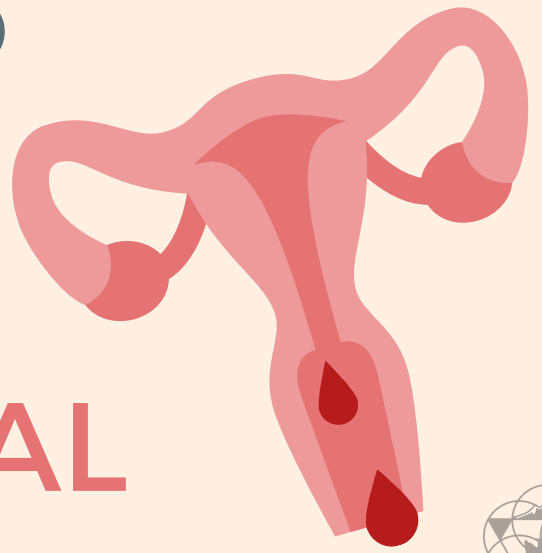


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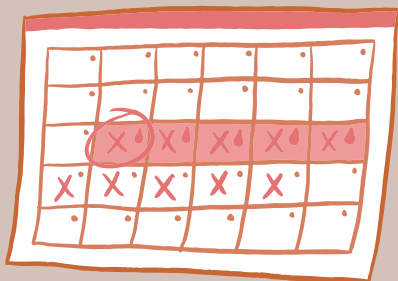
THINGS TO KNOW ABOUT YOUR MENSTRUAL CYCLE



The average person loses anywhere between 1-6 tablespoons of menstrual fluid during each period. It can be thin or clumpy, and varies in color from dark red to brown or pink.



After pregnancy: If you are bodyfeeding your period may not start again until you stop or it may begin between 35 and 94 days after giving birth.



It can take up to 3 years from the beginning of menstruation to have regular cycles.

Cold weather can impact your period, making it heavier and longer than normal



It is possible to ovulate without having a period. It is also possible to experience monthly bleeding with no ovulation.

The menstrual cycle has **4** phases.

The menses phase typically lasts from day 1 to day 5.

The follicular phase typically takes place from days 6 to 14



Ovulation may occur on average at day 14 in a 28-day menstrual cycle

The luteal phase lasts from about day 15 to day 28.

The average menstrual cycle is about 25-30 days, but it can be as shorter or longer. When you get your period, it's normal to bleed anywhere from 2 to 7 days. — it's different from person to person.

Fertility Support Practitioners. Compassion, Knowledge, Education

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