

10

**TOPICS EACH WOMEN
SHOULD KNOW ABOUT!**



Produced as a Handbook for the Users of the
My Days X - Period & Ovulation Calendar

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10 Topics each Women should know about!

*Produced as a Handbook for the Users of
the My Days X - Period & Ovulation
Calendar*



Christian Albert Müller

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Intro from the Sales Letter

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CONTENTS

- [1. Period And Ovulation](#)
- [2. Living Without Menstrual Pain](#)
- [3. How To Avoid Breast Cancer?](#)
- [4. Postmenstrual Syndrome](#)
- [5. Balance Work And Love Life For Women](#)
- [6. How To Improve Confidence Before Your First Date?](#)
- [7. How To Improve Your Chances Of Becoming Pregnant?](#)
- [8. How To Prepare Yourself Best For Motherhood?](#)
- [9. Avoid And Overcome A Breakup](#)
- [10. How Best To Handle Post-Menopausal ?](#)
- [11. Sexually Transmitted Diseases](#)

1. PERIOD AND OVULATION

Periods or menstruation shows the beginning of the reproductive years of women. They will end with menopause, usually at the age of 45 to 55 years.

Two ovaries are present in women, and they contain the number of eggs. An egg will be released each month during the reproductive years of women. In the case of the fertilization of the egg, womb prepare a lining. In case of no fertilization of an egg, egg along with lining will be shed.

What are periods?

Periods happen when the body of a woman is mature enough to have a baby. It is a usual process in which uterus lining gets thicker with tissues, and ovaries release an egg. Fertilization of egg with sperm results in pregnancy. If the egg is not fertilized, then the body of women sheds the tissue, which also contains blood. This process is called periods or menstruation.

The initiation of the period is also called menarche. The parts of the reproductive system of girl work together and mature that ultimately causes periods. The period of a girl starts from the age of 12 to 14 years. But it can vary from 8 to 16 years. It is one of the most crucial stages in a girl's puberty. It serves as a physical sign of the maturation of a girl.

Many girls observe more clear vaginal discharge before getting their first period. This discharge causes itchiness and has a strong odor. Till menopause, the periods occur regularly.

What about the first period?

In most cases, the signs of periods appear at the age of 12 to 14. However, everyone is different so that you might be having your periods other than this age. Sometimes, periods start between the age of 8 and 16. This process continues until menopause occurs. This is the condition when the body of women stops menstruating, this usually occurs at the age of 45 to 50 years.

Signs of your first period

The common signs of first periods include growth of breasts, white discharge in underwear, and growth of pubic hairs. Moreover, many girls also observe premenstrual syndrome (PMS). The common symptoms of PMS include

- Skin breakouts
- Backache
- Bloating
- Cramps in tummy
- Weight gain
- Moodiness

How long does your first period last?

The average length of the menstrual cycle is about 28 days but can be longer or shorter as everyone is different, so the length of the cycle varies in girls. The average time of the bleeding is between 4 to 5 days. However, periods can last from 3 days to 8 days. The periods start on day 1 of bleeding at finishes on the day before your next period begins.

Amount of blood during periods

The amount of blood discharge during periods varies in females. But, the usual amount is not more than 2-3 tablespoons. In the first few days of periods, many girls experience heavy bleeding, which is more than usual.

What are Irregular periods?

Irregular periods are referred to as periods other than usual length. The length of periods varies from 21 to 40 days. However, the usual length of the periods is 28 days.

Many women experience irregular periods that show variations in duration of bleeding, the length between periods, and the amount of blood loss.

There are different causes of irregular periods. In most cases, tension and anxiety cause irregular periods. The occurrence of irregular periods is not a normal sign for women's body. The treatment depends on the causes of irregular periods.

The following are the common causes of irregular periods

- Medications

- Cervical cancer
- Hormonal imbalance
- Uterine fibroids
- Uterine infections

What is ovulation?

The process of releasing of an egg from the ovary is called ovulation. It is a part of the menstrual cycle. The sperm not fertilizes every egg. The egg develops into a pregnancy if fertilized by sperm, and if not, it disintegrates and sheds during your period.

You can prevent or achieve pregnancy when you have a sound knowledge of ovulation. It is helpful in the diagnosis of various medical conditions.

When does ovulation happen?

Commonly ovulation happens around 14th to 28th day of the menstrual cycle. The exact time of ovulation may vary in women. However, most of the ovulation occurs in the 4 days after or before after your cycle's midpoint.

How long ovulation last?

Ovulation starts with the initiation of the release of follicle-stimulating hormone of the body, between 6 to 14 days if your menstrual cycle. This hormone helps in the maturation of egg inside the ovary and prepares for the eggs for release.

After the eggs become mature, a high amount of luteinizing hormone is released that facilitates the release of an egg. Ovulation happens within 28 to 36 hours after the release of the luteinizing hormone. It usually lasts between 12 to 24 hours.

Ovulation and menstrual cycle

The menstrual cycle resets the starting day of your menstrual flow. It initiates the follicular phase in which egg releases after maturation around day 14. The luteal phase is the next phase after ovulation. In short, ovulation mostly occurs in the middle of the menstrual cycle.

Symptoms of Ovulation

Clear or stretchy vaginal discharge, breast tenderness, spotting or light bleeding, increased sexual drive, ovary pain and cramps in the abdomen are most symptoms of ovulation.

Not every woman experiences these symptoms, but these symptoms happen in most women and girls.

Prediction of ovulation

There are many ways to predict the initiation of ovulation. The following are the essential ways for the preparation of ovulation.

Calendar check

Always keep your self-prepared for the symptoms of ovulation. You need to be more careful if you experience irregular periods. It is important to maintain a menstrual cycle calendar for a few months

to check what's normal for you. It will help you to calculate the time of ovulation.

Track your temperature

Basal body temperature is an important indicator of ovulation. It is also called as BBT. It is measured by a special basal body thermometer. It is recommended to measure basal body temperature after three to five hours of sleep. The basal body shows variations throughout your cycle; this happens due to changes in hormonal levels. Estrogen dominates in the first half of the cycle, whereas progesterone dominates in the second half of the cycle. The basal body temperature is usually at the lower side at the time of ovulation and starts increasing as soon as ovulation occurs. To observe the actual pattern of ovulation, it is recommended to track your basal body temperature over a few months.

Observe the physical symptoms of the body

In most women, the body indicates ovulation in different ways. One of the symptoms is a twinge of pain, which is also explained as the localized cramps in the lower abdominal area. If you pay attention, then you will get a better idea about this message of your body.

Ovulation predictor kit

Ovulation predictor kits are available in the market that can predict and identify the ovulation date by checking the levels of luteinizing hormone. The level of LH increases before ovulation.

Conclusion

Periods and ovulation are normal processes for women, lots of hormonal changes occur during these process that affects women body, and their symptoms vary from physical to psychological.

2. LIVING WITHOUT MENSTRUAL PAIN

Periods or menstruation is normal vaginal bleeding, which is a regular part of women's monthly cycle. Your body prepares for pregnancy every month. In the case of no pregnancy, the womb, and uterus shed its lining. The blood of menstruation contains blood partly and partly tissues from inside the uterus. Through the vagina, blood passes out of the body. If you are not pregnant, then you will have normal periods. Hormones like progesterone and estrogen are responsible for controlling your menstrual cycle.

Menstruation generally starts between the age of 11 and 14. It will continue until menopause which occurs at the age of 51. Menstruation cycle last from 3 to 5 days. Other than bleeding from the vagina, you also have the following symptoms.

- Abdominal or pelvic cramping pain
- Bloating
- Lower back pain
- Food cravings
- Sore breasts
- Irritability and mood swings
- Fatigue and Headache

Causes of menstrual pain

The following are the two types of dysmenorrhea:

- Primary dysmenorrhea
- Secondary dysmenorrhea

Each type has variable causes.

The most common type of menstruation pain is primary dysmenorrhea. This pain is not caused by another condition. Normally the cause is too much prostaglandins, which are chemicals formed by your uterus. Such hormones can cause contraction and relaxation of the muscles of your vagina, which also leads to cramping of the muscles.

The pain can initiate a day or two days before the period. It usually lasts for a few days. However, in some women, it can last longer. When you're younger, you usually start having period pain first, just after you start getting periods. You often have less pain as you grow older. After you give birth, the pain may also get better.

Secondary dysmenorrhea usually began later in life. It is mostly caused by disorders that affect your uterus and reproductive organs, including uterine fibroids and endometriosis. The pain due to secondary dysmenorrhea gets worse over time. It usually starts before your periods starts and can last after your periods ends.

