

Woman not having menstruation for 5 months. Some of the common causes :

- **Pregnancy:** usually (but not in this case) This is the most common cause of missed periods.
- **Stress:** If she's under Both physical and psychological stress can cause a delayed period. Depression or anxiety can cause period delays.
- **Polycystic ovary syndrome (PCOS):** This condition can cause delayed or irregular periods(she needs to do lab test) she can see if she has hairy legs especially near her vagina and if she finds sex painful and if she's gaining or losing weight. (She should do a laboratory test to check hormone levels)
- **Sudden weight loss or being overweight:** These can both affect your menstrual cycle. **Excessive exercise:** if she's a runner :) or doing heavy exercise Doing too much exercise can also lead to missed periods.

Medical treatment options, the treatments can include:

- **Hormone therapies or birth control pills:** ask her if she's taking pills for pregnancy, can help restart her menstrual cycles.

Non-medical treatment options for missed periods can include lifestyle changes such as:

- **Lifestyle changes:** Ask her if she's under lots of stress :Reducing stress and maintaining a healthy weight can help regulate her periods
- **Stress management:** Stress can heavily affect her menstrual cycle. She should use Techniques such as meditation, yoga, and deep breathing can help manage stress levels. Listen to music,etc..
- **Healthy diet:** Eating a balanced diet can help maintain a healthy weight, which is important for regular menstrual cycles.
- **Regular exercise:** NOT heavy exercise :) .Moderate, regular exercise can help maintain a healthy weight and reduce stress, both of which can help regulate her menstrual cycle.
- **Avoiding harmful substances:** Smoking, alcohol, and excessive caffeine can all affect her menstrual cycle.

Here are some dietary options that can help regulate her menstrual cycle:

1. **Water:** Drinking a lot of water is always important, especially during her period. Staying hydrated can reduce the chances of getting dehydration headaches, a common symptom of menstruation
2. **Fruit:** Water-rich fruits, such as watermelon and cucumber, are great for staying hydrated. Sweet fruits can help her reduce sugar cravings without eating a lot of refined sugars
3. **Leafy green vegetables:** It's common to experience a dip in her iron levels during her period, particularly if her menstrual flow is heavy. This can lead to fatigue, bodily pain, and dizziness. Leafy green vegetables such as kale and morning glory can boost iron levels.
4. **Ginger:** A warm mug of ginger tea can improve certain symptoms of menstruation. Ginger has anti-inflammatory effects, which can soothe achy muscles
5. **Chicken:** Chicken is another iron- and protein-rich food she can add to her diet.
6. **Reduce salt.**
7. **Fish:** Rich in iron, protein, and omega-3 fatty acids, fish is a nutritious addition to your diet. Consuming iron will counteract the dip in iron levels that you might experience while menstruating
8. **Turmeric:** Turmeric is known as an anti-inflammatory spice, and curcumin is its main active ingredient.