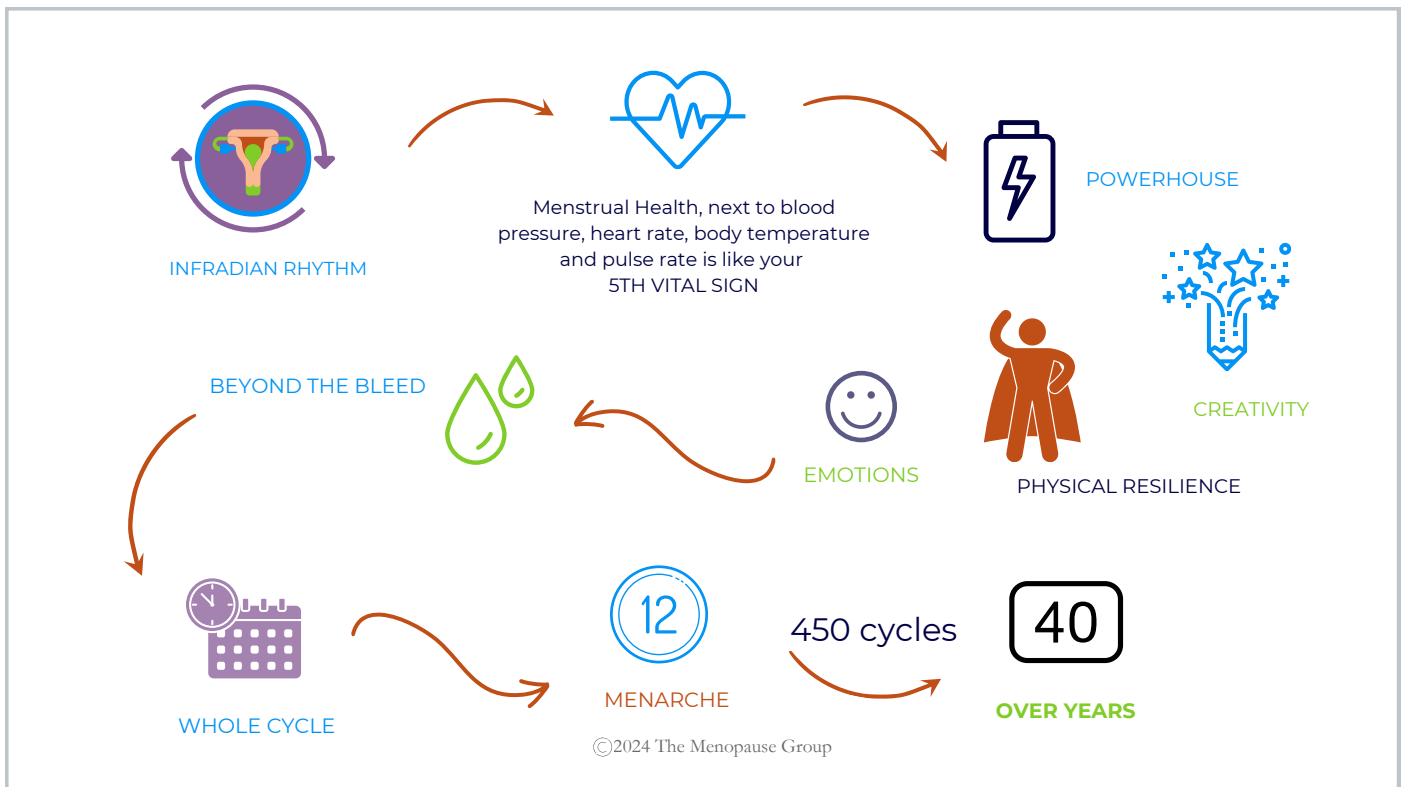


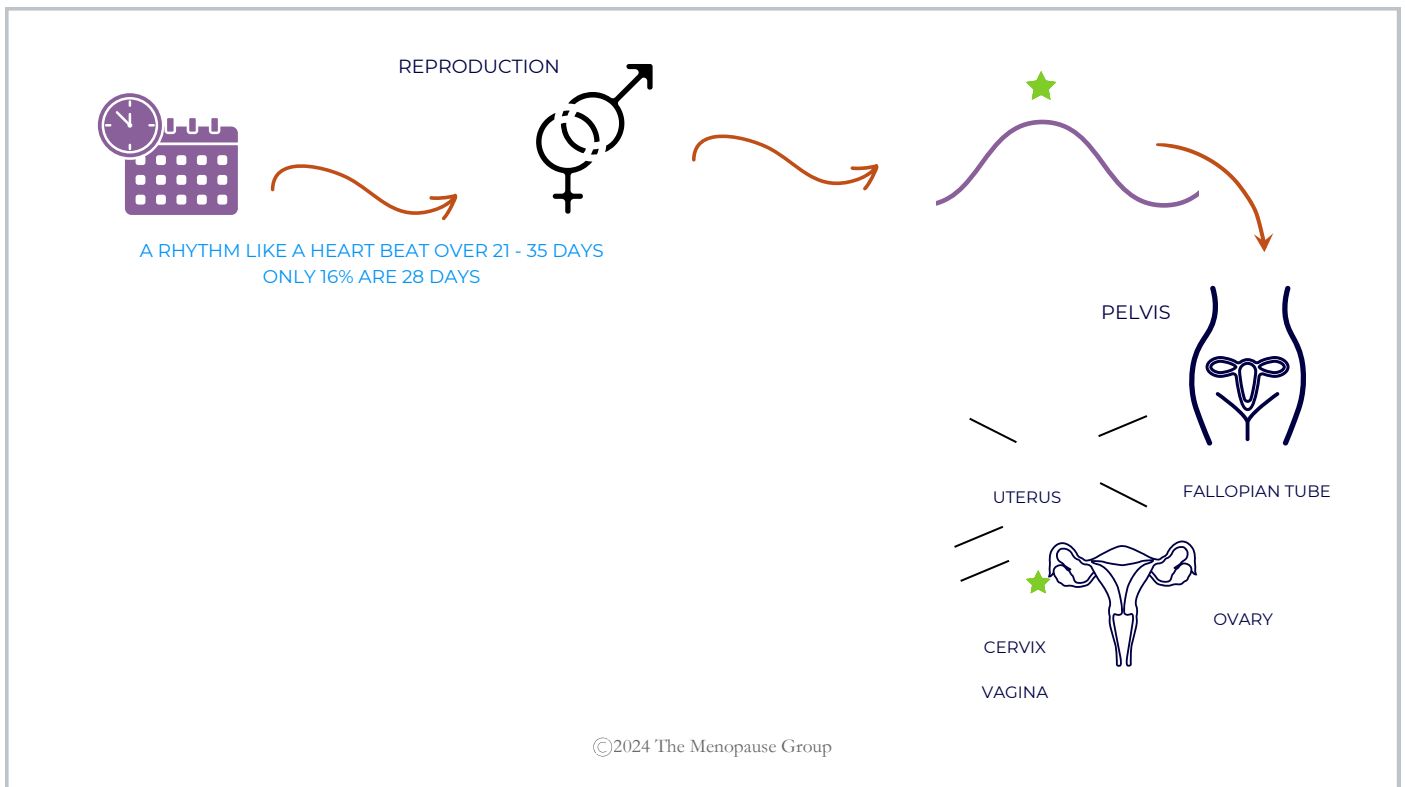
Menstruators also have a monthly rhythm of changes, called the menstrual cycle. Menstrual Health, which is every day of the menstrual cycle, is the powerhouse of physiology. It influences things like creativity, physical resilience, and emotions.



