

30-Second Meditation Trick

Women's Health

**EAT
TACOS,
LOSE
WEIGHT**
P. 96

**125
SECRETS
To A Sexy,
Healthy
Summer**

**GREAT
SLEEP
FOR LIFE**

**Baywatch
Abs!**

Get Actress
Alexandra
Daddario's
Workout

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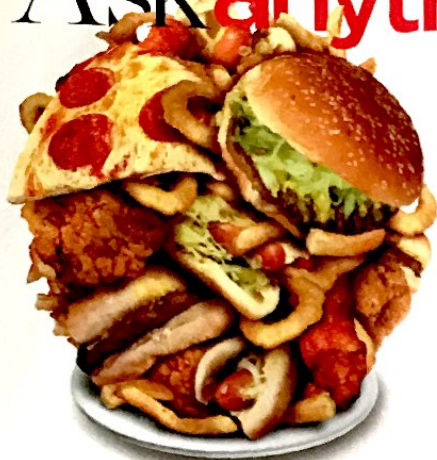
**TOTAL
BODY
BLAST**
IN ONE MOVE
Results in 30 Days

**One-Pieces
As Hot As
Bikinis**

**HAPPY
SKIN!**
Clear, Calm,
Glowy—Now



Ask anything



NUTRITION

I stuffed myself and feel sick. It hurts! Help!

We've all had that never-want-to-move-from-the-couch feeling after having overeaten. Try sipping ginger or peppermint tea to quell nausea, change into loose-fitting pants, and go for a walk or at least stay upright to help digestion.

Then move forward: Treat every meal as a chance to eat in the healthiest way you can. For instance, if you overate at dinner, start the next day with a protein-rich breakfast and avoid packaged foods and added sugar all day, focusing on lean protein, veggies, and healthy fats. Don't skip meals—it may cause you to repeat the cycle. If you find yourself bingeing regularly (as in once a week), it may be a sign of binge-eating disorder—if so, talk to your doctor or a registered dietitian.



Keri Glassman, R.D., founder of *NutritiousLife.com* and author of *The New You (and Improved!)* Diet



Alyssa Dweck, M.D., assistant clinical professor of gynecology, Icahn School of Medicine at Mount Sinai in New York City

SEX

Can an intentional dry spell make our sex life hotter?

The answer is yes, according to what I hear from my patients. It's unclear exactly what kind of effect a sex break has on the body, but there has been research on long-distance couples who see each other only on the weekend. They have enhanced physical and emotional intimacy, thanks to better communication and overall reflection and respect for their partners.

Give it a shot—and during that drought, devote time to thinking sexy thoughts and focusing on what's great about your partner and your relationship. When you finally release the brakes, you may find that sex is more intense in every way.

ABSENCE
MAKES THE
HEART
GROW...
HORNIER?



ASK US ANYTHING! Send your questions to askanything@rodale.com or tweet them to [@womenshealthmag](https://twitter.com/womenshealthmag) with the hashtag #AskWH.

ARE SCENTED PADS AND TAMPONS BAD FOR ME?

If they cause a rash or discomfort, yes—trial and error is the only way to know.