

Understand your menstrual cycle

MANY women spend years trying not to get pregnant and then know very little about their cycle and what it can tell them about their fertility and hormonal health.

This can lead to confusion when you do start thinking about having a baby.

A lot of information can be drawn from the menstrual cycle, its pattern, the pain or its absence during the period, blood flow, the body's temperature over the month and changes in cervical fluids - all without going through a number of expensive and invasive tests.

Carole Dumenil, Acupuncturist specialising in fertility at The Bodyworks Clinic explains that in an ideal situation you should have:

- A regular cycle - approximately 28 days.
- No PMS or pain during the period.
- A period of about four to five days (first few days heavier).
- A change in cervical fluid and a rise in body temperature about two weeks before your period.

If you don't feel that your cycle exactly matches this pattern there are steps you can take to bring your body



By Estelle Mitchell

www.TheBodyworksClinic.com

back to optimum health, whether or not you are trying to get pregnant.

Lifestyle issues, medical issues, emotional distress or trauma can all lead to illness and throw your system into disarray, so it is crucial to have a holistic approach. Aiming to restore balance in the body as a whole rather than address superficial symptoms. Just as you need to use the right soil and the right amount of water to grow your plants, if you prepare the 'ground' before trying for a baby you are more likely to become pregnant.

Carole stresses the importance of looking at the overall picture for health and fertility. The process may involve changing your diet to suit your constitution, or adapting your lifestyle to your own limitations.

For example some of us can stay up half the night and wake up fresh as a daisy while others will have a glass of wine and be knocked sideways. We are all different and it is important to know yourself and your body as your

general health affects your fertility. Understanding your body better and discovering what 'fertility type' you are is an important first step in the process.

In Chinese medicine, the approach to health and fertility changes depending on whether you have irregular cycles, painful periods, bad PMT, excessively heavy or very light bleeding.

Carole's approach can help you:

- Balance your hormones.
- Manage gynaecological conditions.
- To feel more in control of your body and your fertility.

To find out more, contact Carole at The Bodyworks Health Clinic: 952 883 151 or visit: www.TheBodyworksClinic.com.



Look after your health.