



## What is Menstrual Cycle?

Menstruation is the part of the menstrual cycle, the process that helps a woman's body get ready for the possibility of pregnancy each month. The **average cycle is 28 days long** and starts on the first day of a period. The menstrual cycle can range from 21 days to 35 days. The brain pituitary gland, uterus cervix, ovaries, fallopian tubes and vagina all work together to make the menstrual cycle happen. The ovaries **produce two important hormones**, progesterone and estrogen. The pituitary gland also produces hormones, follicle-stimulating hormone (FSH) and luteinizing hormone (LH).

Girls usually start menstruating around the age of 13, sometimes even younger and will continue having monthly periods until the age of 50 when the process of menopause begins. Menstrual **cycles vary from one woman to the next** – some may be short while others may experience longer cycles.

A typical menstrual cycle is 28 days and the length is calculated by counting the first day of menstruation as day one. Teens often experience long cycles of up to 45 days but it becomes more regular in your 20's and 30's lasting between 21 and 35 days. As you get older, particularly in your 40's, **the menstrual cycle becomes more regular** until you reach menopause.

There are various phases of the menstrual cycle – menstruation, the follicular phase, ovulation and luteal phase.

### Menstruation

Menstruation is known as the first part of your cycle and day 1 is the first full day of menstrual bleeding. The thickened lining of the uterus begins to shed to get ready for the new cycle. Bleeding occurs because the egg was not fertilized in the previous cycle. A menstrual period can last between 3 and 5 days, sometimes more or less. During the first three days you may experience most of your blood loss as well as symptoms such as pain in the abdominal area and your back.

### Follicular phase

During the follicular phase, the pituitary gland releases follicle stimulating hormone which helps to stimulate the growth of about 5 to 20 follicles. Each follicle consists of an egg but only one of these follicles will mature into an egg while the other stimulated follicles die. The follicle stimulating hormone causes the lining of the uterus (endometrium) to grow in preparation for the possibility of pregnancy This usually occurs around day 10 of a 28 day cycle.

### Ovulation

The ovulation phase occurs during the middle of the cycle, around day 14 of a normal 28 day cycle when the egg leaves the ovary. During the follicular phase, an

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increase in the level of the sex hormone estrogen occurs as a result of the ripening follicle. When enough estrogen is produced, it sends a signal to the pituitary gland that the egg is ready to be released. The pituitary gland produces luteinising hormone (LH) and as a result ovulation is triggered. The egg is transported into the fallopian tube until it meets with the sperm for fertilization.

### **Luteal phase**

The end of the ovulation phase is marked by the start of the luteal phase. It lasts between 10 to 16 days. When fertilization of the egg takes place, the follicle called the corpus luteum releases the egg. This follicle produces the hormone, progesterone which helps to facilitate and maintain the thickened uterine lining. The corpus luteum dies (around day 22 of a normal 28 day cycle) if pregnancy does not occur. As a result, the [menstrual cycle](#) is repeated.

## **Help for Menstrual Cycle Problems**

### **Natural remedies**

Natural and holistic treatments such as herbal and homeopathic remedies may also provide symptomatic relief for menstrual disorders. Herbal and homeopathic remedies are safe and gentle to use for the body, and also promote overall health and well being. Herbs such as Dong Quai (Angelica Sinesis) encourage hormonal harmony throughout the [menstrual cycle](#) while Pulsatilla vulgaris (Pasque Flower) helps to **support the [female reproductive system](#)**.

Melissa officinale (Lemon Balm) calms and promotes a stable mood and Foeniculum vulgare (Sweet Fennel) acts as a liver tonic and promotes water balance. In addition, homeopathic ingredients such as Calc. carb, Sepia and Belladonna help to **support a normal menstrual flow, balanced mood**, and reduce fatigue thus increasing and energy levels.

## **More Information on Menstrual Cycle**

**There are several things to help you relieve the pain and discomfort associated with [menstrual problems](#) and these include:**

- Monitor your [menstrual cycle](#) by keeping a calendar and marking the day you start your menstrual period every month
- Make sure that you know the date of your last menstrual period when you are pregnant so that you will be able to estimate your due date
- Eat a healthy diet that consists of fresh vegetables, fruit and whole grains
- Limit your intake of alcohol and caffeinated beverages such as coffee, tea and cola
- Exercise regularly to help to increase blood circulation and oxygen supply throughout the body
- Apply a heating pad or hot water bottle to minimize pelvic and back pain
- Keep warm and wear comfortable clothing
- Reduce stress by practicing relaxation techniques such as deep breathing, yoga or pilates
- Relax in a warm bath to relieve body aches and pain as well as release tension
- Use aromatherapy or arnica oil to massage the lower abdomen and back
- Increase your intake of vitamin supplements such as zinc, calcium,



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### **Michele Carelse, Clinical Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- magnesium and omega fatty 3 acid
- Reduce your intake of salt as it promotes water retention

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to

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In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Dong Quai:** Promotes a [healthy reproductive system](#), premenstrual, menstrual and menopausal health

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a **nourishing blood tonic and to support the menstrual cycle**. Dong Quai has been used for centuries by Asian healers to support **balance of female hormones** and to promote hormonal health during the menopause and perimenopause. More recently, clinical research has confirmed the effectiveness of this tonic herb.

[Learn more about Dong Quai](#)



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**Endo-Ex:** Promotes female hormonal balance, normal comfortable periods and a healthy endometrial lining

Endo-Ex is a safe and effective natural remedy for promoting female reproductive health, and especially the health of the endometrial lining. Containing tonic herbs in concentrated tincture form for the **promotion of health in the liver and female reproductive system**, Endo-Ex is the natural choice for supporting **female menstrual health**. Endo-Ex is a **Full Spectrum Approach™** (FSA) remedy— meaning that all ingredients are present in perfect balance – exactly as nature intended.

[Learn more about Endo-Ex](#)

**Femalite:** Maintain normal emotional and hormonal balance during PMS

Femalite is formulated by our Clinical Psychologist to help **maintain stable mood and hormonal balance** before [menstruation](#), as well as provide a soothing effect for those common monthly ‘aches and pains’ during menstruation itself. It contains three well known, **soothing and effective herbal** ingredients - Fennel, Pulsatilla and Melissa.

Formulated in convenient drop form, Femalite may be taken when needed for **support during the premenstrual and menstrual** period. Simply added to juice or water and sipped, Femalite is pleasant tasting and can make all the difference.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Femalite](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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