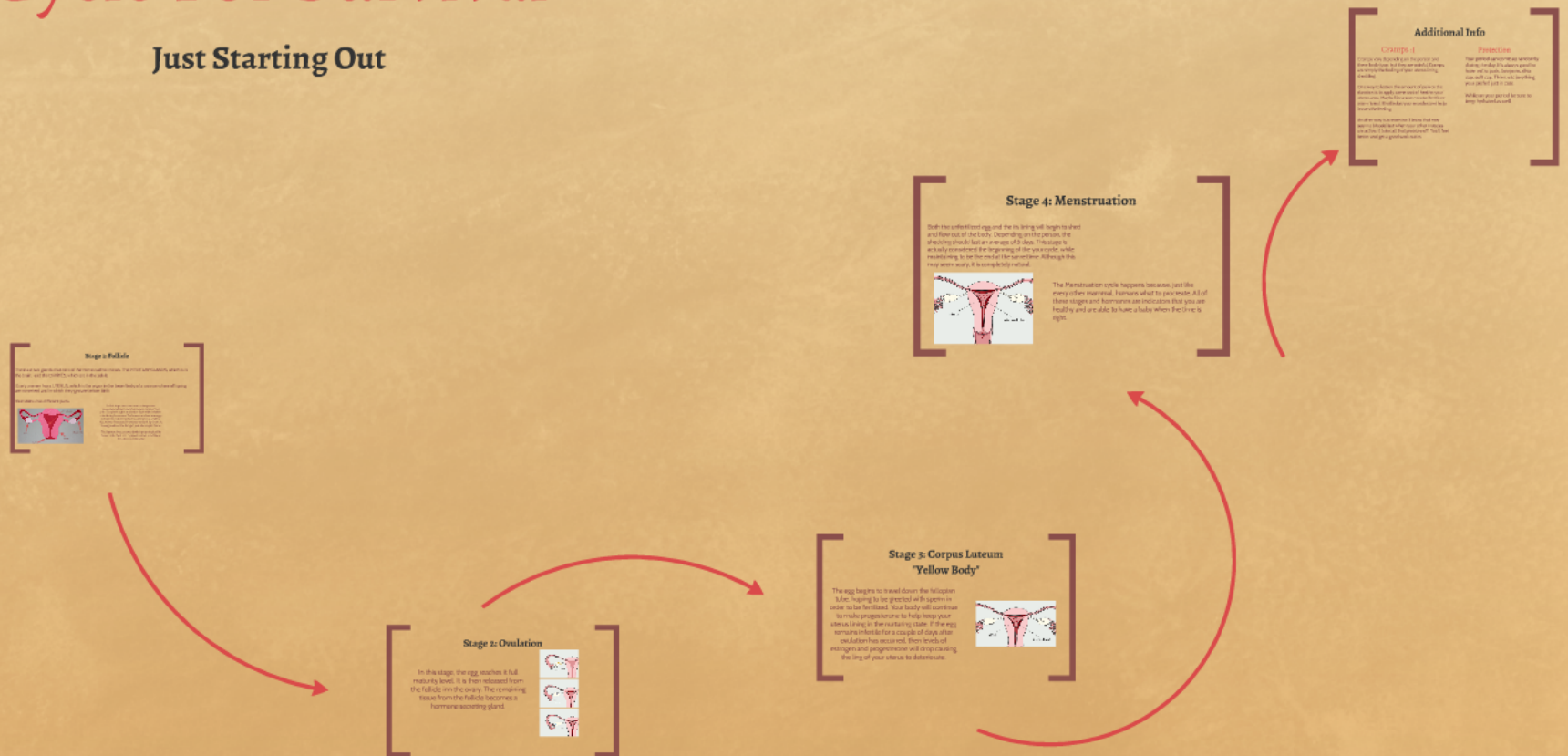


Cycle For Survival

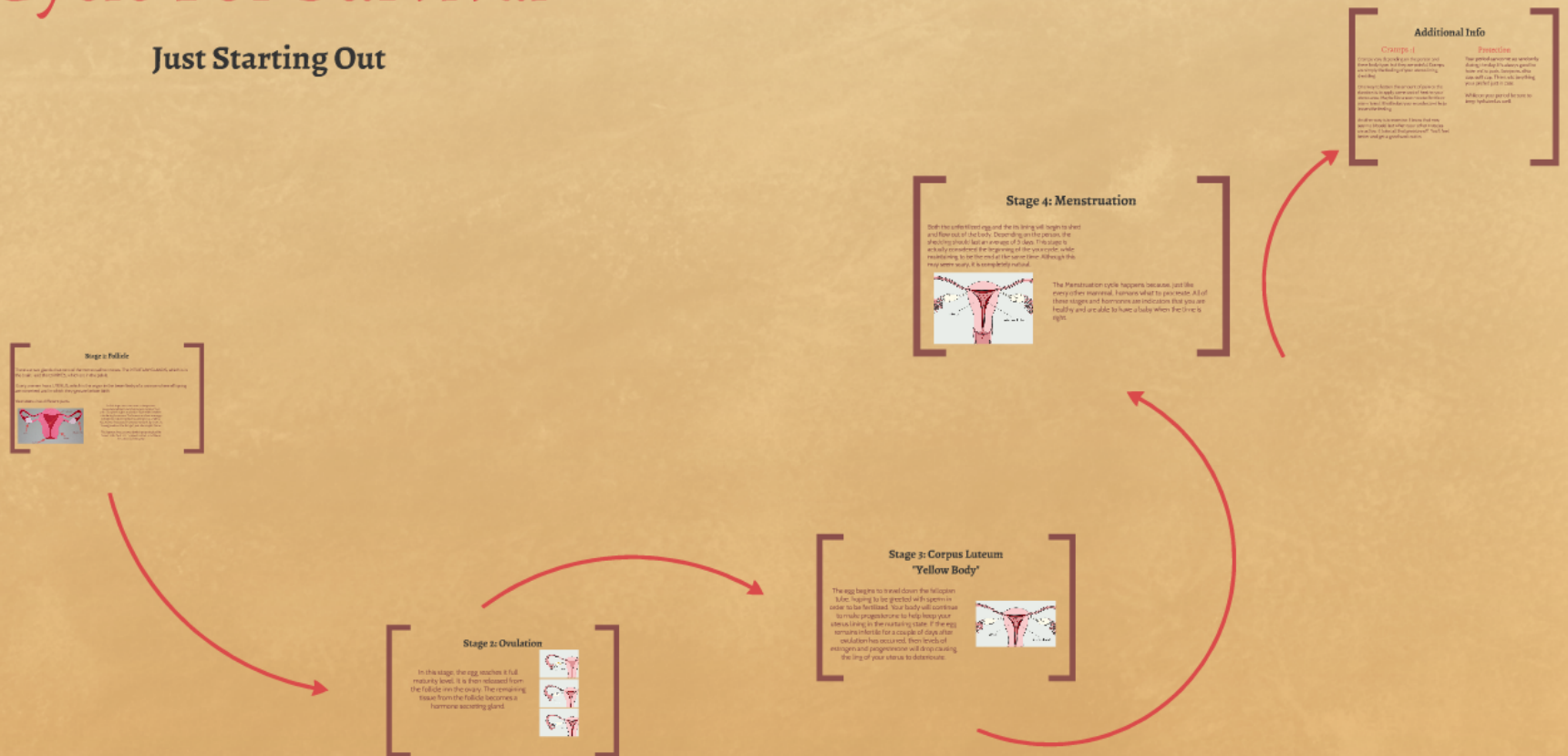
Just Starting Out



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Cycle For Survival

Just Starting Out



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Getting your menstrual cycle/period for the first few times can be very scary, especially if you aren't too sure what is going on.



But that's okay because
this guide will let you
know whats going on
and a few tips and what
to do to make this not
so scary.

The Menstrual Cycle

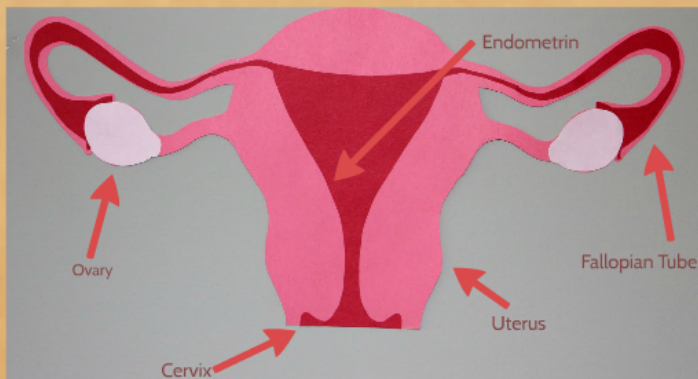
When people think of the menstrual cycle, they usually just think of the bloodshed. However, it has 4 stages that each play a very important role. The Menstrual cycle, commonly known as the period, happens to billions of women all over the world. The menstrual cycle only occurs when a woman isn't fertilizing, which means when she isn't pregnant. In order for you to understand what's happening, I will explain the steps to you.

Stage 1: Follicle

There are two glands that control the menstrual hormones. The PITUITARY GLANDS, which is in the brain, and the OVARIES, which are in the pelvis.

Every women has a UTERUS, which is the organ in the lower body of a woman where offspring are conceived and in which they gestate before birth.

Your uterus has different parts.



In this stage, your hormones (estrogen and progesterone) are in very low concentrations. Your pituitary gland begins to produce FSH which is follicle stimulating hormones. This hormone allows your eggs to begin to mature inside of a sac known as a follicle. Yes, women have eggs! However, we don't lay them. As the egg matures, the lining of your uterus gets thicker.

This happens because your body is preparing itself to have a baby. So it is filling up on nutrients and blood for a new baby to grow.

Your uterus has different parts.

