

Topic # 3

Benefits of Spotting your Menstrual Cycle

In the female body, menstrual cycle sequential change occurs. These changes have a direct relation with pregnancy & fertility of women. Usually, women are curious about having a break after the birth of a baby just to enjoy life. If you want to conceive a baby then it is very important to know about your ovulation to plan your special moment with your partner. For this, you can try using our ovulation tracker & calculator that shows the perfect days in which the chances of getting pregnant are very high.

Different Benefits of Spotting Menstrual Cycle:

Conceive Babies by Your Choice:

There are some couples that are very curious about planning a baby if they spot the fertility days. If a couple determines the right fertility days then, it is possible to conceive a baby without any issue. During the fertility time one egg is released by the ovaries. You can use the ovulation calculator for calculating it if you are unable to calculate it manually.

Manage a Break between Babies:

It is possible to take a break between babies without using antibiotics. There are some women that use antibiotics but it results in some side effects in their bodies. So, try not to use antibiotics for this purpose. You can manage the breaks between babies by spotting the menstrual cycle.

How We Can Spot the Menstrual Cycle:

If you have the knowledge of the fertility window then, it is possible to calculate the fertility days without facing any kind of difficulties. The uterus goes tight and those women have a high level of taste & smell sense. Women's breasts soften and they have a raised body temperature but they don't have fever condition.

Symptoms of Fertility Window:

Below are some of the symptoms that you can use to determine the fertility window.

- Women's breasts become tender and also they can feel the difference in the shape of breast.
- The basal body temperature goes higher when the fertility window occurs.
- Cramps in the stomach & they can feel butterflies in their belly.
- Some women feel higher sense of smell and taste
- Uterus lining goes harder and women usually want to have a moment at that time.
- As compared to the other days women can feel a sex drive during that time.