Controlling Menstrual Pain by food and nutrition

Fennel

Researchers explain that uterine contractions stimulated by prostaglandins are inhibited by fennel. So, fennel extract might be an

excellent option to reduce menstrual pain or cramps in women who are unable to carry their routine activities due to severe menstrual pain.

Chamomile Tea

Sipping chamomile tea contain anti-inflammatory substances that inhibit prostaglandins and helps to prevent menstrual pain or cramps. The cells of endometrium of the uterus made prostaglandins.

These cells are responsible for releasing prostaglandins during menstrual cycle, by causing contraction of muscles of the uterus. In the bloodstream, prostaglandins are responsible for causing vomiting, diarrhea, nausea, and headache during the menstrual period. The production of prostaglandins is usually reduced by NSAIDs such as ibuprofen and naproxen. The pain causing prostaglandins inhibit by sipping chamomile tea and increases the menstrual flow to ease period symptoms.

Ginger

Ginger relieves the menstrual pain same as different NSAIDs relieve the symptoms of dysmenorrhea. The activity of ginger is somehow similar to that of naproxen, ibuprofen, and mefenamic acid.

Vitamin D

Increasing levels of prostaglandins are responsible for painful menstruation cycle. This leads to contraction of uterus. The uterine lining is shed due to these contractions. Vitamin D prevents the production of prostaglandins. If you take sufficient vitamin D, then

there is no need to take any other painkilling medicine to relieve the painful menstruation.

Exercise for relieving menstrual pain

Exercising is one of the effective and useful approaches to relieve menstrual pain. Many women effectively use this approach. Certain brain chemicals, including endorphins, are usually released due to exercise, they promote the health and well-being of women. During the menstrual period, you can do swimming, jogging, or walking. These all are safe and helpful in reducing your muscle cramps. Tai chi and yoga are also effective exercises that relieve menstrual pain.

You should only try moderate-intensity aerobic exercises during lighter menstrual days, such as jogging or walking. This kind of physical activity reduce menstrual pain and bloating. Aerobic exercise improves the circulation of blood and promotes the release of endorphins.

Yoga

Yoga is a simple, effective, and useful tool for handling harmful effects associated with menstruation. It is better to choose yoga than self-medicating yourself or skipping your everyday activities.

The poses and breathwork both are helpful in clearing the mind and relieving pain and discomfort. Such positions are called Yin Yoga postures. When performed in Yin style (i.e. maintaining relaxed poses for 3-5 minutes), the effects are strengthened by a gentle relaxation when coming into contact with body and mind stimuli.

The following are the most commonly used yoga exercises for relieving menstrual pain.

- ***Child's Pose***

In most successful yoga classes, the child's posture is the go-to relaxing position. The posture is a great option with many advantages for those suffering from back-borne menstrual pain. A child's pose can soothe back aches while also quieting the brain by softly relaxing the low back muscles.

You should breathe deeply into the back and notice the rise and fall of the breath in the body. Relax through the hips and let the abdomen settle on the tops of the thighs to relieve tiredness.

- ***Knees-to-Chest Pose***

Knees-to-chest pose is the most effective pose for menstrual pain. It helps to relax your abdominal muscles and lower back. It reduces pain and tension. This pose is also involved to improve the circulation of the abdomen, relax the mind, reduce anxiety, and aids internal organs.

- ***Savasana***

This pose is also called as Corpse pose. Minimal effort is required for this simple supine posture, but it has number of benefits. It teaches you to practice deep inhalation and exhalation by controlling your breath.

- ***Cat/Cow***

It is more effective and active than other poses. Slowly moving through the cat-cow pose will warm up the body, which prevents

menstrual pain. Other than this, the objective of these poses is also to target abdominal and back muscles.

Acupuncture and Acupressure

Acupuncture and acupressure are famous healing treatments. They are of eastern origin. These therapies stimulate some trigger points found on your skin to obtain the desired effect. These therapies are useful for different medical problems, including menstrual pain. Menstrual pain is relieved by using needles in acupuncture.

You can also get a demonstration of these trigger points and how to stimulate them by applying pressure from your hands. These key points are present on feet, abdomen, on the back, and the fleshy part between the thumb and index finger. The major advantage of this techniques is that it is free from any side effects as it does not include any drug or medicine. You can also do them when you experience symptoms.

Home remedies for menstrual pain

Menstrual pain can be effectively relived by various home remedies. The following are the things you can try at home to relive the menstrual pain

- Use of heating pad on your back or pelvic area
- Abdomen massage
- Taking a warm bath
- Regular physical exercise
- Eating the right foods (light and healthy, full of nutrition)

- Yoga or practicing other relaxation techniques
- Using anti-inflammatory medications for several days, such as ibuprofen.
- Using vitamins and supplements including
 1. Calcium
 2. Magnesium
 3. Vitamin B-1
 4. Vitamin E
 5. Vitamin B-6
 6. Omega-3 fatty acids
- Lying with your knees bent or raising your legs
- Controlling or reducing the consumption of sugar, caffeine, salt, and alcohol.

Conclusion

The menstrual cycle is a natural process that prepares the body for pregnancy. However, sometimes menstrual pain is severe that limit routine activities. But there are different approaches including exercise, healthy eating that can reduce the menstrual pain and other symptoms so that women can carry out their normal activities.

3. HOW TO AVOID BREAST CANCER?

Breast cancer is cancer that initiates in the breast. Cancer initiate when the growth of cells become out of control. The tumor developed by breast cancer can be seen as a lump on an x-ray. The prevalence of breast cancer is increasing day by day. This is no proper way to prevent breast cancer. However, there are a few things you can do to avoid the risk of breast cancer.

There are additional steps to avoid the risk of breast cancer in women who are known to be at high risk of breast cancer. Doctors are also searching for preventive measures for breast cancer.

Different studies have been performed in females to check approaches that are best to avoid the risk of breast cancer. In younger and pre-menopausal women, the effectiveness of regular aerobic exercises has been proved. Vigorous exercise in women reduces the risk of breast cancer as compared to females who did not perform any physical activity or exercise. Women who do an exercise can also tolerate the side effects of treatment and show better and fast recovery after surgery. Exercise can also improve the survival rate.

Maintain a healthy weight

Maintaining a healthy weight is important both in men and women. Usually, women are more prone to psychological effects. The

emotional eating in women is a big contributor that leads to weight gain in women. Increasing weight is associated with many diseases such as blood pressure, diabetes, and different forms of cancer, including breast cancer. It mostly happens after menopause. So, it is necessary to keep your weight under control by eating a healthy and moderate amount of food.

Exercise and physical activity

One of the best ways to avoid the risks of breast cancer is regular physical exercise. It keeps your weight under control. It is recommended for women to do at least 30 minutes' physical exercise that will reduce the risk of breast cancer.

Prevent exposure to environmental pollutants and radiations

The computerized tomography is a method of medical imaging which uses high doses of radiation. Exposure to high doses of these radiations has been linked to the development of breast cancers. Other environmental pollutants also increase the risk of various types of cancers. People working in different chemical industries are at higher risk.

So, reduce your exposure to different radiations to avoid breast cancer. Only undergo such testing in absolute necessary conditions.

Avoid smoking

There are various health conditions that are linked to smoking. Smoking is unhealthy and injurious to health. It is the risk factor of many diseases and reduces the estimated life years. It affects the

quality of life and increases the risk of stroke, heart diseases, and almost 15 different cancer types, including breast cancer. Smoking also causes wrinkles, bad teeth, and smelly breath. If you don't smoke, then that would be great because it will reduce the chances of the development of breast cancer.

Breastfeeding

Breastfeeding is necessary for child's health. It provides essential nutrients to a child and helps in normal growth. Breastfeeding for a total of one year also reduces the risk of breast cancer.

Avoid Birth Control Pills

Using birth control pills in women having age more than 35 years increases the risk of breast cancers. Risk and benefits, both are associated with the use of birth control pills. However, the risk is less in younger women. Using birth control pills also puts women at higher risk if a woman also smokes. Limiting the use of birth control pills reduces the risk of breast, and you can successfully avoid this chronic disease.

Avoid using Post-Menopausal Hormones

The use of post-menopausal hormones for treating chronic diseases, including heart disease and osteoporosis, can increase the risk of certain disease. However, their use can also decrease the risk of certain diseases as well. Both estrogen hormone and estrogen-plus-progestin hormones maximize the risk of breast cancer. It is suggested to take post-menopausal hormones only for a short possible time.

Healthy eating habits

To lower the risk of breast cancer, the choice of food or eating habits matters a lot. You have to prefer some foods and must add them to your daily diet. At the same time, you have to avoid certain foods or materials to minimize the risk of breast cancer.