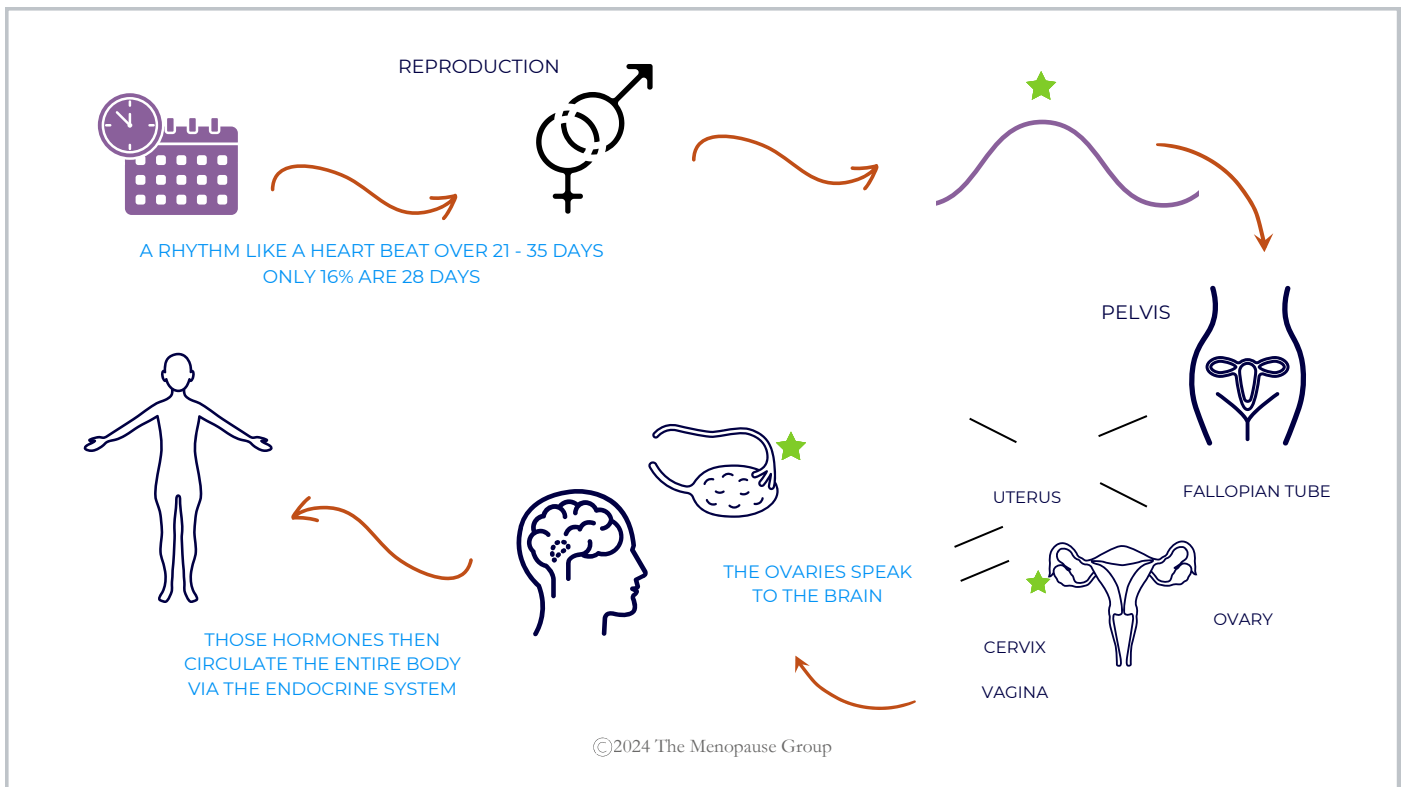
Menstrual health is reflected in every single day of the cycle not just the 7 days of bleeding.

A menstruator will experience approximately 450 cycles over 40 years.

