Documentation: Menstrual Health Through Diet and Yoga (Java Project)

# 1. Introduction

This project is a simple Java console application that provides diet and yoga recommendations for different phases of the menstrual cycle. The aim is to promote awareness about menstrual health using basic programming concepts.

# 2. Objectives

• Provide phase-wise suggestions (Menstrual, Follicular, Ovulatory, Luteal).  
• Demonstrate basic Java programming (input, decision making, console output).

# 3. Technologies Used

• Language: Java  
• Tools: JDK, Command Prompt / Any IDE (Eclipse, IntelliJ, VS Code)  
• Concepts: Scanner class, Switch-case, Strings, Console I/O

# 4. Workflow

1. User runs the program.  
2. Program asks for the cycle phase.  
3. Based on input, program shows:  
 - Recommended foods  
 - Suggested yoga poses

# 5. Sample Output

🌸 Menstrual Health: Diet + Yoga 🌸  
Enter phase name: luteal  
  
✅ Recommended Foods:  
- Magnesium: banana, cacao, nuts  
- Calcium: milk/yogurt, sesame  
- Reduce salt & caffeine  
  
🧘 Yoga Suggestions:  
- Cat-Cow  
- Supine Twists  
- Forward Fold

# 6. Limitations

• Console-based only (no GUI).  
• Basic fixed recommendations.

# 7. Future Enhancements

• Add a 7-day diet and yoga plan.  
• Include a graphical interface (GUI).  
• Store user data and logs.

# 8. Conclusion

This project uses Java to create a basic health-awareness tool. It shows how technology can be applied to support menstrual health through diet and yoga suggestions.