There is no special food or nutrient that causes or prevents breast cancer. The overall risk of breast cancer can be reduced by following dietary guidelines. Like consuming foods that are rich in antioxidants proved to be beneficial as they fight against the free radicals and reduces toxins in the body. They also prevent cell damage that contributes to heart diseases, premature aging, and various types of cancers, including breast cancer. Here is the list of foods you must incorporate in your diet to avoid breast cancer.

Importance of fruits and vegetables

Leafy green vegetables

The darker and green vegetables are highly nutritious and rich in fiber and antioxidants. They are useful anticancer agents.

Swiss chard, mustard, beet greens, kale, spinach, collard, and turnip are popular dark green leafy vegetables.

Berries

Berries, including raspberries, strawberries, and blueberries, have anticancer properties due as they are a rich sources of polyphenols. Vitamin C, which is a potent antioxidant, also present in these

berries. Add these berries in your daily diet and reduce the risk of breast cancer.

Green tea

Green tea is rich in polyphenol and catechins. They are antioxidants in nature and defend the cells from DNA damage due to free radicals. Adding a cup of green tea in your routine will help to avoid breast cancer.

Pomegranate juice

It has the potential to prevent certain types of cancers, including breast cancer, as it is full of polyphenols. The extract of pomegranate is also useful for preventing breast cancer and can be used alternative to pomegranate juice.

Cruciferous vegetables

These vegetables are a rich source of vitamins C, E, and K that act as antioxidants and are rich in fiber. They contain glucosinolates which has anti-cancer properties.

Brussels sprouts, cabbage, broccoli, cauliflower, arugula, kale, are famous cruciferous vegetables.

Foods to avoid for breast cancer

There are certain foods that increase the risk of various types of cancers, including breast cancer. These include

- Processed foods
- Alcohol

- Added sugar
- Red meat
- Fats

Treatments to reduce the risk of breast cancer

Genetics, age, your family and medical history are some of the risk factors of breast cancer. Various treatment methods are available to reduce the risk if you have an increased risk of developing breast cancer.

The 2 primary treatments available for breast cancer are

1. Mastectomy
2. Medicines

Mastectomy

A mastectomy is a surgical procedure performed to remove the breasts. It removes breasts in order to treat breast cancer. Almost 90% of the risks of breast cancer can be removed by mastectomy. An alternative approach to mastectomy is a nipple-sparing mastectomy, which involves the complete removal of the mammary gland.

Medicine

The following medicines are available for the treatment of breast cancer.

- Raloxifene
- Tamoxifen
- Anastrozole

The recommended dose of these medicines once daily for 5 years. They can minimize the risks of breast cancer when you are taking these medicines for several years.

Conclusion

There are several ways to avoid the development of breast cancer. From maintaining a healthy weight to eating healthy food all can reduce the risk of breast cancer. Medicines and surgical procedures can also prevent the further spread of cancer.

4. POSTMENSTRUAL SYNDROME

Postmenstrual syndrome is a rare condition that affects women as compared to premenstrual syndrome. However, most women know the symptoms of post menstrual syndrome, as well. They are similar to premenstrual symptoms. Bloating, cramps, and mood swings also experienced by many women even after their menstruation.

Only 10% of women experience symptoms of postmenstrual syndrome as compared to 90% that of premenstrual syndrome.

The symptoms of premenstrual syndrome and post menstrual syndrome are almost similar. They usually differ in the onset of symptoms. In premenstrual syndrome the cramps occur less frequently. Whereas in post menstrual syndrome, cramps occur shortly after menstruation. Severe Psychological symptoms mostly happen in post menstrual syndrome.

What Is Postmenstrual Syndrome?

Premenstrual syndrome occurs after the ending of the menstruation cycle. It is defined as emotional, physical, and behavioral symptoms that occur mostly after 1-2 weeks after menstruation.

The problem of postmenstrual symptoms is real, and many women have to deal with it every month. The cases of post menstrual syndrome have been increased 2 to 3 times from past decades.

However, most of the women have no idea how to deal with the symptoms of post menstrual syndrome.

Symptoms of PMS

There are two categories of symptoms of post menstrual syndrome, i.e emotional and physical. They can be given as

- Physical symptoms
- Food cravings
- Joint pain
- Weight gain
- Fatigue
- Cramping
- Acne flare-ups
- Constipation
- Headache
- Bloating
- Breast tenderness
- Bleeding
- Lower back pain
- Nausea
- Migraine
- Vaginal pain
- Vaginal dryness

Emotional changes include

- Insomnia
- Anger
- Anxiety
- Difficulty in sleeping
- Low self-esteem
- Changes in libido
- Poor concentration
- Mental fatigue
- Irritability
- Mood swings
- Tearfulness
- Depression

What causes postmenstrual syndrome?

According to various researches, the common causes of the postmenstrual syndrome is fluctuation in neurochemical and hormonal level after menstruation. Common causes include changes in glucose metabolism, lack or excess of estrogen, electrolyte imbalances, vitamin B6 deficiencies, and low levels of progesterone.

How to handle and manage premenstrual syndrome?

If you want to change or manage the symptoms of the postmenstrual syndrome, you have to change certain aspects of your life to avoid such symptoms that negatively affect your health. Beside medicinal

treatment, by changing various aspects of life, you can bring change in your physical and emotional health. Numerous research studies show that change in lifestyle bring positive change and reduce your symptoms of PMS.

The following are the methods to handle and manage symptoms of the postmenstrual syndrome.

- Physical exercise
- Increase intake of Omega-3 fats
- Yoga
- Having massages after the menstrual cycle
- Reduce caffeine intake
- Healthy lifestyle
- Acupuncture therapy
- 7-8 hours' sleep
- Using minerals, vitamins, and calcium supplements
- A healthy diet containing fruits and vegetables
- Yogurt
- Sufficient intake of water

Handling and Managing Postmenstrual Syndrome Symptoms

Healthy diet

Eating meals throughout the day in small portions help you more to fulfill nutritional requirements. It is better to consume small meals

instead of taking big meals per day. It is commonly observed that eating big meals causes an increase in blood sugar levels that can worsen the symptoms of PMS. Moreover, low blood sugar levels cause irritability and crying spells in women with severe PMS. Eating six meals per day keeps the blood sugar levels in control.

Moods swings of women experiencing postmenstrual syndrome can also be controlled by eating foods containing complex carbohydrates such as oats, whole-grain bread, and pumpkin.

Moreover, add fresh vegetables and fruits in your diet. Limit sugars, oils, and saturated fats. Also, take vitamin D supplements to stay healthy and reducing symptoms of PMS.

Acupuncture therapy

According to the naturopathic doctor explain that acupuncture helps in reducing the symptoms of PMS. By using points on the meridians helpful in balancing the body. It reduces the postmenstrual symptoms and also lessen the severity of symptoms. Along with acupuncture, massage, needling, and moxibustion are also used.

Enhance social interaction

For general health and mental health, social interaction is essential. To divert your attention and to relieve symptoms, it is best to meet people that help you and support you. Catching up with friends and close relatives promotes general well-being. It reduces your tension and helps you to handle psychological symptoms.

Balancing Hormones by Natural Supplements

Balancing hormone is necessary for PMS symptoms. Many doctors prescribe natural supplements that regulate and balance the hormonal levels in women after menstruation. Natural supplements help to increase the production of progesterone and relieve the symptoms like breast tenderness, mood changes, and cramps. However, keep an eye on your hormonal level by regular monitoring it.

Calcium supplements

Adding a calcium supplement in your daily routine helps to handle fatigue and depression associated with PMS. It is advised to take a calcium supplement (500 milligrams) twice daily to manage mood changes.

Ensure healthy Microbiome

Hormonal health is essential in women. The gut microbiome plays a crucial role in regulating healthy hormonal levels. You can nourish your gut microbiome by adding antioxidant foods in your diet that also boost your immune system.

Relaxation techniques

Postmenstrual syndrome is effectively managed by practicing relaxing techniques. Body massage, deep breathing, muscle relaxing techniques, and paced breathing can effectively manage symptoms associated with PMS. You can consult a physician or health fitness trainer for relaxation exercises. Moreover, CDs and online videos are also available to learn these techniques.

These techniques reduce mood swings and emotional changes in the behavior. They also reduce the need for medicinal treatment of PMS.

Yoga

Yoga, meditation, rest, and breathing exercises are an effective means to control your anxiety in postmenstrual syndrome. Postmenstrual syndrome and anxiety negatively affect your health. these exercises help to calm your nerves. It also helps to improve concentration and strength, as well.

