replenish the calories they burn. To learn more about safe, sensible exercise and diet guidelines, talk to your doctor.

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