

How To Alleviate Postpartum Cramps

At Home



Hot water treatment

Provides relief for lower abdominal pain



Ginger tea or Mint tea

Have anti-inflammatory and pain-relieving properties



Rice water

Boosts digestion and keeps constipation at bay



Taking a warm water bath

Aids easing pains and soothing skin



Lemon tea

Improves immunity and soothes stomach cramps



Massage therapy

Soothes your pains and boosts blood circulation