Get enough sleep

You can handle mood swings and fatigue symptoms by establishing a routine of sleep. Sleeping for 7 to 8 hours per day helps you to recharge your body and to relieve fatigue. It is commonly seen that hot flushes interfere with sleep patterns, by maintaining a healthy diet and exercise routine you can manage hot flushes as well. Avoid things of foods that disturb your sleep. Avoid drinking tea or coffee at night.

Increase intake of Omega-3 fats

Symptoms of PMS, including nervousness, lack of focus, depression, bloating, headache, tender breast, and anxiety, are easily managed by taking omega-3 fats in your diet. Krill oil and salmon fish are a rich source of omega-3 fats, and they are effective in managing symptoms of PMS.

Physical exercise

Postmenstrual syndrome mostly associated with depression symptoms. Aerobic exercises, including, bicycling, walking, running, and swimming, are usually suggested to relive depression symptoms of PMS. It is a common perception that exercise and physical activity improve depression and lifts the mood. Chemical that induces good feelings are usually released during a physical activity called endorphins. They can manage hormonal changes that cause symptoms of PMS.

Exercise is the best way to balance your life. It has many benefits that help you to solve many health-related issues. It can improve your mood and help to balance hormonal changes. It diverts your attention and keeps you healthy. Regular exercise also helps to prevent aging, and other conditions like diabetes, heart diseases, and osteoporosis.

5. BALANCE WORK AND LOVE LIFE FOR WOMEN

Being a woman, it is always challenging to fulfill your duties equally. Women are usually multitasking that can handle a different kind of work at the same time. However, it has never been easy to manage both a professional career with your love life or family life.

Women work hard to do their best in both scenarios. At many times they put extra effort into giving equal time to work and partner. Nowadays, working women have lost in search of choosing their professional carrier or love life. Women demand everything for her, a rewarding career, and an understanding and loveable partner.

The busy schedule of a woman might put her relationship at test. It might disturb her love life. Her high ambitions but be the hurdles in her love life. Things become quite easy if your partner is understanding or supportive.

Balancing between your work and love or family is the most challenging thing for a woman. Usually, a woman doesn't want to give up her career and at the same time, doesn't want to be lonely. So, they need various approach to balance workload and love life. They remain in search of effective life balance. It is in their hands to keep a balance between both and enjoy their life.

The following are the ways by which a woman can balance her work and love life

Value your partner

Everything has its importance, to give value to your lover or partner is the best thing to bring peace in your relationship. Nothing is more important than your love and life partner. Together you can achieve milestones. But, the only thing is to value your partner.

As it is frequently said, money can't buy happiness, that true in this case as well. How much money you earn doesn't matter when you have an imbalance life. A woman must search for different ways to support her partner and to give her partner the due respect and value.

Control your Anger

Anger can put your relationship at stake. Consistent anger on a partner will affect your relationship and leads to more serious problems. The best thing to deal with it is to let go of your anger and take it easy. Sometimes lack of communication creates misunderstandings that cause anger for more extended periods. This could also lead to chronic anger that hurts you as well as to your partner. Getting over your anger can restore your work and love life balance and also reduces relationship stress.

Communicate throughout the Day.

To establish a balance between your work and love life, women can make little moments count. It is essential to find opportunities to communicate with your partner in your busy schedule.

Communication can reduce the long distances. A sweet phone call or simple text can make a difference.

You can also benefit from the latest technology that can make a video call or phone call during lunch break. It can improve your focus on work after a lunch break and reduces stress and tension. You can also plan a coffee date or weekend lunch or dinner to value your partner. These little moments of connection make you and your partner more comfortable with each other.

Priorities matters

Prioritizing your responsibilities will help you to solve many of your problems in your life. It will also help you to bring balance in life. By asking questions to yourself, you can find many answers. By giving equal time to your partner and work will surely keep you on the safer side.

It is essential to have priorities to become successful. Sorting out the most critical tasks at your workplace will provide yourself enough time to spend with your partner.

Apologize and Forgiveness

Apologies and forgiveness can solve many of your relationship problems. They laid a strong and secure foundation with minimum stress. They can make things easy for you. These are the best ways to solve your issues or complaints. A successful and understanding relationship can bring peace and success in your career.

Communicate with your colleagues

Communicate with your colleagues and fellows to share your thoughts. They can facilitate you accordingly. If you are facing any issues or problems in your relationship, you can talk to your manager or colleagues. They can also give you the advice to reduce your burden and help you to maintain balance in your professional life and love life. Make sure that your personal or love life doesn't affect your professional life. In this way, you can increase your performance and productivity in the workplace.

The art of delegation

You take help from your coworkers and colleagues to share your workload. You cannot do everything by yourself. So by sharing your workload, your coworkers can help you to reduce your stress and to balance your life. In the same way, you can also ask for help from your partner to divide tasks so that you can get yourself free to spend time with your partner. If you are good at communicating your problems with your partner and colleagues, then you can easily manage your stress and workload.

Take care of yourself

Giving yourself time is the best way to relax and reduce your stress level. It is the secret to have a perfect work-life balance by giving yourself time. Enjoy the things you love to do. Spend leisure time and think about yourself. You can enjoy your company by going out for shopping, reading a book, watching your favorite TV series and travel solo. If you take care of yourself, then you can also handle your work and love life. All these things improve your directions and help to maintain a balance in your life.

Plan meetups

Spending regular time makes your relationship smooth and stronger. Try to spend your free time with your partner. Schedule your small meetups on weekends, or you can exercise together on weekends. You can go for a walk with your partner to spend quality time.

Draw a line between home and work

Every person must learn the art of saying “NO”, including a working woman. If you learn this art, then you can succeed in your personal as well as in your professional life. Focus on your work and always put your priorities ahead. If you are not good at doing something, then saying no is the best solution. It helps you to set boundaries between your work and personal life.

When spending time with your partner, don't involve in office, avoid using a phone, sending emails, or attending calls from your coworkers.

Limit your mobile phone usage

To improve your productivity and attention towards your work. It is better to leave your phone for some time. Put your phone away from you, and spend time to complete your essential tasks. In this way, you can better focus on your work. Usually, it has been seen that phone calls and messages are a waste of time during work. By putting your phone away, you can better concentrate on your work.

Mutual understanding and household duties

Working woman tries her best to complete household tasks as well. However, it is not always feasible for her to complete all household tasks. It is better to share your tasks with your partner to give yourself relaxation. With the mutual understanding, you both can come up with a solution to your problems.

6. HOW TO IMPROVE CONFIDENCE BEFORE YOUR FIRST DATE?

Are you confused or anxious about your first date? If yes, then that happened with most of the women out there. Anxiety, confusion, and stress are natural feelings before your first date. It all happens because you are going to meet someone for the first time. However, if you plan a date, then you have to manage yourself according to that.

What are the things that put a woman right on the front on her first date? How can she present herself better in front of her date? Certain things in life are unpreventable, and the first date is among those things. The experience of the first date will remember in your mind for a long time.

Many women feel nervous before their first date. Some simple tips that can lift your confidence and prepare you for your first date.

The first date is just like your first interview. It puts much pressure on you while you try to act normal and confident. There are different ways by which you can change your personality or behavior to boost your confidence for the first date.

Many girls or women follow the advice of their mother, friends, or cousins. However, many will look for better guidance on social media and magazines. Most of the time, these things provide useless advice. It would be best if you only focused on yourself rather than looking

for other things. “Be yourself” is the right way to approach or prepare for your first date.

The following are the ideas by which you can improve your confidence before your first date.

1. Suggest the meeting spot

It is better to suggest a meeting a spot for a date. It increases your confidence and comfort level. Keep the best and amazing places in your mind, including coffee shops, parks, rooftops, or any other ideal location that has a good ambiance. The perfect location must provide you enough space to sit and chat without any disturbance and distraction.

2. Think about conversation

The major part of your date is based on your communication or conversation. Your way of conversation shows your confidence. Most women feel nervous due to the pressure of conversation. What to talk about? How to answer various questions? These questions put extra pressure on you before the first date.

The best way to handle these types of questions is to think about some open-ended questions and try to prepare their answers. This will reduce your stress and boost your confidence. In this way, you can prepare yourself for a conversation with your date. So, don't panic and prepare yourself for long conversation so that you will be comfortable.

3. Wear Something Comfortable

Your physical appearance and choice of clothes matter a lot. So, if you are planning to go for a date, you must wear something that could manage or handle easily. The way you carry your dressing shows your confidence, and it is an integral part of your personality. Wear something comfortable, and that suits you. Your color choice and color combination must be something eye-catching and hot. Try to wear the light fabric of attractive colors to get more attention.