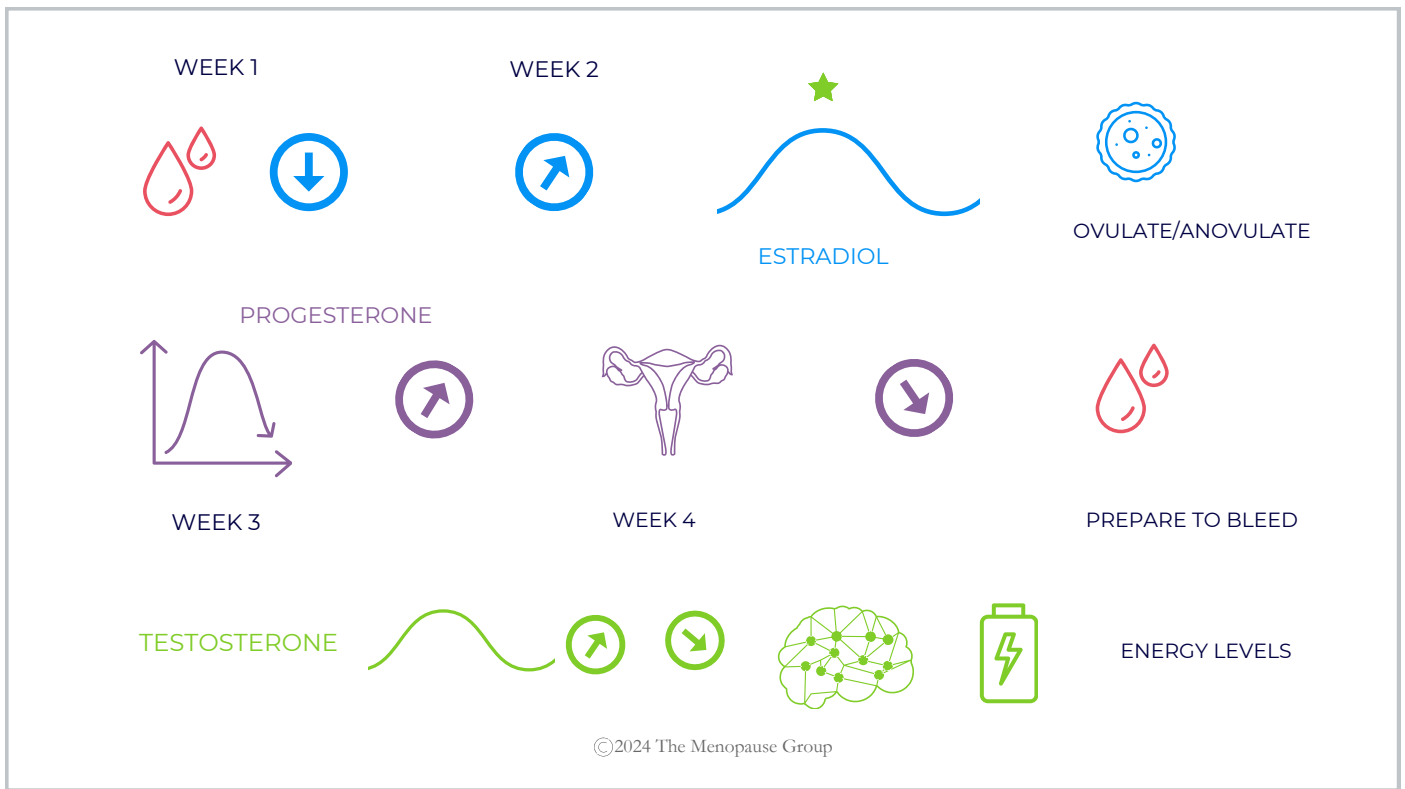
How menstrual health is managed along the timeline will affect how the body works when there are no menstrual cycles, postmenopause.



The menstrual cycle has an ebb and flow of sex hormones, that focuses on ovulation. Estradiol (a powerful oestrogen), peaks around halfway through the cycle. It is released from the ovaries which are located next to the uterus in the pelvis.

