

How Can A Woman Get Pregnant On Her Period

How to Have Sex with a Lady Without Condoms and Not Get Her Pregnant - Felix Chrisantos 2021-01-07

One of the most dreaded statements most single guys are scared of getting from their girlfriend is, 'I MISSED MY PERIOD'. If you have experienced this before, you would agree with me that it is capable of keeping you awake all through the night. Even though the use of condoms helps protect against unwanted pregnancy, the level of pleasure derived from skin to skin sex cannot be denied. This is why I have outlined some highly effective love making techniques that will help you and your partner enjoy a mind-blowing skin to skin sex without being followed by any case of unwanted pregnancy. Get this book and you will understand exactly what I mean...

Menopause: Impact of Psychosomatic Event on Women's Life - Sayema Islam Shetu 2012-03

Menopause is a normal part of a woman's life cycle. When a woman passes through menopause, her monthly period ends and she no longer can get pregnant naturally. During the menopause, many changes take place, both physical and emotional. Women may suffer from loss of libido and vaginal tissues can become dry and cause pain during intercourse. A woman who suffers from faecal and urinary incontinence is embarrassed and often unable to speak to anyone about the problem. She is afraid that she smells dirty and is ashamed that she leaks, so she may avoid having intercourse or close contact with her partner. This can have a devastating affect on the relationship between husband and wife. This work explores the effect of psychosomatic event on women's life in Sylhet region of Bangladesh. In doing so the writing focuses on the following issues: 1. The symptoms of menopause; 2. Examine the changes of menopause; 3. Look at the different psychosomatic

experiences about menopause; 4. Increase public awareness of the benefits of a healthy transition through the menopause and post menopausal stages; and 5. Advocate women to take greater responsibility for their health and well being.

Your Fertile Years - Joyce Harper 2021-04-29

'Essential reading' Professor Kypros Nicolaides 'Fills an important gap in understanding' Professor Robert Winston How well do you really know your body? How easy do you think it will be for you to get pregnant - or NOT to get pregnant? You've probably never really been educated about your reproductive years - perhaps you learnt everything you know from friends, or from the media, or online. You might be ready for a baby now; or, like so many other women, you might want to delay the birth of your first child while you establish your career. Perhaps you're thinking about freezing your eggs. Professor Joyce Harper is an internationally recognized expert on female fertility and fertility education, and in 12 chapters she covers the full scope of your reproductive years, from your first period to menopausal symptoms. Her straightforward, scientifically based advice will give you all the information you need to make informed decisions about your reproductive choices. Only when you really understand your menstrual cycle works can you optimise your lifestyle to get pregnant successfully - while being properly aware of how and when your fertility will decline. Your Fertile Years answers all your questions about things like egg freezing and IVF, and debunks not only the myths surrounding fertility treatment, but also the misinformation and scare stories that surround conception and pregnancy, including the bottom line on supplements, diet and holistic therapies. A shining beacon in the murky fertility landscape, this book will accompany you through your fertile years, giving you the guidance you need to make decisions that

work for you, your family, your career and your body.