4. Put a Smile on your face

As smiling face gets more attention. Meet your date with an open, warm, and friendly smile. Forget about the result of the date and conversation. Do your best while spending time with your date. A genuine smile can keep the attention and can make both of your happy. Enjoy your time and experience while smiling. Also, say goodbye to your date with a smile.

5. Think positive and act positive

What are the things you must include in your conversation while on a date? Sharing your personal or professional life? Or something else? These questions make you think about what to share with your date. You can be good in different aspects of life, but at the same time, you are not perfect in some areas. It would be best if you only discuss the positive aspects of your life with your date. Go with a positive mindset and positive language that increases your confidence and uplift the conversation.

Try to avoid any negative self-talk or don't complain about anything on your first date. The best way to express yourself is by sharing your accomplishments and strengths. We all have some weaknesses in our

personality, we have committed many mistakes, but it doesn't mean we need to share each and everything. Avoid sharing such stuff on your first date. It will out a negative impression straightaway. As we know, the first impression is the last impression, so keep all positives ahead and give no space to your negatives.

6. Prepare to pay the bill

Don't panic about who should pay on the date. You should be mentally prepared to pay the bill or at least pay your portion. Don't hesitate while paying the whole bill. To secure your position, be confident, and don't fear about the money. Keep it simple and don't stress about money.

7. Be curious and initiate the conversation

The purpose of the date is to meet and understand the person. To reduce your nervousness, you must ask your date open-ended question to begin the conversation. Be curious and start the conversation that leads to the sharing of different ideas and thoughts that can help you to know each other. Open-ended questions also help you to know about the personality of another person. So, forget your nervousness and share your thoughts as well.

8. Give yourself time to relax

Give yourself time to relax before your first date. 30 minutes to 1 hour would be enough. It can help you to control your nerves and breathing. Slow down your breathing rate, and enjoy soft music, drink some wine, eat chocolates. Do yoga to calm yourself, get a massage and spa before going to date.

Avoid doing things that put stress on you and make you more anxious. Do not think deep, forget about the result of your date. Also, avoid consuming coffee that might make you more anxious.

9. Be in Good Mood

A good mood of a person makes everything smooth and calm. Before going to a date, you must involve in activities that lift your mood so that you will feel more confident and comfortable. Enjoy reading your favorite book, watch your favorite movie, wear your favorite clothes, and do what you love to enjoy. It lifts your spirit and confidence for your date.

10 Be yourself

Your confidence, attitude, emotions all are going to be tested on your first date. It is all about first and last impression. So, be yourself and present your best version in front of your date. Do your best to be comfortable. Unnecessary laughs and non-sense questions can put a wrong impression. Don't try to be a fake and present a true version of yourself. From your dressing to your way of talking, everything portrays your personality.

7. HOW TO IMPROVE YOUR CHANCES OF BECOMING PREGNANT?

Certain factors are not under your control to get pregnancy. These factors are genetics and age. However, other things can be control or regulated by yourself. Your lifestyle, eating habits are among the things you can control. Your diet might be the major factor that increases your fertility. Your choice of food and avoiding certain foods helps to improve your ovulatory function.

The chances of pregnancy are higher if the partners are enjoying good health. For getting pregnancy and lifestyle changes are necessary that not only enhance your chances of pregnancy but also make your pregnancy a healthy one. Asthma, obesity, and diabetes are some medical conditions that can interfere with your pregnancy.

A healthy body means a healthy pregnancy.

Healthy body is the primary criteria for getting pregnant. Lifestyle modification, eating healthy foods, quitting smoking, and reducing alcohol consumption can make a difference in your health. Consulting nutritionist and obstetrician before getting pregnant would be ideal.

You can also undergo various diagnostic testing before getting pregnant to ensure or to address health concerns.

Your physician might suggest lifestyle modification before you get pregnant. These changes are

- Maintaining a healthy weight
- Eating a balanced diet
- Physical exercise
- Reducing alcohol consumption
- Quitting smoking
- Reduce caffeine intake

Healthy body weight

A healthy body weight is ideal for a healthy pregnancy. There are many risks associated with obesity and being overweight. The development of insulin resistance is the greatest risk due to obesity. Overweight women also have irregular periods that can be linked with estrogen production. Because fat cells disturb estrogen production. So it can also disrupt the level of other hormones involved in ovulation. It is necessary to maintain an ideal body weight that increases your chances of getting pregnant. If you reduce 10 to 20 pounds, then it can also make a lot of difference and maximize your chances of conception.

Basal body temperature

Through checking your basal body temperature every morning before you getting out of bed, you might notice a minor increase in temperature for three mornings in a row. The rise in temperature can be as low as half a degree. This may be the indication that you

have ovulated. Remember that the life of an egg is only 24 hours after ovulation, so this so-called fertile window. This may not be a good indicator of when you should have sex.

This method is not reliable due to several factors, such as infections that also increase body temperature. However, it is difficult to detect the exact cause rise in body temperature.

Cervical mucus changes

Mature eggs are present in a small sac of the ovary that develops your estrogen level. The increasing level of estrogen causes cervical mucus to become slippery and thin. You can also observe an increase in cervical mucus.

After observing these changes, you should have sex every day or every other day until ovulation. After ovulation, you can observe the change of stickiness and thickness in cervical mucus. It may also look cloudy.

Follicular monitoring

Some doctors suggest the ultrasound of your ovaries or regular monitoring of blood hormone tests. This will give an exact idea about ovulation.

Keep calm and reduce stress

Peace of mind is necessary for a healthy pregnancy. If you are stressed or having depression, anxiety, then that would affect your chances of getting pregnant. In couples having high-stress levels, the

chances of fertility are reduced by 29%. It is essential to spend some time and enjoy your life without worrying about fertility.

When a woman is stressed or facing depression, she may do the following things

- Emotional eating, that leads to weight gain
- Sleep issues, i.e., sleeping too much or too little
- Smoking
- Drinking alcohol
- No interest in having sex
- Find no time for physical exercise

Stress management in women is necessary for a healthy pregnancy. It resolves issues like quitting smoking, less consumption of alcohol, managing sleeping habits, and preventing weight gain by controlling emotional eating.

Healthy eating for pregnancy.

To make your body healthy, healthy eating habits are essential both for men and women. You have to eat certain foods to fulfill your nutritional requirements. The following is the list of foods you must prefer for getting pregnant.

Fruits and Veggies

Fruit and veggies are packed with healthy nutrients that improve egg quality. Add fresh fruits and veggies in your meal that contain carbs, proteins, and fats. Glutathione is vital for egg quality. You can get

glutathione from asparagus and watermelon. Kale is also an essential vegetable that contains necessary elements that promote estrogen metabolism. The presence of phytochemicals that are beneficial for fertility is present in goji berries.

Fats

To improve general fertility and regular ovulation, plant-based fats play a vital role. You can get these healthy fats from olive oil, avocados, nuts, and grapeseed oil. They also reduce inflammation in the body. Consume unsaturated fats and avoid trans fats. Trans fats are present in foods such as snack foods, bakery products, margarine, and French fries. They also increase insulin resistance. Higher insulin levels lead to a metabolic disturbance that affects ovulation. Nuts, seeds, tofu, and beans are also a rich source of healthy fats with fewer calories that promote weight loss.

Essential vitamins for pregnancy

To fulfill your mineral and vitamin deficiency, it is necessary to take vitamins from other sources. You can take them in the form of supplements or multivitamin tablets or capsules. Multivitamins contain essential vitamins for a healthy body. Iron and folic acid are most important for pregnancy. 40 to 80 milligrams of iron and at least 400 micrograms of folic acid are essential for a healthy pregnancy.

Carbs

Avoiding highly processed carbs and eating more complex carbs are important for pregnancy. Bad carbs, including white rice, white

bread, cakes, and cookies, are quickly digests by your body, and your body quickly turns them into blood sugar. Higher levels of insulin cause inhibition of ovulation.

Fruits, vegetables, whole grains, and beans contain high fiber content, which are good carbs and slowly digested by your body and does not affect your insulin and blood sugar levels.

Protein

You must include high protein sources in your daily diet. Turkey, chicken, and beef are excellent sources of protein, iron, and zinc. These all are essential building blocks for a healthy pregnancy. Sardines, salmon, and tuna are also a rich sources of omega-3 fatty acids and DHA that are also important for fertility. Also, consume eggs that are also another vital source of protein.

Dairy products

It is a common perception that low-fat dairy products are good for health. however, that's not the case in pregnancy. The use of low-fat dairy products in women causes trouble in getting pregnant. It is related to high risks of ovulatory infertility. Consuming full cream milk and homemade yogurt is an excellent food for getting pregnant.