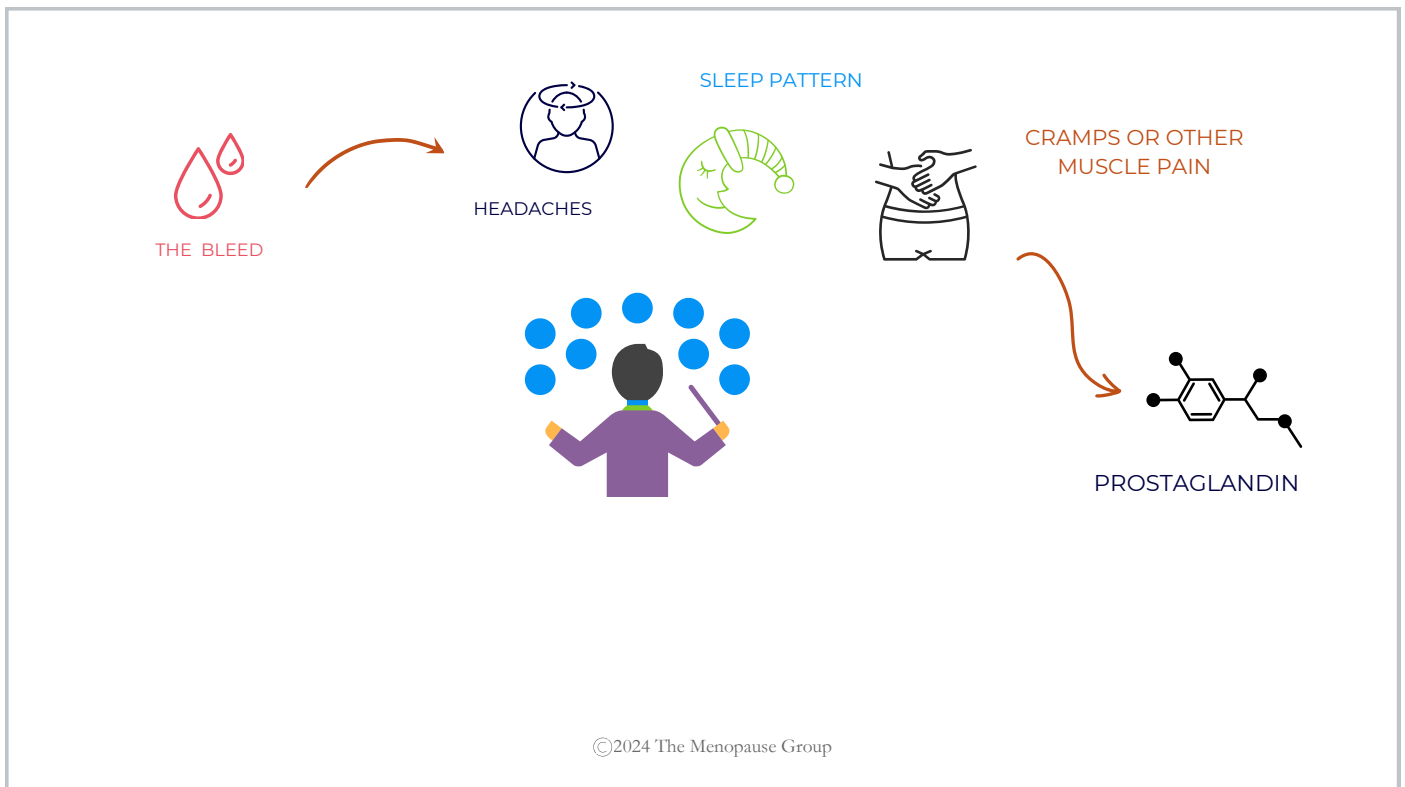


The whole process is a conversation between the brain and the ovaries every single day. The estradiol circulates the entire body via the endocrine system, not only between the ovaries and the uterus.

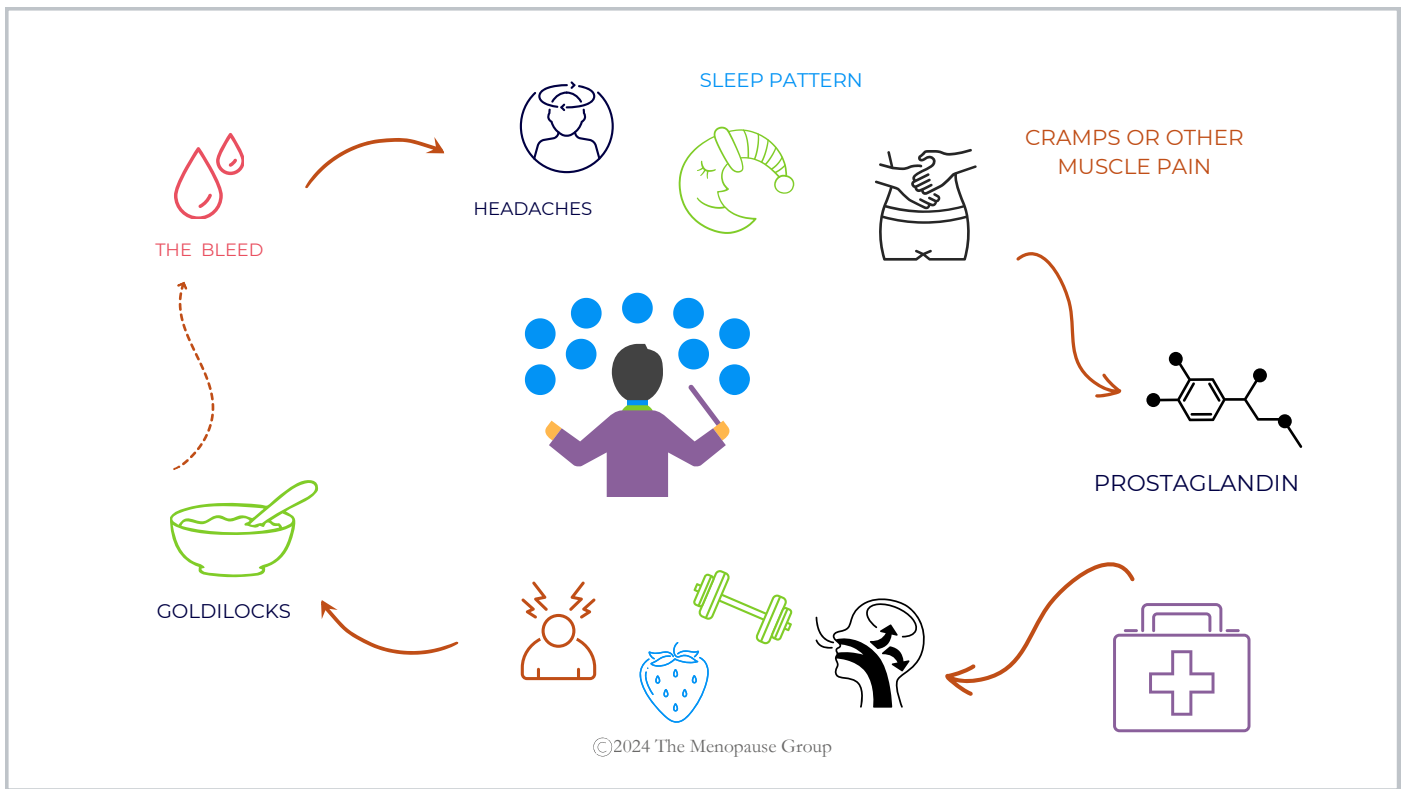


The menstrual cycle is a complex mix of hormones at different times, but to simplify we can divide it into 4 sections.

Testosterone is not directly involved in the cycle but it does fluctuate and its presence has an influence on the brain and energy levels.



The menstrual cycle is conducted like an orchestra with different tunes along the way. During the second half of the menstrual cycle, fluctuating hormones can create tunes that aren't that great and may trigger symptoms such as headaches, disrupted sleep, or direct tummy and back pain - which is mostly due to another hormone-like substance called prostaglandin.



A lot of these challenges can be supported or overcome by building a menstrual health tool kit, which includes managing the cofactors of breathing, moving, good nutrition, and stress, to restore the Goldilocks level before the cycle starts again.

www.MenopauseGroup.org