

1. What is a menstrual cycle?

The menstrual cycle is the hormonal process a woman's body goes through each month to prepare for a possible pregnancy. Menstruation is a woman's monthly bleeding, often called your "period." When you menstruate, your body discards the monthly build-up of the lining of your uterus (womb). Menstrual blood and tissue flow from your uterus through the small opening in your cervix and pass out of your body through your vagina.

During the monthly menstrual cycle, the uterus lining builds up to prepare for pregnancy. If you do not get pregnant, oestrogen and progesterone hormone levels begin falling. Very low levels of oestrogen and progesterone tell your body to begin menstruation.

2. What is a typical menstrual cycle like?

The typical menstrual cycle is 28 days long, but each woman is different. Also, a woman's menstrual cycle length might be different from month-to-month. Your periods are still "regular" if they usually come every 24 to 38 days. This means that the time from the first day of your last period up to the start of your next period is at least 24 days but not more than 38 days.

Some women's periods are so regular that they can predict the day and time that their periods will start. Other women are regular but can only predict the start of their period within a few days.

3. How can I increase my height?

General Stretching Exercises

Practice Pilates

Check out the Alexander Technique

Getting Plenty of Sleep to Maximize the Effects of Exercises

4. What are the causes of dull complexion?

Different factors come into play to cause a dull complexion. These factors may be biological, psychological, environmental or hereditary. Some people naturally have a dull skin complexion which they have inherited from a family member. Such a condition is hard to deal with because even after treatment, chances of recurrence are high. Environmental factors include pollutants such as chemicals and dust. They damage skin cells thus causing dulling. Other factors

that contribute towards a dull complexion include an unhealthy lifestyle and improper nutritional choices. Exposure to UV rays from the sun is also a major contributor towards dull complexion. The last cause is aging. The skin gets more susceptible to damage as it gets older.

5. How can I get rid of peer pressure?

1. Ask 101 questions. (For example, if a pal pressures you to smoke, ask her why she smokes, how long she has smoked, if she minds having ashtray breath.)
2. Say “No” like you mean it.
3. Back-up a no with a positive statement.
4. Be repetitive.
5. Practice saying no.
6. Get away from the pressure zone.
7. Avoid stressful situations in the first place.
8. Use the buddy system.
9. Confront the leader of the pack.
10. Consider the results of giving in.
11. Look for positive role models.
12. Don’t buy the line that everyone’s doing it.
13. Seek support.
14. Be your own best friend.
15. Find ways to excel.
16. Don’t pressure others.
17. Speak out!
18. Watch your moods.
19. Evaluate your friendships.
20. Find new friends.

6. What are the solutions of aggression?

Counseling

Family counseling

Medication

Behavioural Contracts

House Rules

Relaxation Techniques

7. Why does pubic hair exist?

There are a number of theories on why pubic hair exists, but no definitive answer. However, most sources agree that pubic hair relates to pheromones — scents that the body produces that can be sexually stimulating to others. It is believed that the tufts of hair around the genitals, as well as under the arms, release pheromones, which may act as erotic aids. There are other hypotheses about why we have hair on our pubic places. Some people believe that it keeps our genitals warm. In prehistoric times, when only a loincloth was worn to cover the penis or vulva, this might have held true. However, if the primary job of pubic hair was to keep the genitals warm, males would probably have hair on the shaft of their penis and more hair on the scrotum to insulate the testicles. Additionally, females would have hair on the skin of their lower torso to insulate the internal reproductive organs.

An additional theory suggests that the purpose of pubic tresses for women is similar to that of cilia in the nose (a.k.a., nose hair) and eyelashes. In this case, the pubic hair prevents dirt and particles from entering the vagina. However, one problem with this theory is that men don't have similar protective locks around the opening of their urethra.

Evolutionary scientists suggest that humans may have evolved to have less pubic hair to appeal to the opposite sex, a form of sexual selection. Skin that is clear and smooth may have come to signify health.

As far as non-functional use goes, pubic hair can be decorative or attractive to their owners or to others. It may be cut or styled in ways to appeal to sexual partners, which may increase sexual potential, at least in theory. Different cultures may have preferred norms for pubic hair, ranging from completely removed, to styled, to natural.

8. How to get out of a depression?

1. Increasing Social Contact and support

Talk to a therapist

Make time for the positive people

Give and receive physical contact (hug your friends)

2. Changing Your Thinking

Think positively and realistically

Compliment yourself.

Be open to possibilities.

Cope with a negative filter

Making Changes to Your Physical Health

3. Making Changes to Your Physical Health

Focus on your health

Exercise on a regular basis

Eat healthy

Sleep better

Avoid drugs and alcohol

4. Coping Healthfully

Pick up an old hobby

Get outside

Practice mindful meditation

Take care of a living thing

Volunteer your time

Use relaxation skills