Conclusion

Pregnancy is not easy to handle, and to become pregnant is also difficult. Several factors need to be addressed before getting pregnant. Healthy pregnancy demands stress reduction, a healthy diet, and proper monitoring of health-related changes in the body.

By managing these factors, a woman can increase its chances of becoming pregnant.

8. HOW TO PREPARE YOURSELF BEST FOR MOTHERHOOD?

One of the biggest changes in life you will experience is having a baby. Many ways would help you to prepare for parenthood and tackle the stress of a new baby.

Becoming a parent is a challenging life-event for you and your partner. It is also considered as a major life milestone. It is commonly seen that; pregnancy induces many changes in your life. There is a dramatic shift in your expectations and priorities. Your friends, life partner, or relatives might be surprised by such a turnaround in your mood and priorities. Becoming a mother or parent fills you with joy, emotions, and happiness.

1. Make a plan

If you are thinking of having a baby in the near future, then you have to manage various things and plan your activities accordingly. No one can predict the level of change your baby brought in your life. However, you have to prepare yourself for every situation. If you are working women, you have to take steps to balance your work life. If you are preparing for your first baby, then have to manage your finances as well. Calculate your expenses and plan your activities accordingly.

Talk with your partner and make a plan to manage household tasks as well. Household tasks include laundry, housecleaning, and grocery

shopping. Plan the activities that will help you to relieve your stress, and that should be comfortable for you.

2. Food and nutrition

Nutrition of preconception is a vital part of childbirth planning. The health of your baby depends on what kind of food you are consuming before and after pregnancy. Factors including height, weight, and diet play an essential role in your health.

You can improve your nutritional status by adding the following foods and nutrients in your diet to prepare yourself for motherhood.

- **Grains:** These include whole-wheat, oatmeal, barley, cornmeal, rice, and brown rice.
- **Fruits:** Fresh fruits are healthy foods during pregnancy. Apple, bananas, pomegranates, grapes all are healthy choices during pregnancy. You can also use dried, frozen, or canned fruits. Fruit juices are also healthy and can be easily consumed, they are a rich source of energy, mineral, and vitamins.
- **Vegetables:** You can add a wide variety of vegetables, including orange, red, and dark green. Starchy vegetables and legumes (peas, dry beans) are also helpful for the mother's health.
- **Protein:** You can fulfill your protein requirements by consuming beans, peas, eggs, meat, fish nuts, and seeds. It helps you to stay lean and healthy.

- **Dairy:** These include milk, yogurt, cheese, and other products that have been prepared from milk. They are a rich source of calcium and other vital minerals. However, you should prefer low-fat dairy products that are high in calcium.

3. Use multivitamins

A healthy diet is critical for a healthy pregnancy and a healthy baby. Fresh vegetables and fresh fruits always a necessary part of a balanced diet. If you are not taking proper healthy food, then it is better to take supplements that can fulfill the deficiency. You can consult your doctor or pharmacist for choosing supplements. Different multivitamins are available in the market that can provide essential minerals and vitamins. If you are pregnant, then folic acid, iron, and calcium are also necessary along with other vitamins.

4. Give attention to your partner

There is a massive difference in life before childbirth and after childbirth. There are not many responsibilities before the birth. However, you can feel exhausted physically as well mentally after having a child. You have to do much of work to handle your baby. So, you may not find enough time for your partner. So, utilize your time before getting pregnant and spend maximum time with your life partner. Discuss various issues, share your thoughts, fears, or concerns. You must involve and spend quality time with your partner. Go for lunch or dinners or vacations to relieve your stress. Spending time with your partner creates a comfortable and enjoyable

environment that makes your bond stronger and connects you before you become father and mother.

5. Manage your stress

Stay calm while preparing for motherhood. Manage your work and duties along with your finances. Keep yourself away from stress. Recent research studies have found that stress negatively affects your brain. Various brain activities and multitasking abilities are affected by stress. It is necessary to find means to reduce your stress, such as a warm bath, massage, and facial.

6. Caring for Yourself

Establishing positive habits and routines is essential for pregnancy. If you are preparing for pregnancy, then you must take care of yourself in every possible way. It is the best time to spend your life with peace, and eat healthy foods, enhance your fluid intake, and exercise regularly. Your mental relaxation is also crucial, and you should be mentally prepared for motherhood, giving birth, and labor. You should spend quality time with your friends and family. Read books that provide proper information about childbirth. You can also watch movies or documentaries that can provide useful information and prepare yourself for motherhood.

7. Think positive

The mindset of a mother must be positive to handle the baby. It is commonly said that a happy mama makes a happy baby. Your mindset determines the health of the baby. Keep yourself away from

tension, depression, and anxiety. Handle everyday matters with a positive approach.

8. Enjoy the time before baby

No need to panic; you have to enjoy your life and prepare for pregnancy. You can go on a walk with your partner, enjoy the morning tea, or coffee in the evening. Hangout with your friends, and you can do your favorite things. If you are interested in doing something that you enjoy the most, then go for it. If you like watching movies or reading books, then go ahead.

9. Childbirth Education

It is an excellent idea to conduct childbirth education classes for first-time parents. These classes will also be helpful for those who are already experienced birth and parenting. These classes aim to educate you about skills and to promote healthy living that leads to happy pregnancy and birth. These classes are usually conducted in hospitals. However, they mostly cover information relevant to hospital procedures. Moreover, you can search for childbirth and becoming a parent. An extensive information is available on the internet and websites that will teach you different aspects and educate you to prepare you for motherhood.

A good childbirth class should emphasize your responsibilities and be realistic about what kind of experience you might have. It should review the work stages and teach you skills in pain management and breathing techniques. And it should explain every possible scenario, "not just what is offered by the hospital."

9. AVOID AND OVERCOME A BREAKUP

Loving someone and getting love from the same person is the most beautiful feeling in the world. Many people feel and experience love and affection. It is a positive feeling that can make lots of memories. It keeps you focus and motivated throughout your day.

Breakup is a complicated feeling that is full of emotions. It is accompanied by grief, confusion, and heartbreak. It is a normal reaction to the termination of a relationship. It leads to uncomfortable feelings that are sometimes difficult to handle.

Breaking up with someone you love the most is the most challenging and unbearable feeling. It is a painful situation where you feel low, broken, and loss your feelings. Breakup directly targets your physical and emotional health. You lost charm and joy in things you loved the most. You become mentally upset after breaking up with your love.

Break up is not the right option in every relationship. Ups and downs are part of every relationship. Every relationship can go in different directions. Sometimes there is only a need to manage it in the right way to avoid miscommunications and issues. You can discuss it with a partner to solve your problems.

It is commonly seen that break up leads to self-destructive behavior that is harmful to health. Only a few people can sensibly get over

breakups without affecting their personal and social life. Different people have different mindsets.

Avoiding a breakup

Mutual Respect

It is necessary to establish a relation of mutual respect. Respecting the need of your partner is essential for a healthy relationship. You will feel comfortable with each other if you have an element of mutual respect. It allows you to share ideas and express feelings. It will give you the courage and power to face issues and make you strong enough to deal with problems and solve them to avoid any misunderstanding. Take it easy and create boundaries or limitations that allow you to respect each other needs and feelings.

Physical and emotional distance

If you want to avoid a breakup, then you must maintain emotional and physical distance. Try to avoid things you do once in the past. Avoid hanging out with your partner, watching movies, drinking coffee, etc., Act like a friend and try to understand their needs. You can examine your behavior and the behavior of your partner. Try to find gaps that disturb your relationship. By maintaining a proper distance, think about the positives and negatives of your relationship that can clear your confusion and prevent your break up.

Do things you enjoy

During a relationship, you spend time with your partner and have no gap or time for your favorite activities. If you are feeling down and your relationship is not going well. It makes you feel down and lost.

Then you can enjoy your time by engaging yourself in activities you love the most. You can spend your time by reading your favorite books, watching movies, playing your favorite musical instruments. If you love cooking, knitting, or gardening, then go for it. These activities help you to relax and manage your relationship stress.

Express your feelings

To save your relationship, you can express your feelings with your partner. It is better to express your sadness, grief, confusion, anger, and loneliness with your partner to decrease your distance and to solve your misunderstandings.

Make time for romance

To save your relationship and to avoid a breakup, you can also spend time with your partner. You can increase your closeness. Plan a date every week to share your feelings. You can overcome your problems by sharing your thoughts and in a meetup. Planning a coffee date once or twice in a week also helps to bring peace and joy in your relationship. Kissing your partner on a date could be a positive sign, and that keeps your attach with your partner. A good morning text or call will also help you stay connected and stay connected.