My Body Neatness My Pride - Dr Cecelia Robinson 2022-09-17

Hey girl! let me take you on a journey on Some Facts About Menstruation Menstruation (also called "period" and "menses") is the monthly flow of blood from the uterus through the vagina. Girls have their first menstruation during their puberty when they are about 10-14 years. They then have it about once a month until they reach menopause. Menopause is when a woman stops having periods, meaning she will no longer be fertile and not able to get pregnant naturally (at the age of late 40s to mid-50s). period The menstrual cycle is the time between the first day of a woman's menstruation to the first day of her next. The most common length for the menstrual cycle is 21-35 days, with an average of 28 days. In the first part of the cycle, levels of estrogen increase, causing the lining of the uterus to grow and thicken. Simultaneously, an egg starts to mature in the ovaries, and about halfway into the menstrual cycle (around day 14) the egg leaves the ovary. This is what is referred to as "ovulating". The egg then travels through the fallopian tube to the uterus. If the egg is fertilized by sperm and attaches to the uterine wall, the girl or woman becomes pregnant. If the egg is not fertilized, it will break apart and the thickened lining of the uterus will shed, causing the menstrual blood flow. The bleeding usually lasts 2-7 days and around 5-12 tablespoons of blood are lost during this time. The first years of a girl's menstrual cycle are usually irregular. Pre-menstrual syndrome (PMS) happens in the latter part of every menstrual cycle and is caused due to changes in the levels of hormones. PMS symptoms include bloating, swollen and sore breasts, mood swings, pain ("cramps"), as well as acne. Every woman and girl's PMS is different. Whereas some might have PMS for two weeks, others might have it just for a couple of days, or not at all. Some might feel very moody and not in control of their emotions, whereas others have painful cramps (or both). Your symptoms might also be different from cycle to cycle. Many girls skip school because their cramps are causing them pain and physical discomfort. There are ways to alleviate the pain by applying warmth to the lower belly (a hand or hot water bottle), eating healthy (avoiding high levels of

salt, sugar, alcohol, and caffeine), exercising, and practicing relaxing techniques (yoga). Let 's talk about Belief, Myths, Taboos & Stigma Around Menstruation In many cultures all around the world, it is taboo to speak about menstruation, even though more than half of the world's population menstruates. Almost all cultures have some form of beliefs, myths and taboos relating to menstruation. These include unwritten rules and social norms about managing menstruation and menstruating women. For example, in some cultures, women and girls are told that during their menstrual cycle they should not bathe (or they will become infertile), touch a cow (or it will become infertile), look in a mirror (or it will lose its brightness), or touch a plant (or it will die). Funny enough, right? Also, whereas tampons and menstrual cups can tear the hymen, they will never cause you to lose your virginity, as that requires sexual intercourse. Due to the many cultural and/or religious misconceptions, myths, superstitions, and taboos regarding menstrual blood and hygiene, women and girls are sometimes deemed "impure" during their menstruation. This can have devastating effects on women and girls, who can have control over their own mobility restricted by their family and community. Taboos and stigmatization (i.e. condemning or showing disapproval) have... Major Feminine hygiene tips you need to know, but no more space in this description part... just grab your copy now...

Emma Cannon's Total Fertility - Emma Cannon 2013-06-20

Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's Total Fertility offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or assisted conception, and also focus on fertility preservation to help you stay fertile longer so you can get pregnant in the future. Emma Cannon answers the many nagging questions women have about fertility and conception; questions such as: How can I get a sense of my fertility? Can I preserve my fertility? When exactly should we be having sex? Does my diet really matter? Does stress lower my chances of conceiving? What exercise should I be doing? Reducing stress and approaching fertility with a calm and positive attitude is central to her approach to getting

pregnant, so Emma also helps you develop a 'fertile mindset' with a toolbox of simple suggestions to cultivate emotional wellness for your particular fertility 'type'. Written in Emma's trademark optimistic, warm and non-judgmental tone, Total Fertility is a book for anyone who is thinking - or has ever thought of - getting pregnant.

Fool Proof Method to Get Pregnant: How to Increase Fertility and Having a Baby - Weldon Berkery 2021-05-22

There's a wide variety of birth control options on the market that serve people well in their attempt to prevent pregnancy, but some feel confident that having sex while a woman has her period is a surefire way to avoid any accidents. Unfortunately, that's not as fool-proof as you might believe. In this book the author takes the guesswork out of it so you can test, track and measure- and most importantly - get results! This book will discuss how to optimise naturally fertility in both men and women, how to read the body's fertile signals, tests which may be required, and if there is a problem, the appropriate solutions which are available. This book will also give you emotional, mental and nutritional strategies to optimise the chances of getting pregnant. The myths of ageing and fertility, miscarriage and assisted reproductive technologies will be uncovered.

