users

user_id	PRIMARYKEY
user_name	TECT
email	TEXT
region_id	FOREIGNKEY

regions

region_id	PRIMARYKEY
name	TEXT

posts

post_id	PRIMARYKEY
title	TEXT
post	TEXT
user_id	FOREIGNKEY
location	TEXT
region_id	FOREIGNKEY

post_categories

id	PRIMARYKEY
post_id	FOREIGNKEY
category_id	FOREIGNKEY

categories

category_id	PRIMARYKEY
name	TEXT