

The *Science* of your Cycle

Day 6: Knowing what's normal (and what isn't)



with Jennifer Aldoretta
Cofounder & CEO of Groove

Today's goals

- Learn what's normal and what isn't
- Understand what symptoms are likely the result of a deeper problem that needs addressing
- Understand what your menstrual cycle data means about your health
 - ◆ Things like temperature, cervical fluid, flow, pain, mood, cycle regularity (or irregularity), etc.

Day 5 recap

- Cycle tracking tells you when you ovulate
- Tracking your cycles tells you when your next period will start
- Tracking cycle data lets you know when you're fertile
- Cycle tracking (+ following certain rules) is an effective form of birth control
- Tracking cycle data helps you uncover health problems

The body is a system of systems — every system in your body is deeply interconnected. When one isn't healthy, problems will likely arise in others.

What's normal? What isn't?

1. Cycle length and regularity
2. Menstrual flow
3. Pain
4. Cervical fluid
5. Body temperature
6. Mood
7. Digestion
8. Skin
9. Energy and sex drive

1. Cycle length and regularity

→ What's normal and healthy?

- ◆ A menstrual cycle ranging from 21–34 days long
- ◆ A menstrual cycle length that varies by up to 7 days (some of your cycles might be 25 days long, others might be 32 days)

→ What's not normal?

- ◆ A cycle that's consistently less than 21 days long or more than 34 days long
- ◆ A menstrual cycle that varies wildly in length (some cycles are 60 days, some are 35 days, some are 90+ days, etc.)

2. Menstrual flow

→ What's normal and healthy?

- ◆ A bright red flow that's free from clots, chunks, lumps, etc.
- ◆ A period that lasts between 4–7 days

→ What's not normal?

- ◆ Brown, black, or red spotting before your period
- ◆ Very dark red, brown, black, or light pink flow
- ◆ A flow that is chunky, lumpy, or clotted
- ◆ Bleeding that soaks through a highly absorbent pad or tampon in less than two hours
- ◆ A periods that's less than 4 days or more than 7 days long

3. Pain

- What's normal and healthy?
 - ◆ Pain-free periods
 - ◆ Very minor period pain that **does not interfere** with daily activities

- What's not normal?
 - ◆ Pain that requires taking a sick day
 - ◆ Pain that makes you vomit or feel nauseous
 - ◆ Pain that requires the use of NSAIDs (pain meds)
 - ◆ Pain that interferes with your life in any way

4. Cervical fluid

- What's normal and healthy?
 - ◆ Fluid that progressively changes from thick/tacky to slippery/lubricative
 - ◆ Fluid that is white, yellow, clear, or a combination
 - ◆ Fluid that is pink or brown-tinged around ovulation
- What's not normal?
 - ◆ More than a week straight of slippery cervical fluid
 - ◆ No slippery fluid is produced during your cycle
 - ◆ Fluid that does not dry up after ovulation
 - ◆ Sudden changes in your cervical fluid pattern

5. Body temperature

- What's normal and healthy?
 - ◆ 12–16 days of elevated temperatures after ovulation (luteal phase that's 12–16 days long)
 - ◆ Ovulating anywhere from 10–20 days after your period starts
 - ◆ Body temperatures above 97.0 °F before ovulation

- What's not normal?
 - ◆ 10 or less days of elevated temperatures after ovulation (luteal phase that's 10 or less days long)
 - ◆ Ovulating < 10 days or > 20 days after your period starts
 - ◆ Body temperatures regularly below 97.0 °F before ovulation

6. Mood

- What's normal and healthy?
 - ◆ Feeling emotionally balanced throughout your cycle
- What's not normal?
 - ◆ PMS or mood swings that interfere with your daily activities
 - ◆ Premenstrual dysphoric disorder (PMDD)
 - ◆ Cyclical anxiety or depression
 - ◆ Feeling weepy for no reason
 - ◆ Feeling out-of-control of your mood or emotions

7. Digestion

- What's normal and healthy?
 - ◆ Pooping every day (at least once) throughout your cycle
 - ◆ No intestinal sensitivity or discomfort

- What's not normal?
 - ◆ Diarrhea during your period or any other day of your cycle
 - ◆ Constipation
 - ◆ Not feeling like your bowels are fully empty after using the bathroom
 - ◆ Gas, bloating, or other intestinal discomfort

8. Skin

- What's normal and healthy?
 - ◆ Clear skin
- What's not normal?
 - ◆ Dry, itchy, or flaky skin
 - ◆ Rash
 - ◆ Acne
 - ◆ Redness
 - ◆ Psoriasis, eczema, or rosacea

9. Energy/sex drive

- What's normal and healthy?
 - ◆ Stable energy levels
 - ◆ Consistent sex drive
 - ◆ High sex drive during certain parts of your cycle

- What's not normal?
 - ◆ Constant fatigue or lack of energy
 - ◆ Waking up feeling unrested
 - ◆ Low or nonexistent sex drive
 - ◆ Brain fog

I struggled with MANY of these issues for years before I finally learned that they were intimately tied to my horribly painful periods.

You don't deserve to feel like this.



Tomorrow...

→ We'll discuss

- ◆ The REAL cause of any symptoms you're experiencing
- ◆ Things you can do RIGHT NOW to start improving your symptoms

I'm excited to teach you
how you can feel your best!