Managing the Stress of Infertility - Carol Fulwiler Jones 2012-02-01
Are You In Treatment For Infertility? Do you get upset when you attend baby showers or go to malls full of baby strollers and pregnant women? Do you feel like crying when friends or family ask a question like, "Are you still trying to get pregnant?" Do you wish your husband would be more supportive and take a more active role in your fertility and conception treatments? Are you spending too much time worrying about becoming pregnant? Do you feel like your body has betrayed you every time you start your period? Do you feel helpless, powerless, and out of control? This Book Will Help You: • Manage Your Emotions • Get Your Husband To Be More Supportive And Involved • Deal With Painful Social Situations • Ease Your Frustrations • Regain A Sense Of Control.

Fast Way to Get Pregnant: Foolproof and Practical Strategies to Improve Your Fertility - Dalton Coppage 2021-05-22

There's a wide variety of birth control options on the market that serve people well in their attempt to prevent pregnancy, but some feel confident that having sex while a woman has her period is a surefire way to avoid any accidents. Unfortunately, that's not as fool-proof as you might believe. In this book the author takes the guesswork out of it so you can test, track and measure- and most importantly - get results! This book will discuss how to optimise naturally fertility in both men and women, how to read the body's fertile signals, tests which may be required, and if there is a problem, the appropriate solutions which are available. This book will also give you emotional, mental and nutritional strategies to optimise the chances of getting pregnant. The myths of ageing and fertility, miscarriage and assisted reproductive technologies will be uncovered.

Taking Charge Of Your Fertility - Toni Weschler 2022-12-22

The US best-selling guide to natural birth control, pregnancy achievement and women's ongoing reproductive health. From fertility expert Toni Weschler, this is a must-read for any woman thinking of becoming pregnant. 'Straightforward and unbiased information on achieving pregnancy and tips for an effective, chemical-free method of contraception.' -- Pride 'This book allowed me to take a little control of a situation I was finding myself feeling increasingly helpless with' -- ***** Reader review 'A life-changer' -- ***** Reader review 'A brilliant book - all women should read this' -- ***** Reader review 'Empowering' -- ***** Reader review 'Great for any woman seeking deeper knowledge of their body' -- ***** Reader review

***** Are you unhappy with your current method of birth control? Or are you demoralized by your quest to have a baby? Do you also experience confusing signs and symptoms at various times in your menstrual cycle, but are frustrated by a lack of simple explanations? This invaluable resource will provide the answers to these questions while giving amazing insights into your own body. Taking Charge of Your Fertility has helped hundreds of thousands of women to get pregnant, avoid pregnancy naturally, or simply gain better control of their health

and their lives. This book thoroughly explains the empowering Fertility Awareness Method (FAM), which, in only a couple of minutes a day, allows you to: - Maximise your chances of conception before you see a doctor - Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement - Enjoy highly effective and scientifically proven birth control without chemicals or devices - Gain control of your sexual and gynaecological health pre-pregnancy, during pregnancy and beyond pregnancy - all the way to menopause. With straight-forward, easy-to-follow advice, real life case studies, comprehensive tables showing how to track changes and detailed information and advice on fertility drugs and treatments, this is an indispensable guide for all women - no matter what stage of the fertility journey they are at.

The Trying Game - Amy Klein 2020-04-07

From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics

such as: • whether to freeze your eggs • finding (and affording) a clinic • what to expect during your first IVF cycle • baby envy—aka it's okay to skip your friend's shower • whether the alternative route—acupuncture, herbs, supplements—is for you • helpful tips, charts, and more!

Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

Is Your Mind Fertility-Friendly? - Jackie Brown 2015-10-29

Fertility problems are one of the fastest growing areas of medicine, with failure to conceive causing immense pain and suffering for those looking to get pregnant. Due to increased media hype, many women are entering their thirties terrified that they will struggle to get pregnant. For many women, anxiety about fertility and their ticking body clock starts long before they get pregnant. *Is Your Mind Fertility-Friendly?* aims to help busy women become aware of the impact stress and negative emotions can have on the body, including the detrimental effects they can have on your fertility. Fertility expert Jackie Brown provides women with the essential information they need to overcome their stress and create the perfect environment to increase fertility. Although many women do not feel particularly stressed, emotions such as worry, anxiety, fear and anger can still evoke the stress response that can interfere with fertility. This book will educate and offer self-help techniques to enable women to take back control of their fertility. Inspired by books such as *The Secret* by Rhonda Byrne and *Conquering Infertility* by Dr. Alice Domar, this book is an essential read for those looking to understand fertility.

