



A MOTHER-DAUGHTER COURSE

GIRL UP!

4 THINGS YOU DIDN'T LEARN AT THE FIFTH-GRADE "TALK"

1. Your Period is Not the Purpose

The entire purpose of your menstrual cycle is to produce a baby.

Long before we are old enough to be a parent and whether or not we are planning to have a baby, our body is out there doing this thing, getting ready to create and support a pregnancy. Every month our body prepares for a potential pregnancy, doing its very best to create changes that will make a pregnancy more likely.

We can learn how to recognize these changes to track our fertility cycle that helps achieve or prevent a pregnancy. Once we learn what's going on during our cycle, the changes that are occurring within the body are much more obvious.

When a pregnancy does not occur, a period takes place and the process starts all over again. Every. Single. Month.

2. The hormonal communication that happens within your body is very complex

A lot of communication happens inside the body just to produce ONE period. Messages are sent and received through the bloodstream from the brain to the ovaries and even the egg follicle as it develops and evolves. Many parts of the body have a say in what's going on with our fertility and menstrual cycle.

Each month, there are so many key players with instructions all working together for the preparation of a baby...or a period.

And then it starts ALL OVER AGAIN.

The communication process is a very complex, elaborate system. It must work seamlessly in order to achieve pregnancy. Timing of all processes is precise. As a result, the changes that occur give us a heads up of what is happening inside our body.

3. Your cervix changes

The cervix is just one of the places where significant changes occur during our fertility and menstrual cycle. In fact, it is an area of most noticeable change.

Why the cervix?

Remember the body's mission to get pregnant? With some help from our hormone friends, the cervix wants intercourse to occur. The cervix undergoes changes that help to produce an ideal environment for sperm so that they are in the best of shape should they meet up with that egg follicle in a day or two. The job of the cervix is to help the sperm to reach the egg.

Genius.

4. The first period is honored and celebrated in nearly every culture on Earth.

Menarche, the first period is celebrated in nearly every culture in every country on Earth. Menstruation has many rites and rituals all over the world and has been honored for many thousands of years. Ancient artifacts tell us that women, childbearing, and fertility have been held in high esteem over time.

The American culture does not offer the same type of celebration that most other countries offer. We avoid the topic and turn it over to the public school system to teach children. There are no ceremonies. There is no celebration. There is no special.

The result?

We never learn to appreciate the well-designed, highly sophisticated, one-of-a-kind female body. We are embarrassed to discuss associated topics. We pass judgement on things we are not informed. We create a culture that does not honor and celebrate what we deeply want honored and celebrated.





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NEXT COURSE BEGINS MAY 1