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the carb  
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## Have a Better Period Every Month

*Smart solutions for your most  
annoying problems*

**TO AVOID PMS...** Never smoke. Women who light up—even so-called social smokers—are twice as likely to get PMS, especially symptoms like acne and breast tenderness, according to a new University of Massachusetts at Amherst study.

**TO EASE CRAMPS...** Keep moving. Women who work out moderately just twice a week have less severe PMS and cramping, according to recent research.

**TO CUT CRAVINGS...** Eat more plant proteins, such as edamame,

chickpeas and nuts. They contain phytoestrogens that help balance your estrogen level, making it easier to resist sugary foods, says Rebecca Booth, M.D.

**TO STOP ZITS...** Consider the Pill. Derms often recommend it for clearer skin, and it can also ease period pain, says ob-gyn Dayna Salasche, M.D. —*Jen Matlack*