Sure, let me explain the project.

This project is a website called "Period Relief" that provides information and resources related to menstrual periods. The website is built using HTML and styled using CSS.

The HTML code provided represents the structure of the website. It includes the necessary HTML tags such as `<html>`, `<head>`, and `<body>`. The `<head>` section contains metadata about the document, including the title of the page, character encoding, and links to CSS stylesheets.

The website has a header section that contains a logo and a navigation menu with links to different sections of the website such as Home, Articles, Remedies, and Contact.

The main content of the website is divided into different sections. The first section, with the id "Period", provides information about what periods are and how they typically occur. It explains the duration, frequency, and flow of periods. It also includes links to additional resources on topics such as heavy periods, period pain, missed periods, and irregular periods.

The next section is titled "Latest Articles" and provides brief summaries of two articles related to periods. Each article has a title and a short description.

Following that, there is a section titled "Changes in your period" that discusses how periods can change and when it may be necessary to seek medical advice. It also mentions certain situations that require medical attention, such as bleeding between periods, bleeding after sex, or bleeding after menopause.

The final section is titled "Why your periods might stop" and provides information about the various reasons why periods can stop. It mentions factors such as pregnancy, stress, sudden weight loss, being overweight, excessive exercise, taking contraceptive pills, menopause, and polycystic ovary syndrome (PCOS). It also notes that periods can stop as a result of certain medical conditions and advises seeking medical evaluation.

The website's footer includes a copyright notice.

The CSS code provided contains the styles for different elements of the website. It defines the layout, colors, typography, and spacing of various sections and elements to create a visually appealing and user-friendly interface. It includes styles for the header, navigation menu, hero section, articles section, recipes section, and footer. It also includes media queries to make the website responsive and adapt its layout for different screen sizes.

Overall, this project aims to educate and provide resources to individuals seeking information about periods and related topics.