

- Menstruation

The Period Story

Understanding the phases of menstrual cycle and their effect on mood

On a high and looking your best for a week then comes the breakout, crying spells, food cravings, and weight gain. Women are trapped in this cycle for most of their reproductive years between nine to 51 years old.

A woman is unjustly tagged as "having that time of the month" whenever she is high strung, irritable, and unreasonable. The men in our lives just learn to live with it and blame it on a woman's PMS and menstrual cycle. There is more to it than that.

Our period cycle spans almost an entire month. Bodily changes occur like clockwork. Hormone levels can dramatically change depending on which phase we're in. That's why there are days we feel like we're invincible and days when we're down in the dumps.

Your menstrual cycle perennially affects your emotions, which in turn impacts productivity, self-esteem, and even relationships. A study conducted by Bowen R et al concluded that women with PMS have increased mood instability within the seven day premenstrual phase and at other times, too. To help you through sluggish days and sticky situations, Jeunesse Anion Sanitary Napkin and Liner makes it easier for you to understand what happens in your body during your period cycle through this concise breakdown of a woman's cycle.

Follicular Phase (Day 1 to 13) and Menstrual Phase (Day 1 to 5) The Beginning

Days 1-2: The first day of your cycle is the first day of your period. Tissue and blood lining the uterus comes out

in the form of menstrual fluid. Estrogen is low, leading women to experience fatigue and cramps. You might not feel like it but this is a good time to exercise and produce happy hormones.

Feel Good

Days 3-5: Estrogen increases toward the end of your period. It helps boost endorphins also known as "feel good" hormones. Energy rises along with the elevation in estrogen level and ultimately renders you feeling invigorated.



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On Top of the World

Days 6-9: With your estrogen on a high, you will surely feel more beautiful and enlivened. Your skin is glowing and your face looks more symmetrical. Testosterone also rises during this time and you are most likely to feel that you can conquer just about anything.

Bringing Sexy Back

Days 10-13: As ovulation approaches, you are feeling your sexiest and are most fertile during these days. Women desiring to get pregnant have the optimal chance of conception when they try to conceive during this window until ovulation day. Orgasms are more intense and attainable during copulation or lovemaking. Estrogen is at its peak and women feel best emotionally and physically.

Ovulation Phase (Day 14)

Hello, Ovulation

Day 14: For most cycles, ovulation happens on this day. Ovulation occurs when the ovary releases an unfertilized egg that lives for 12 to 24 hours. There is a sudden surge



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of hormonal changes during this phase, which may intensify your emotions and tiredness.

Luteal Phase (Day 15 to 28) Watch What You Eat

Days 19-22: The estrogen level begins to drop while testosterone surges if you are not pregnant. Your skin produces more oil than usual, thus you end up experiencing breakouts or skin sensitivity. Now's the time to eat healthy.

Ending the Cycle

Days 23-28: If you're not pregnant, your estrogen and progesterone levels continue to drop. Bloating and sluggishness may be experienced during this time. The quick alteration in your hormones is also responsible for mood instability. Boost your serotonin levels through exercise, which helps you cope with breast tenderness. Go easy on sugar and caffeine intake. Stay hydrated throughout the day.

An unfertilized egg will soon leave your body together with the uterine lining formed in preparation for a possible pregnancy. It will eventually

slough off as the menstrual flow begins. Once your period starts, you go back to Day 1 in the period cycle and the suffering in the form of dysmenorrhea haunts you once again.

Yasmin Endañol of UP Diliman Institute of Chemistry shares the result of her research on negative ions and dysmenorrhea: "Jeunesse Anion pads help with the cramping and dysmenorrhea through the anions released by the strip. These anions bind to the positively charged ions (of the body), which restricts the movement through the ion channel. If there are no ions available for movement, the channels will remain closed, and signals will not be transmitted. Thus, pain felt by the user during dysmenorrhea is lessened to a minimum."

To help women and all the men in their lives understand what happens during the 28-day cycle, watch #PeriodStory on www.facebook.com/JeunesseAnion.

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