

The *Science* of your Cycle



with Jennifer Aldoretta
Cofounder & CEO of Groove

A bit about me

- I struggled for more than a decade with horribly painful periods
- I didn't understand my body until I was 25, and my frustration made me want to teach others
- I cofounded Groove in 2013 with the mission of educating women about their bodies and destigmatizing periods
- I love riding my bicycle, reading medical journals (yup, I'm a nerd!), and talking about women's health at every chance I get

Why did we create this course?

- Knowledge = Power (!!!)
- Not understanding how your body works is confusing, frustrating, and disempowering
- You DESERVE to know what's happening in your body, what's normal, and how to identify when there's a potential problem
- I want you to be the wildly confident, period pro that I know you're capable of being

What you'll get out of this course

- A deep understanding of how your periods work and what's normal
- Insider tips on predicting your periods with EXTREME accuracy
- How to tell (without seeing your doctor) if you might be suffering from a hormonal imbalance
- How tracking your periods can benefit you (and your health)
- How to heal period problems you might be suffering from

Day 1: Meet your body

Why cover the reproductive system?

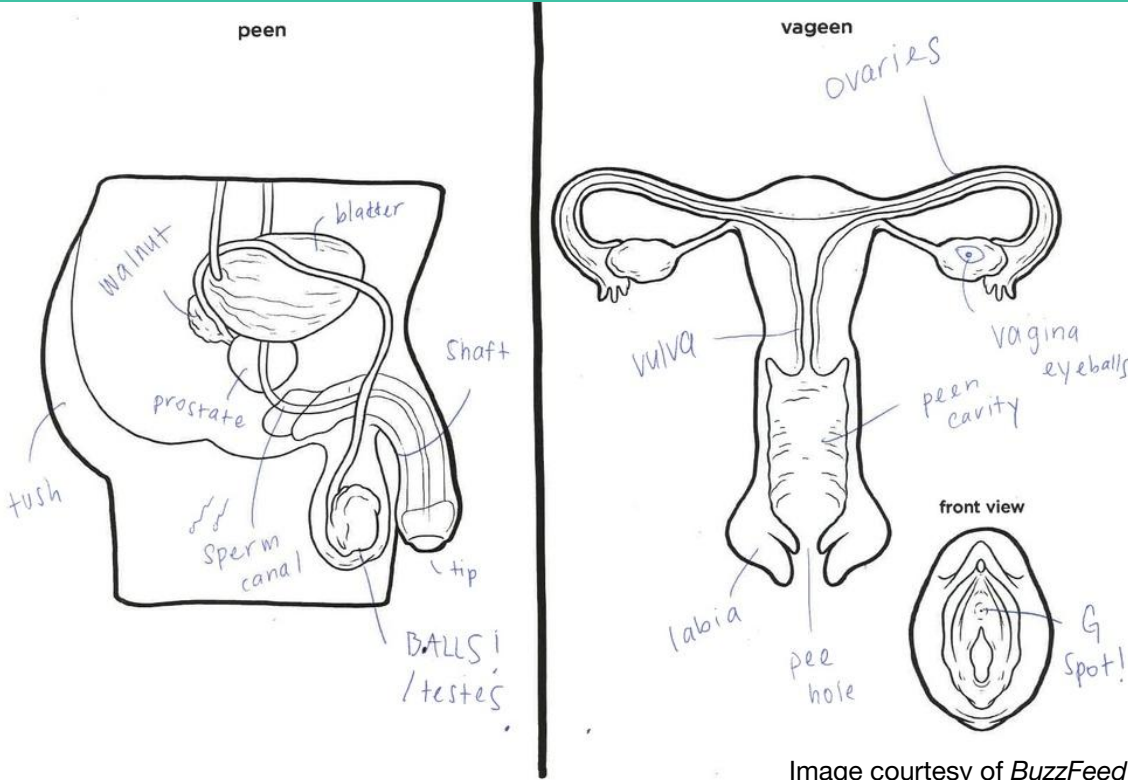
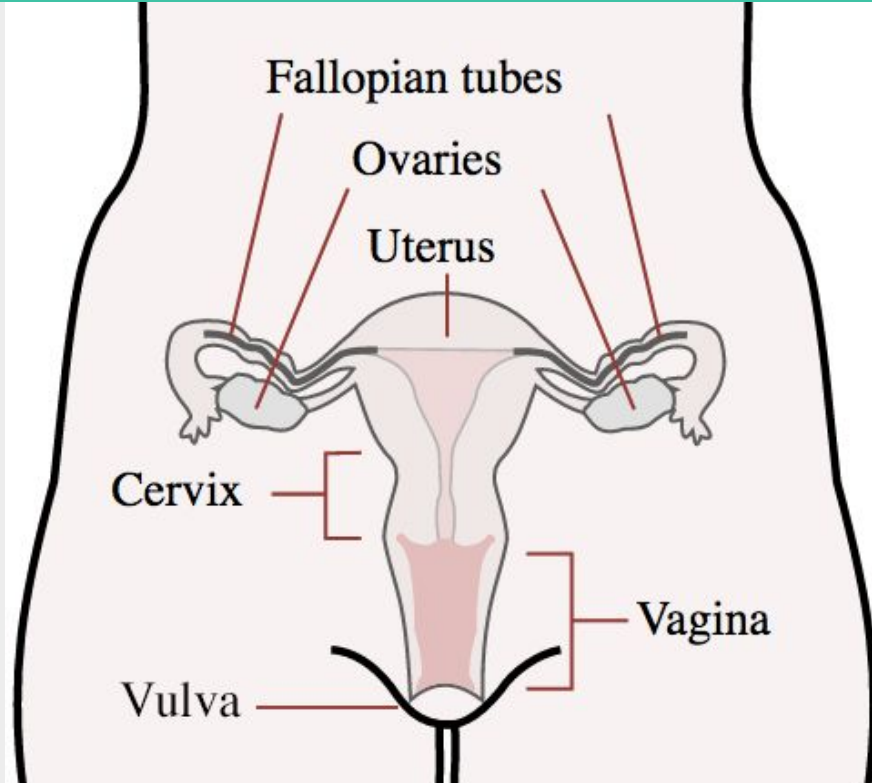


