

Gentle Gratitude's Flow Freedom

THE 4 PHASES OF THE MENSTRUAL CYCLE



1. MENSTRUAL

- Body: Shedding of uterine lining (period).
- Feelings: Low energy, possible cramps, moody, more tired.
- Self-care: Rest, use heating pads, hydrate.



2. FOLLICULAR

- Body: Hormones rise, uterus thickens, and body prepares an egg.
- Feelings: More energy, creativity, focus.
- Self-care: Try new activities, eat iron-rich foods.

3. OVULATION

- Body: Egg released from ovary.
- Feelings: Peak energy, more social, glowing skin.
- Self-care: Exercise, socialize, eat protein.

4. LUTEAL

- Body: Hormones shift, estrogen level decreases
- Feelings: Mood swings, bloating, lower patience.
- Self-care: Gentle movement, eat complex carbs, sleep well.

Normal Period Symptoms

- Bleeding that lasts 3-7 days
- Mild to moderate cramps
- Breast tenderness or swelling
- Mood changes (irritability, sadness, or sensitivity)
- Bloating or mild water retention
- Food cravings or changes in appetite
- Feeling a bit more tired than usual
- Small blood clots (smaller than a quarter)

Abnormal Period Symptoms

- Soaking through pads/tampons every 1-2 hours
- Periods lasting longer than 7 days
- Severe cramps that stop daily activities
- Large blood clots often
- Dizziness, fatigue, or anemia signs
- Frequently skipped or irregular cycles

Visit www.gentlegratitudephilly.com to receive free menstrual products!

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