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# 3 LITTLE KNOWN FACTS ABOUT THE MENSTRUAL CYCLE

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Welcome today we're diving into a topic that affects half the world's population – menstruation. Some of you may have already heard me say, I love my period, today you will find out why I say this. We won't be discussing the usual struggles and challenges; instead, we'll explore the three incredible facts we weren't told about our periods: how it serves as a vital sign, how can be pain-free, and how it can be a powerful time management tool. Let's get started!

## *Fact #1: It's a vital sign to our health*

For most of our lives, we saw or see our periods as a monthly inconvenience. When in fact, they actually function as a vital sign, just like our pulse, blood pressure, and weight. It is literally a doctor visit every single month without paper gowns and scales. The menstrual cycle is influenced by a complex interplay of over 12 hormones, and any deviation from the norm could signal an underlying health problem. Tracking your cycle and biomarkers regularly can help identify potential issues early on, such as hormonal imbalances, thyroid disorders, type 2 Diabetes Mellitus, heart disease, endometriosis, polycystic ovary syndrome (PCOS), premature ovarian failure, pelvic inflammatory disease, uterine fibroids, uterine or ovarian cysts, and sexually transmitted illnesses allowing for timely medical intervention.

## *Fact #2: It's to be pain or almost pain free*

Let me say that again... Periods are to be or almost be pain free, even for those with endometriosis. For many, the monthly pain and discomfort associated with the menstrual cycle are simply accepted as inevitable. However, this doesn't have to be the case. There are ways to achieve pain-free periods that are often not widely known or discussed.

- **Hormonal Balance:** Understanding and balancing hormones through lifestyle changes like (sleep routine, stress management, and self care) eating in cycle (choosing foods that support the cycle phase currently being experienced and the one arriving next), and possibly medical guidance can help manage painful symptoms. Some vitamins that help support your cycle include magnesium bis-glycinate, vitamin D, B-complex, Vitamin E, pro-biotic, Omega-3 or DHA, calcium, and alpha lipoic acid.

- **Mind-Body Techniques:** Practices like yoga, meditation, journaling, and deep breathing can reduce stress and alleviate period-related pain.
- **Herbal Remedies:** Some herbs have been shown to provide support of the menstrual cycle reducing or removing pain include such as ginger, fennel, chaste-tree, dong-quai, black cohosh, evening primrose oil, vitex berry and CBD. Always consult a healthcare professional before trying any herbal remedies. I love using Earthley products, check out the Hormone Balance Bundle plus here are some of my favorites, Nourish Her Naturally, Thyroid Love, Liver Support, Calm and Clarity, and Gut Health Oil.
- **Aromatherapy:** There are some essential oils that have been shown to inhibit the pain receptors in our brain and provide relaxation. Pain relieving essential oils include, black pepper, clove, cardamom, eucalyptus, oregano, and roman chamomile. Essential oils that help promote relaxation include lavender, ylang ylang, clary sage, geranium, vetiver, and rose. I get mine from Simply Earth use **HEATHERA5033** to get a discount if you sign up for the box.

Painful periods are common yet can be avoided and are a sign something is off balance within the body. By adopting a holistic approach, individuals can significantly reduce discomfort and improve their quality of life during menstruation. Each month is a report card on how well your body was taken care of.

**"At her first bleeding, a woman meets her power. During her bleeding years, she practices it. At menopause, she becomes it."**

— Lucy H. Pearce, Moon Time: Harness the Ever-Changing Energy of Your Menstrual Cycle

*Fact #3: It's a time management tool*

Here's a fascinating aspect of menstruation that most of us were never told about – its potential as a time management tool. Studies have shown that hormone fluctuations throughout the menstrual cycle can impact cognitive abilities, energy levels, and even creativity.

- **Follicular Phase:** During the first half of the cycle, which begins with menstruation, estrogen levels rise, leading to increased creativity, verbal skills, and energy. This could be an ideal time for brainstorming, planning, and tackling mentally demanding tasks, stepping out of our comfort zones and asking for those big changes like raises, promotions, or sales contracts. This is also a great time to speak on stage or in front of an audience.
- **Luteal Phase:** As the cycle progresses into the second half, from ovulation through the day before menstruation starts, progesterone rises, promoting a more reflective and detail-oriented mindset. This phase could be excellent for focusing on analytical tasks and wrapping up projects.

By recognizing and adapting to these fluctuations, individuals can optimize their productivity and make the most out of their natural rhythms. If this is of interest to you, check out my Cyclical Living eguide [here](#).

So, there you have it – my top three little known benefits of menstruation that have been kept under wraps for far too long. Menstruation is not something to be dreaded; it's a valuable indicator of our health, a gateway to pain-free living, and a potent time management tool. Embrace your body, celebrate its intricacies, and remember that knowledge is power.

Until next time, love hard, laugh often, and always be vivy dus.