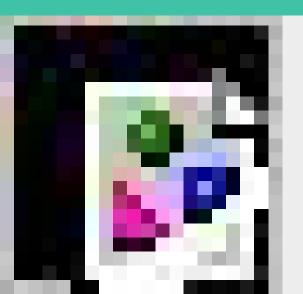
The *Science* of your Cycle

Day 6: Knowing what's normal (and what isn't)



with Jennifer Aldoretta
Cofounder & CEO of Groove

Today's goals

- → Learn what's normal and what isn't
- → Understand what symptoms are likely the result of a deeper problem that needs addressing
- → Understand what your menstrual cycle data means about your health
 - Things like temperature, cervical fluid, flow, pain, mood, cycle regularity (or irregularity), etc.

Day 5 recap

- → Cycle tracking tells you when you ovulate
- → Tracking your cycles tells you when your next period will start
- → Tracking cycle data lets you know when you're fertile
- → Cycle tracking (+ following certain rules) is an effective form of birth control
- → Tracking cycle data helps you uncover health problems

The body is a system of systems — every system in your body is deeply interconnected. When one isn't healthy, problems will likely arise in others.

What's normal? What isn't?

- 1. Cycle length and regularity
- 2. Menstrual flow
- 3. Pain
- 4. Cervical fluid
- 5. Body temperature
- 6. Mood
- 7. Digestion
- 8. Skin
- 9. Energy and sex drive

1. Cycle length and regularity

- → What's normal and healthy?
 - A menstrual cycle ranging from 21–34 days long
 - ◆ A menstrual cycle length that varies by up to 7 days (some of your cycles might be 25 days long, others might be 32 days)
- → What's not normal?
 - A cycle that's consistently less than 21 days long or more than 34 days long
 - ◆ A menstrual cycle that varies wildly in length (some cycles are 60 days, some are 35 days, some are 90+ days, etc.)

2. Menstrual flow

- → What's normal and healthy?
 - A bright red flow that's free from clots, chunks, lumps, etc.
 - ◆ A period that lasts between 4–7 days
- → What's not normal?
 - Brown, black, or red spotting before your period
 - Very dark red, brown, black, or light pink flow
 - A flow that is chunky, lumpy, or clotted
 - Bleeding that soaks through a highly absorbent pad or tampon in less than two hours
 - ◆ A periods that's less than 4 days or more than 7 days long

3. Pain

- → What's normal and healthy?
 - Pain-free periods
 - Very minor period pain that does not interfere with daily activities
- → What's not normal?
 - Pain that requires taking a sick day
 - Pain that makes you vomit or feel nauseous
 - Pain that requires the use of NSAIDs (pain meds)
 - Pain that interferes with your life in any way

4. Cervical fluid

- → What's normal and healthy?
 - Fluid that progressively changes from thick/tacky to slippery/lubricative
 - ◆ Fluid that is white, yellow, clear, or a combination
 - Fluid that is pink or brown-tinged around ovulation
- → What's not normal?
 - More than a week straight of slippery cervical fluid
 - No slippery fluid is produced during your cycle
 - Fluid that does not dry up after ovulation
 - Sudden changes in your cervical fluid pattern

5. Body temperature

- → What's normal and healthy?
 - ◆ 12–16 days of elevated temperatures after ovulation (luteal phase that's 12–16 days long)
 - Ovulating anywhere from 10–20 days after your period starts
 - Body temperatures above 97.0 °F before ovulation
- → What's not normal?
 - ◆ 10 or less days of elevated temperatures after ovulation (luteal phase that's 10 or less days long)
 - Ovulating < 10 days or > 20 days after your period starts
 - Body temperatures regularly below 97.0 °F before ovulation

6. Mood

- → What's normal and healthy?
 - Feeling emotionally balanced throughout your cycle
- → What's not normal?
 - PMS or mood swings that interfere with your daily activities
 - Premenstrual dysphoric disorder (PMDD)
 - Cyclical anxiety or depression
 - Feeling weepy for no reason
 - Feeling out-of-control of your mood or emotions

7. Digestion

- → What's normal and healthy?
 - Pooping every day (at least once) throughout your cycle
 - No intestinal sensitivity or discomfort
- → What's not normal?
 - Diarrhea during your period or any other day of your cycle
 - Constipation
 - Not feeling like your bowels are fully empty after using the bathroom
 - Gas, bloating, or other intestinal discomfort

8. Skin

- → What's normal and healthy?
 - Clear skin
- → What's not normal?
 - Dry, itchy, or flaky skin
 - Rash
 - Acne
 - Redness
 - Psoriasis, eczema, or rosacea

9. Energy/sex drive

- → What's normal and healthy?
 - Stable energy levels
 - Consistent sex drive
 - High sex drive during certain parts of your cycle
- → What's not normal?
 - Constant fatigue or lack of energy
 - Waking up feeling unrested
 - Low or nonexistent sex drive
 - Brain fog

I struggled with MANY of these issues for years before I finally learned that they were intimately tied to my horribly painful periods.

You don't deserve to feel like this.



Tomorrow...

- → We'll discuss
 - ◆ The REAL cause of any symptoms you're experiencing
 - Things you can do RIGHT NOW to start improving your symptoms

I'm excited to teach you how you can feel your best!