Overcoming a breakup

Take care of yourself

It is a common observation that many women did not take care of themselves during their relationship. As their relationship going well, they did not bother anything. However, after breaking up, physical, emotional, and mental well-being is essential. If you are

doing anything for you, then it is the best time to start taking care of yourself.

It will help you to come out of the setback. Make a proper routine and enjoy your life by eating healthy foods, relaxing, sleeping enough, and doing regular physical activities. If you start taking care of yourself, then it will provide you spiritual, mental, and physical well-being.

- You can perform any relaxing technique to refresh yourself. Yoga, deep breathing, meditation are effective ways to relax.
- Get enough sleep to refresh your mind. It is beneficial to sleep at least 8 hours per night to refresh your mind and body.
- Eat fresh vegetables, fruits, protein, and whole grains. Cut down, alcohol, excess salt, fat, and sugar. Avoid junk food as much as possible.
- Swimming, walking, jogging, or riding a bicycle are an effective means to keep yourself physically active. It is usually suggested to exercise for 30 minutes a day.

Search for healthy ways to reduce your emotional pain

Usually, after a breakup a person gets emotional and surrounded by severe threats. The same is the case in case of a woman, they adopt bad habits of smoking, drinking alcohol, and start using drugs. They did not manage their life and had no idea about eating or sleeping. These all are unhealthy methods that can harm your body and take you to loneliness.

There are many healthy ways by which you can stabilize your life after a breakup. These methods also reduce your stress and make you strong emotionally as well, mentally. These methods speed up your recovery from emotional pain.

You can look for new hobbies that can divert your mind. Try to learn new things and skills, or you can also improve your existing skills. You can join cooking classes, fitness center, or a club to relax and enjoy your time.

Take a break

After your break up or sad ending of a relationship, it is essential to take some rest from your regular routine. It will help you to recover from emotional distress. It will help you in the long run and build strong mental health and emotions.

You can take a break or holidays from your work and go on vacation. Spend time at a different place and refresh your mind. You can also go for shopping or coffee with your friends.

Spend time with your family and friends

Try to spend your time with family and friends. These people are close to you in every aspect. It will be a plus point if your family members or friends are supportive that can cheer you and help you to feel good. Supportive family and friends are not less than a blessing. You can discuss your thoughts and feelings with them. They help you and support your ideas and make you happy.

Enhance your social circle after a breakup, move on with your life. Plan hangouts with friends and normalize your feelings and

emotions.

10. HOW BEST TO HANDLE POST-MENOPAUSAL ?

One of the most significant events in the life of women is menopause can affect the lives of women in many ways. Menopause brings various physiological changes in women's life that effect permanently. Lots of research has been done to know more about menopause and its symptoms. The symptoms may vary before, during, and after menopause. These symptoms lead to the postmenopausal syndrome. The symptoms of postmenopausal syndrome negatively affect the lives of women.

The postmenopausal syndrome can increase the risk of the following conditions

- Cardiovascular disease
- Osteoporosis
- Mental health conditions including depression and anxiety
- Alteration in vaginal health including vaginal dryness

Symptoms of PMS

There is a long list of symptoms of the postmenopausal syndrome. However, most women experience the following symptoms.

- Anxiety or tension
- Mood swings and depression

- Unintentional Crying
- Anger or irritability
- Food cravings and changes in appetite pattern
- Insomnia
- Acne
- Alcohol intolerance
- Diarrhea and constipation
- Lack of interest in social activities
- Difficulty in maintaining concentration
- Change in libido
- Muscular or joint pain
- Headache
- Fatigue
- Fluid retention and weight gain
- Bloating
- Breast tenderness

Handling PMS Symptoms

Women can handle or manage symptoms of PMS. Initially, exercise or lifestyle modification can effectively treat the postmenopausal syndrome. However, severe cases of PMS need medication. The following ways can effectively manage women's emotional and physical health.

Exercise

As postmenopausal syndrome mostly associated with depression symptoms. Aerobic exercises including, bicycling, walking, running, and swimming, are usually suggested to relieve depression symptoms of PMS. It is a common perception that exercise and physical activity improve depression and lifts the mood. Chemical that induces good feelings are usually released during a physical activity called endorphins. They can manage hormonal changes that cause symptoms of PMS.

Exercise is the best way to balance your life. It has many benefits that help you to solve many health-related issues. It can improve your mood and help to balance hormonal changes. It diverts your attention and keeps you healthy. Regular exercise also helps to prevent aging, and other conditions like diabetes, heart diseases, and osteoporosis.

Small, frequent meals

Eating meals throughout the day in small portions help you more to fulfill nutritional requirements. It is better to consume small meals instead of taking big meals per day. It is commonly observed that eating big meals causes an increase in blood sugar levels that can worsen the symptoms of PMS. Moreover, low blood sugar levels cause irritability and crying spells in women with severe PMS. Eating six meals per day keeps the blood sugar levels in control.

Moods swings of women experiencing PMS symptoms can also be controlled by eating foods containing complex carbohydrates such as oats, whole-grain bread, and pumpkin.

Moreover, add fresh vegetables and fruits in your diet. Limit sugars, oils, and saturated fats. Also, take vitamin D supplements to stay healthy and reducing symptoms of PMS.

Avoid some foods

Avoiding certain foods is an effective way to manage PMS. Especially, soda drinks, alcohol, candy, sugary foods effectively manage severe symptoms of PMS. Cutting down alcohol also relieves stress and depression, as alcohol causes depression. Cutting down caffeinated drinks and coffee also helps to avoid insomnia, nervousness, and anxiety. Cut down conventional table salt that causes water retention and make this condition worse in women having PMS. The presence of aluminum-based anti-caking makes common salt more dangerous. The Himalayan pink salt, which is a high-quality salt, free from aluminum compounds, does not cause water retention and balance your body.

Orgasm

Sex does not only give you pleasure and comfort; it can also relieve your PMS symptoms. According to studies, one of the ways to handle postmenopausal syndrome is to have an orgasm, twice or thrice in a week. When your partner touches you, it can fill your mind with oxytocin, that increasing feeling of pleasure and comfort. It helps you to keep calm by relieving your fatigue. It improves your mood and bloated belly, as well.

Stop smoking

Various research studies explain that the symptoms of the postmenopausal syndrome are worse in women who smoke as compared to those who do not smoke. So, quitting smoking is the best way to reduce symptoms of PMS. Smoking can lead to various health complications, including hot flushes, cancer, stroke, osteoporosis, and heart diseases.

Relaxation techniques

The postmenopausal syndrome is effectively managed by practicing relaxing techniques. Body massage, deep breathing, muscle relaxing techniques, and paced breathing can effectively manage symptoms associated with PMS. You can consult a physician or health fitness trainer for relaxation exercises. Moreover, CDs and online videos are also available to learn these techniques.

These techniques reduce mood swings and emotional changes in the behavior. They also reduce the need for medicinal treatment of PMS.

Get enough sleep

You can handle mood swings and fatigue symptoms by establishing routine of sleep. Sleeping for 7 to 8 hours per day helps you to recharge your body and to relieve fatigue. It is commonly seen that hot flushes interfere with sleep patterns, by maintaining a healthy diet and exercise routine you can manage hot flushes as well. Avoid things of foods that disturb your sleep. Avoid drinking tea or coffee at night.

Increase intake of Omega-3 fats

Symptoms of PMS, including nervousness, lack of focus, depression, bloating, headache, tender breast, and anxiety, are easily managed by taking omega-3 fats in your diet. Krill oil and salmon fish are a rich source of omega-3 fats, and they are effective in managing symptoms of PMS.

Yoga

Yoga, meditation, rest, and breathing exercises are an effective means to control your anxiety in postmenopausal syndrome. Postmenopausal syndrome and anxiety negatively affect your health. these exercises help to calm your nerves. It also helps to improve concentration and strength, as well.

Enhance social interaction:

For general health and mental health, social interaction is essential. To divert your attention and to relieve symptoms, it is best to meet people that help you and support you. Catching up with friends and close relatives promotes general well-being. It reduces your tension and helps you to handle psychological symptoms.

Calcium supplements

Adding a calcium supplements in your daily routine helps to handle fatigue and depression associated with PMS. It is advised to take a calcium supplement (500 milligrams) twice daily to manage mood changes.

Other ways to handle symptoms of PMS

Various approaches, including medicines, are used to control and manage the symptoms of PMS.

They can be give as

Antidepressants

In severe conditions of PMS, selective serotonin reuptake inhibitors (antidepressants) are prescribed that can alter the levels of serotonin in the brain. Fluoxetine, sertraline, and paroxetine are the FDA approved drugs in depression related to PMS.