Image courtesy of BuzzFeed

BuzzFeed asked adults to label diagrams of the male and female reproductive systems, and this is what they got.

EEK!

The female reproductive system



Structure vs Function

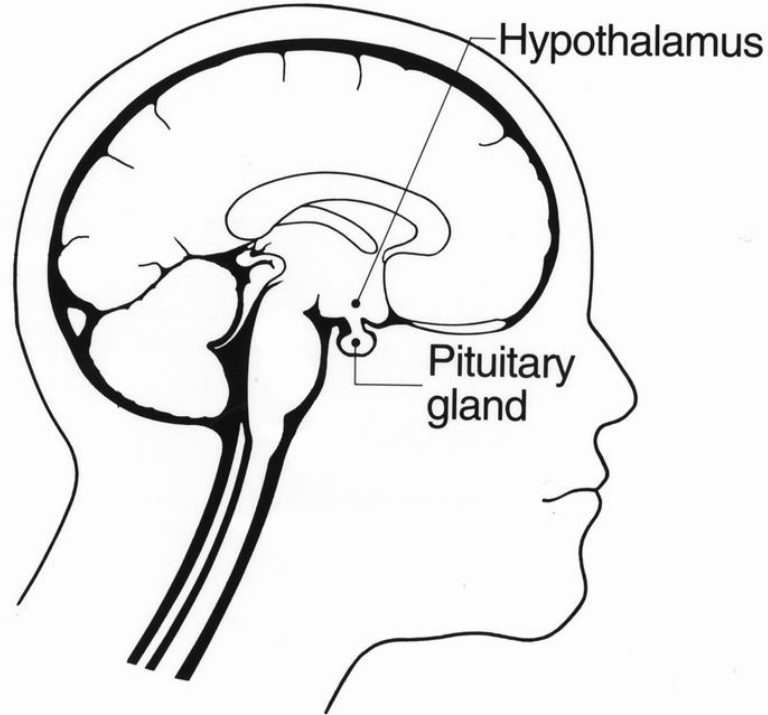
- **Vulva:** the parts of the reproductive system located outside the body; includes the clitoris, labia, and vaginal opening
- **Vagina (aka birth canal):** the muscular, tubular pathway that leads from the uterus to the outside of the body
- **Cervix:** the lower portion of the uterus that bulges into the top of the vagina; dilates during childbirth; produces a special fluid that makes pregnancy possible

