**Information of menstrual cycle, pregnancy time and safe time:**

Almost every woman who walks through my virtual doors has a powerful desire to better understand what is going on in her body and with her lady parts. She wants to know how her hormones function, how to recognize the [signs of a hormonal imbalance](http://www.mindbodygreen.com/0-14627/5-signs-your-hormones-are-out-of-whack-how-to-balance-them.html?mbg_ifs=0&mbg_p=a&mbg_ref=body&mbg_a=16043) — and ultimately, how to address the symptoms she's experiencing.

Unfortunately, most women have never been taught the language their bodies communicate in, much less how to decipher the often-confusing messages they send. This has led to a widespread misunderstanding of what is actually going on "down there."

One of the best ways for women to get back in touch with their bodies and take charge of their endocrine health is to begin carefully observing and taking note of various menstrual signs and symptoms each month. Our menstrual cycles can tell us a lot about what is going on in our bodies in general.

While there is no such thing as one perfect menstrual cycle, there are many indicators of a healthy cycle that you can easily pay attention to starting now.

**Date:** Menstrual cycle normally long for 5-7 days. Your menstrual cycle should be between 25-35 days long. So it calculates date after 25 days.

**Pregnancy time:** It shows your high possibility of pregnancy. After 7 days of period, its high possibility to get pregnant. Pregnancy is technically only possible if you have sex during the five days before ovulation or on the day of ovulation. If your period date is 1-7 then 8–9 is Post-menstruation and possible to conceive. But 10–14 Days are around ovulation and most fertile time. 15–16 days are Post-ovulation and possible to conceive.

**Safe-Time:** 17–28 days Thickening of uterine lining and Less fertile so unlikely to conceive. This is not 100% safe.

Normally the period dates are marked by red color.

Pregnancy dates are marked by pink color.

**Source:**

Take information from Wikipedia and medical news today.

Consulted with Dr. Mostafizur Rahman (Genealogist, retired form Dinajpur Medical Collage)