Managing vaginal discomfort

Moisturizers, silicone-based lubricants, and water-based vaginal lubricants are commonly used to lower vaginal discomfort.

Phytoestrogens

Ligans and isoflavones are two types of phytoestrogens or plant estrogens. They are present in lentils, chickpeas, soybeans, whole grains, and various fresh vegetables and fruits. Consuming these foods helps to lower the symptoms of PMS.

Other medicines

The FDA approved bioidentical hormones, and other medications such as clonidine, gabapentin are widely used to relieve the symptoms of PMS.

11. Sexually transmitted diseases

The sexually transmitted disease is a condition passed from one person to another through sexual contact. Many people get these diseases due to unprotected oral, anal, and vaginal sex with someone having STD.

Other than sexual contact, sexually transmitted diseases are also transmitted through other means such as breastfeeding and sharing needles. Sexually transmitted diseases (STD) are also called venereal diseases and sexually transmitted infections.

Proper treatment is required for severe STD illness. STD's like HIV is deadly and cannot be cured. If you learn more about STDs, then you can learn methods to protect yourself from these infectious diseases.

There are more than 20 types of STDs, and they are mostly caused by bacteria, viruses, and parasites. The following are the common types of STDs

- Chlamydia
- Syphilis
- Gonorrhea
- HIV/AIDS
- HPV
- Trichomoniasis
- Genital herpes

Chlamydia

Chlamydia is caused by *Chlamydia trachomatis*. Throat, cervix, and rectum are mostly affected by chlamydia in women. It is one of the common STD. The usual symptoms of chlamydia in women include painful intercourse, burning sensation during urination and smelly abnormal vaginal discharge.

Syphilis

It is a highly contagious, sexually transmitted disease. It is caused by bacteria *Treponema pallidum*. It is mostly spread by anal or oral sex.

The formation of painful ulcers is the primary indication of syphilis. These sores are also called chancre. Hair loss, enlarged lymph nodes, fever, headache, and weight loss are also symptoms of syphilis.

Gonorrhea

Gonorrhea is a well-known sexually transmitted disease caused by *Neisseria gonorrhoeae*. This disease is asymptomatic in women. Some women experience various symptoms like spotting, bleeding frequent urination, increased vaginal discharge, and bleeding in the rectum.

HIV/AIDS

Human immunodeficiency virus (HIV) is the causative agent of AIDS. It is also called as Acquired immunodeficiency syndrome. The symptoms of AIDS depend on the stage of infection. Possible signs of AIDS include

- Joint and muscle pain

- Fever
- Swelling of lymph nodes
- Mouth sores
- Headache

HPV

It is the most common sexually transmitted disease. It can affect men and women. HPV stands for human papillomavirus. Genital warts and warts on other body areas are common symptoms of HPV.

Trichomoniasis

It is a common sexually transmitted disease that is asymptomatic in men but has symptoms in women. The common symptoms of trichomoniasis in women include genital redness, itching, painful urination, and smelly vaginal discharge.

Genital herpes

Herpes simplex virus is the causative agent of genital herpes. It is a common, sexually transmitted infection. It leads to fever blisters and cold sores. The symptoms include sores, itching, and pain in genital areas.

Causes of STDs

STDs include various kinds of infections caused by parasites, bacteria, and viruses. Gonorrhea, syphilis, and chlamydia are bacterial STDs. Parasites cause Trichomoniasis, and viral STDs include hepatitis B, genital warts, HIV, and genital herpes.

Saliva, vaginal secretions, semen, and blood contain germs of STDs. Oral, vaginal, and anal sex leads to the spreading of germs of STDs. However, genital warts and genital herpes spread through skin contact. Sharing personal items like razors or toothbrushes increases the risk of hepatitis B.

Symptoms of STDs in women

Most cases of STDs don't have proper symptoms, however, most common symptoms of STDs are

- Vaginal itching
- Bleeding and unusual discharge from the vagina
- Rashes, bumps, and sores on mouth, buttocks, vagina, and thighs
- Discomfort or pain during urination and while having sex

Sex & personal stories

Sex brings lots of energy, enjoyment, and emotions. In this enjoyment, you should take measures to do it safely. Preventing sexually transmitted diseases by using condoms is the easiest way.

Regular checking of health is recommended for a healthy life. You should undergo screening tests regularly to know about your sexual health or STDs. Most of the time, STDs do not have any symptoms. Anyone can get STDs at some point in their life. It is a fact that many people hesitate while talking about STDs and

The following are some stories of females who suffer from STDs.

A 21 years old Ashley explains her story that she got has never thought of getting such a disease. She had unprotected sex with her boyfriend, and the very next day, she observes the development of cold sores. Within the next 24 hours, she experiences itching and severe pain in her vagina. Wearing (jeans or leggings) also leads to irritation and burning sensation all day. She became upset, and after a few days, while taking a shower she got an idea to check about these symptoms of Google. So, a rapid Google search opens the door of knowledge for her. She came to know that these cold sores also lead to herpes. After lots of searches, she concluded that she is suffering from genital herpes. She talked with her boyfriend, and he was kind enough to understand her problem and provide his full support to Ashley. They visited the doctor together and got the treatment done. The proper diagnosis and treatment lead to the eradication of the disease. That was a nightmare for me, and it would be better if people educate others about such diseases that help to spread awareness about this disease.

Gauri, a 22-year-old girl, told her story that she got a message from one of the famous male comedian, and after chatting, she observes the flirty behavior of that comedian. Soon after talking with him, they plan a date. Gauri had mixed feelings as she didn't catch up with a famous personality before. She tweezed her unibrow, took some probiotics, and also waxed her vagina. Their date was superb with sizzling chemistry. They spend excellence and comfortable time with each other and had good gossips. After that, they made a mistake of not having protected sex. After about one month, she got her routine STD examination text that turns out to be positive for chlamydia. She experiences no symptoms as the symptoms mostly occur in men, not

in women. She called that person and came to know that her penis also feels the burning sensation for the past week. After studying and consulting various healthcare practitioners, she came to know that she had been the infector, not the infectee. After that, she consulted with her doctor and started the treatment of chlamydia. Her gynecologist father also found her medicine prescription for chlamydia, and that was a very embarrassing and horrifying situation for her.

It was a terrifying situation for me when I got gonorrhoea for the first time. I was on my periods and, at the same time, feeling severe pain and cramps in the abdomen and uterus. One day while chilling with my friends, I observe a big push, and blood was everywhere. My clothes and couch stained with blood. In this horrible situation, I decided to visit the hospital. I got tested, and after waiting for one week, I came to know that I have gonorrhoea. To treat this disease, I have to take some antibiotics and wait for some time to have sex again. I got a lesson, and from that day I always use condoms – Jesse,²²

I have been in a relationship with a guy who had a long term relationship with other girls in the past and has done intercourse with them many times. He had a messy situation with one of his ex. After spending months with him, one day, he told me to have a test for STDs. I was shocked to hear that, but we both went to the hospital tested for STDs. He still has sex with his ex, and she was having STD. After testing, I came to know that I had chlamydia. After that, I try many things to treat my condition. The number of antibiotics and precautionary measures to prevent such conditions in

the future. Routine checkups and use of condoms prevent such diseases ___ Laure, 20

Prevention of STDs

Condoms are a safe and easy way to prevent STDs. They act as a physical barrier to microbes. Latex condoms are widely available for sexual activities, whether it is oral, anal, or vaginal. However, avoid using condoms having oil-based lubricants such as petroleum jelly.

The following are the steps that can reduce the risk of STD.

Vaccinations:

Vaccines are available that can protect the individual from developing cancer caused by hepatitis B and HPV.

Check for infections:

Always check yourself and your new partner for STDs.

Education:

Educating the young generation is essential to reduce STDs. Society, schools, and parents must teach children about the importance of safe sex and complications of STDs.

Say no to drugs:

You must avoid using recreational drugs and drinking alcohol that can interfere with your judgment and leads to risky behavior.

Diagnosis and Treatment of sexually transmitted disease

The following are the methods of diagnosis of STDs.

Tests

Laboratory tests can indicate and detect the sexually transmitted infections by following ways

- Blood tests
- Fluid samples
- Urine samples

Treatment

Treatment of STDs caused by bacteria is easy to treat, whereas viral infections are difficult to cure but can be managed.

- ***Antibiotics***

Antibiotics can effectively cure conditions like chlamydia, gonorrhoea, and syphilis.

- ***Antiviral drugs***

Antiviral drugs are usually prescribed if you have HIV or herpes. It is necessary to take medicines according to the direction of doctor that will effectively treat infections.