Structure vs Function (cont'd)

- **Uterus (aka womb):** sheds its lining during your period, which leaves the body as menstrual fluid; houses the developing fetus during pregnancy
- **Ovaries:** almond-sized sacs that develop and release eggs; responsible for producing very important hormones
- **Fallopian tubes:** tubes extending from the uterus to the ovaries; allow an egg to travel to the uterus after it's released during ovulation

The most important structures to remember are the **ovaries**, the **uterus**, and the **cervix**. These will continue to come up throughout this kickass 7-day course!

The pituitary gland & hypothalamus



What are they?

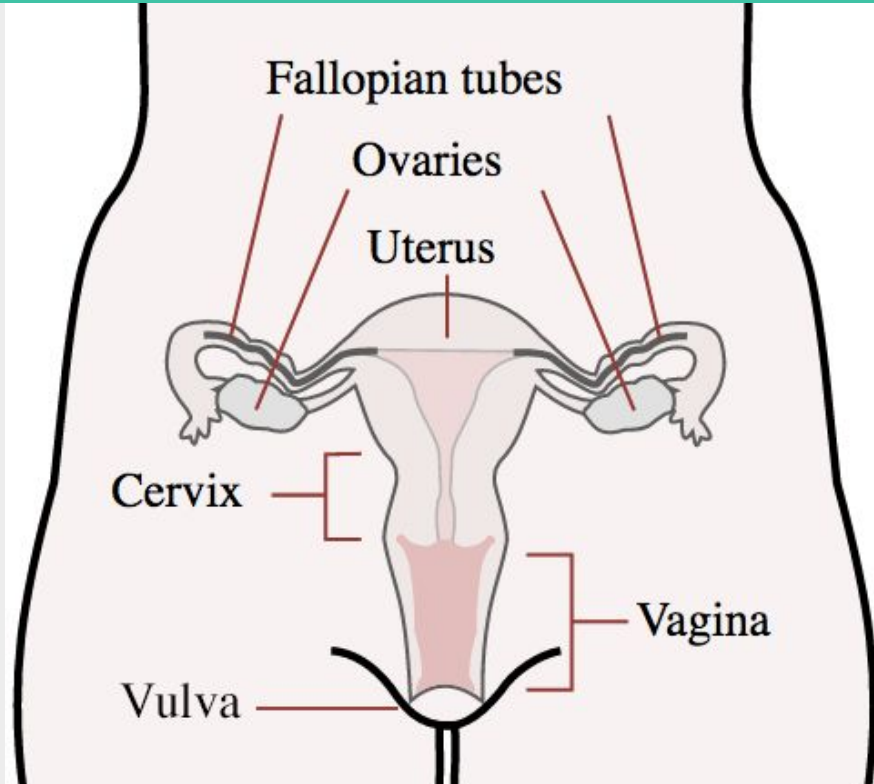
- Structures located deep in the brain
- They send chemical signals to your reproductive system (and many other systems in the body) to help control the menstrual cycle
- Their chemical signals trigger egg development, ovulation, sex hormone production, and your periods

You don't need to remember all of this, but I wanted to give you a sense of all the **amazing** things that need to happen for you to have a period!

Day 1 Summary

- The **CERVIX** is the lower portion of the uterus, and it produces a special fluid that makes pregnancy possible (amazing, right?!)
- The **UTERUS** sheds its lining during your period
- The **OVARIES** are almond-sized sacs that house eggs and make very important sex hormones

One more look at this awesomeness...



By the end of this 7-day course,
you'll be feeling fabulous and confident:

