

# Health & Fitness

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All you need for life!

## healthfile

### DID YOU KNOW...

We always knew men had an easy life – just one bloke in 20 suffers from migraines compared to one in five women. And now research is beginning to shed light on why – it's due to our menstrual cycle.

In the five days before their period, women are 25 per cent more likely to have a migraine and 71 per cent more likely to be in pain during the two days before.

If you suffer, try some on-the-spot relief with the new Migrastick (£4.20, **020 8763 1414**), a pocket-sized blend of lavender and peppermint to apply to the temples.