Pregnancy Guide for First Time Moms - Maria Sunni 2020-10-15

Have you ever thought about having a baby? Do you want to learn more about the pregnancy process? Are you not quite sure if you are ready to bring a child into the world? If you answered yes to any of these questions, then you are going to want to keep reading. Many women dream of having a child. They think about how amazing it will be to watch their child grow up and become a fantastic adult. The one thing that is required, though, is not talked about a lot. That's the actual pregnancy. Those nine months plus period changes a woman and her

body, and no two women have the exact same experience. This can be a very scary time, and then the actual labor brings about its own set of fears. Not to worry, though, this book is here to help. You can worry less about getting pregnant, pregnancy, or the labor process by reading this book. Knowledge is a powerful tool for so many things in life and having a baby is no different. Most of the fear and worry surrounding having a child stems from not knowing what to expect. While each pregnancy is different, there are some things that you can be prepared for just in case they were to happen. In this book, we will cover those things and more. You will learn: How to know if you are ready to have baby The first signs of pregnancy What types of things you are going to need for your baby What to expect during your first, second, and third trimester How to get emotionally ready for your baby Different options for labor What to expect if you are having multiple babies How to be prepared for your baby's first day at home The importance of breastfeeding How to know if your baby is feeding enough Health concerns that might appear in your newborn Health concerns that mom needs to keep an eye out for Ten essential points about pregnancy that all potential moms need to know ... And much more Once you read this book, you will know just about everything you can learn about being pregnant. You might not be able to prepare for everything, but you won't be able to say that you don't know anything about being pregnant. Having a baby is a big step in anybody's life, and it should not be taken lightly. It is not something you should rush into, and it is better to be prepared before you get pregnant than be surprised by the pregnancy. Get rid of a lot of the anxiety that you may have concerning pregnancy by learning more about it. If you really would like to have a child, or at least learn more about the process, getting this book will help you with that. While you will come to realize that there may never be a perfect time, you will realize that you sometimes have to make the time right. Don't wait any longer. Scroll up and click the "buy now" button right now.

[The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility](#) - Lisa Hendrickson-Jack 2019-01-21

MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual

cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. [The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility](#) brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: -What a normal cycle looks like; -The best way to chart your cycle and increase your fertility awareness; -How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; -Natural methods for managing period pain and PMS; -How to successfully avoid pregnancy without the pill; and -How to plan ahead if you do want to get pregnant. The Fifth Vital Sign aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

[The Fertility Handbook](#) - Mary Wingfield 2017-05-29

Maximise your chance of getting pregnant with this up-to-date and authoritative book that provides a clear and holistic approach to fertility. Areas including: - Understanding your body and maximising your chances of conceiving naturally as well as through complex treatments such as IVF, IUI and egg freezing - A pre-conception plan with sections on lifestyle, nutrition and the role of stress - The common (and uncommon) causes of fertility problems in both men and women - Options for single people and same-sex couples - Up-to-date information on ethics, funding and the law both nationally and internationally - Insightful testimonials from patients dealing with fertility problems and

the emotional impact of treatment. Written by Professor Mary Wingfield, one of Ireland's foremost fertility experts who has helped hundreds of people to conceive over the last thirty years. All royalties from the sale of this book will be donated to the Merrion Fertility Foundation, which funds fertility treatment.

WomanCode - Alisa Vitti 2013-05-06

Achieve health and vitality, rebalance your hormones and overcome anxiety, insomnia, irregular cycles and more with this holistic guide to hormonal health for women. With a few easy strategies and changes to your diet and lifestyle, you can not only solve hormone-related problems, but have the energy, mental focus and stable moods to be your best self. Simply put, once you support the flow of your hormones, you create flow in your life, and Vitti's revolutionary five-step programme will work with your body's biochemistry to make this happen. WomanCode gives you the insights and tools you need to:

- Work in harmony with your body's natural rhythms
- Minimize the impact of toxins in the environment, your diet and the products that you use
- Target and support the parts of your endocrine function (blood sugar, adrenals, elimination or reproduction) that need attention
- Tap into the immensely transformative power of your feminine energy.

This prescriptive programme has successfully helped thousands of women to regulate their periods, clear up their skin, lose weight, alleviate PMS, get pregnant naturally, have more successful IVF, restore their energy, improve their moods and have better sex.

[Parenting Guide - Pregnancy Tips, Developing Child Discipline and Self-Esteem Without Shouting or Spanking](#) - Susan Wild

*** Special Offer - Buy 1, Get 2 books *** Are you ready to have a baby, get pregnant and become a new parent? If you have doubts and need to boost confidence, this bundle is for you. You'll be armed with the knowledge on how to get pregnant, get some pregnancy tips during pregnancy, and at some later point how to discipline your child. Trying to get pregnant is enough to make any woman impatient. This bundle will prepare you to be a good parent, even if you have some doubts about it right from the beginning. Most women do not feel confident about nurturing and protecting their kids. You have nothing to worry about,

especially if you have this guide with you at all time. Babysitters and caregivers are not an option, especially when it comes to your own child - you'll understand why in this book 2! What you are about to learn will help you to raise healthy and self-confident children. More specifically, you'll discover: - are you ready to be a mother? - what are the signs that you are pregnant? - best positions to get pregnant - all you need to know about pregnancy tests - causes for infertility and decreased libido - abortion - pros and cons - sex during pregnancy - what food to eat during pregnancy - health problems during pregnancy - how to prepare yourself for the hospital - giving birth tips and tricks - and much more Are you ready to be a good mom? Grab your copy now!

Crisis Pregnancy Centers - Terry Ianora 2009-06

What if you were a sixteen year old whose period was late and who feared to tell her parents about her pregnancy? What if you were a woman, mother of two young children, caught in a custody battle with her ex-spouse when she discovers her period is over due and she has definite symptoms of pregnancy? What would you do if you knew there was a confidential place where you can get some free information from people who would listen and not tell you what to do? For over forty years, women in just these circumstances have come into crisis pregnancy centers all over America. This is the story of how these centers have blossomed and flourished because distressed pregnant woman have wanted them and because ordinary people have desire to help these women. Here is a compilation of testimonies of pioneers who have founded and sustained their centers through four decades. The author examines the milieu of the culture of death and speaks about the Crisis Pregnancy Centers as an idea that had to come into existence.

42 Weeks of Pregnancy - Cynthia SHIRLEY 2021-02

Do you want to know what it is for Pregnancy and how will it happen? Do you want to know what Phases of Pregnancy are? Do you want to know what signs of healthy Pregnancy are? Do you want to know what you should avoid when Pregnant? If you are interested in any of the above questions, this book is best for you. Pregnancy develops as the embryo is fertilized by sperm after being removed from the ovaries during

ovulation. The fertilized egg then flies to where it is inserted in the uterus. Effective implantation can contribute to birth. "It's important to know how far apart from her cycles are so she can see More direct intercourse period to attempt to get pregnant; here are tips that will help improve a good woman's odds of becoming pregnant. Record the menstrual cycle duration, Monitoring the ovulation, and having sex every other day in a fertile window. There are three trimesters of pregnancy First trimester, Second Trimester, Third Trimester. A balanced diet during pregnancy is related to profitable brain growth and healthy birth weight and may reduce the risk of specific congenital disabilities. A healthy diet can also reduce the risk of anemia and other undesirable signs of breastfeeding, such as exhaustion and morning sickness. Most of the nutrients required during pregnancy should come from diet, but prenatal vitamin supplements play an essential role in filling holes. It's hard to prepare healthy meals regularly every day. A few items or lifestyle patterns of pregnant women and their husbands should be careful of them during pregnancy. From hair highlights to house paints, read more about what's healthy for your baby--massage and acupuncture, Exercise, Alcohol, Hair dye, X-ray, and Breastfeeding.

How to Get Pregnant - Sherman J. Silber 2009-11-29

A complete update of a classic. Dr. Silber is the preeminent expert in the field of male and female fertility problems. He has appeared on "Oprah, the "Today show, Good Morning America, ABC's World News Tonight, Nightline, and was featured on Discovery Health's documentary program on infertility, "The Baby Lab, and many other national programs. The media world will eagerly welcome Dr. Silber to discuss the latest developments in infertility treatment.

[The Ultimate Guide on CBD Oil for Menstrual Cramps.: A Comprehensive Guide on Menstrual Cramps and CBD Oil with Explicit Explanations on How CBD Oil C](#) - Dr Vincent Ellwood 2019-03-04

The term "period" in reference to menstruation dates from 1822 and means an "interval of time" or a "repeated cycle of events." Another word for menstruation is "catamenia," from the Greek katamenia (kata = by + menia = month). A "catamenia cup" is a firm, flexible cup worn inside the

vagina to catch menstrual blood. Menstruation may have led to humanity's sense of time as most early lunar calendars were based on the length of a women's menstrual cycle. Some cultures believed that menstrual blood could cure ailments such as warts, birthmarks, gout, goiters, hemorrhoids, epilepsy, worms, leprosy, and headaches. Menstrual Blood was also used to create love charms and to ward off demons. Additionally, a virgin's first menstrual napkin was thought to be a cure for the plague. A girl's first menstrual period is called a menarche (from the Greek word men = month + arkhe = beginning). After the menarche, ovulation does not usually occur with menstruation for approximately the first year to 18 months. When a girl is born, her complete potential egg supply is born with her. In the womb, she creates about seven million egg cells. At birth, she has two million. By puberty, there are only about 400,000 are left, of which fewer than 500 are actually released. Menstruation is the process where an unfertilised egg, or a fertilised egg that has not become embedded in the uterus lining, is removed from the body via blood flow through the vagina. Humans are very rare among species in having the trait of menstruation, as most animals do not bleed on a regular basis to remove the uterus lining and unfertilised egg or underdeveloped embryo. Only humans, monkeys, apes and free-tailed and leaf-nosed bats, and elephant shrews menstruate. In most animals, the uterus lining is reabsorbed into the body if a female does not become pregnant after releasing an egg from the ovary. Women get menstruation every month, but we also don't know everything that we should know about our periods or what happens when we get it. The average woman starts menstruating at the age of 13 and stops at the age of 51 with an average menstruation of 3-7 days per month. This means that the average woman has 456 periods over the span of 38 years; that's roughly 2,280 days or 6.25 years of the average woman's life. Now, think about how much money you spend on your survival pack you require for each menstruation—all the pads, tampons, food, pain pills, heating pads, panties, and so on. It's crazy how expensive periods can be! I'm not going to lie: this is the one time I hope to be average. Read on to learn all about your menstruation, you may think you know it all, but you'll probably

learn a thing or two. If you're a female, at some point in time, you'll most likely experience menstrual cramps - a symptom that usually accompanies your monthly reminder of womanhood, better known as your 'period.' Medically referred to as "dysmenorrhea," menstrual cramps causes dull or throbbing pains that take place in the lower region of the stomach. Most women encounter this kind of cramping just before and during their menstrual periods. While nagging for most, some women battle unbearable pain. The good news is that there is another way to take care of those frustrating menstrual pains. Ever heard of

cannabidiol (CBD)? Consider using CBD for menstrual cramps during your next cycle. A few scientific pieces of research and studies on the usefulness of CBD in relieving menstrual cramps have supported the benefits of CBD. There are other options like THC tampons, but since most of us want relief without getting high, CBD is an ideal option. It does wonders! It is neither psychoactive nor intoxicating. CBD is the best relief for your menstrual cramps. It's time to say goodbye to the feeling of wear and tear in your lower abdomen. If you have never used CBD products before, don't worry. This book is all you need. Get a copy now!

How Can A Woman Get Pregnant On Her Period:

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