



# BEING ME

---

THE SCOOP ON WHAT'S HAPPENING IN MY BODY

---



by Dr. Heather Manley, N.D.



Copyright © 2015 by Heather Manley, N.D.  
All rights reserved. Printed and published in the United States of America.

No part of this book may be used or reproduced  
in any form without written permission from the author.

For reproduction of any part of this book or for more information please contact:

Heather Manley, N.D. | e: [drheather@drheathernd.com](mailto:drheather@drheathernd.com)  
[www.drheathernd.com](http://www.drheathernd.com) | [www.humanbodydetectives.com](http://www.humanbodydetectives.com)

# BEING ME

---

<b>WELCOMING THE CLASS</b>	1
<b>LESSON ONE.</b> FEMALE ANATOMY	2
<b>LESSON TWO.</b> FEMALE CYCLE	5
<b>LESSON THREE.</b> FEMALE PHYSIOLOGY	8
<b>LESSON FOUR.</b> JOURNALING AND CHARTING	12
<b>LESSON FIVE.</b> MENSTRUAL CYCLE MYTHS & TRUTHS AND POSSIBLE SYMPTOMS	15
<b>LESSON SIX.</b> HEALTHY LIFESTYLE	19



# BEING ME

---

## WELCOMING THE CLASS

This is a time to introduce yourself and if you feel comfortable, share some personal information that will help ease the students into the class. Examples might be: sharing about your first health talk with a teacher or parent, if you are a woman teacher, perhaps mention if you were early or late when you began your cycle (in addition to the realization that everyone's body does go through it at some point), and/or an empowering moment when you felt independent and confident.

Begin the class with the below inspirational quote:

*"A woman is the full circle. Within her is the power to create, nurture and transform."*

Diane Mariechild

Let the students know that there will be a discussion about this quote at the end of the class specifically how it relates to the information that will be covered.

### HANDOUTS FOR THIS CLASS:

*Confidentiality Contract, Blank Sheet, Cloze Notes 1, and the Female Anatomy Diagram Handout.*

Remind the students that the class is completely confidential and is a safe place to ask anything they need answered. At this point hand out the *Confidentiality Contract* and a *Blank Sheet* for the students to write anonymous questions on. (The teacher can decide when those questions should be addressed.)





## LESSON ONE. FEMALE ANATOMY

### WHAT IS ANATOMY?

Anatomy is the study of the bodily structure of living things. Example: heart, liver, bones



#### Teacher's Note:

Pass out the *Cloze Notes 1* and *Female Anatomy Diagram* Handout to your students. Refer to this diagram when discussing the anatomy involved. The students can fill in both the *Cloze Notes* and *Diagram* as you speak. Have them keep the diagram handy throughout each class to easily refer back to.

### FEMALE ANATOMY: WHAT ARE THE FEMALE PARTS INVOLVED?

#### Breasts

Breasts begin to develop as small buds around the age of 8 or 9 years old and may not stop growing until the twenties.



#### Teacher's Note:

Remind the students that breasts grow and develop differently and at different times and rates.

### INTERNAL ORGANS

Internal organs are located inside the body. Ask the students to locate their hips bones. The hip bones are the bony structures located on either side of the body, above each leg. Have the students place their right or left palm on their bellies in-between the hip bones. The uterus is beneath their palm. This will give the students an idea of where all the females organs are located.

#### Vagina

The vagina connects the internal organs to the outside organs: the vulva (external organ) to the uterus (internal organ).

#### Cervix

The cervix is located at the top of the vagina and marks the entrance to the uterus. It is also referred to as the neck of the uterus.

#### Uterus

The uterus is approximately the size of a fist or a pear; it is hollow but very stretchy and strong. It is located in the pelvic area by the bladder. The uterus is made of muscle and has an inside lining called the **endometrium**. It is referred to as the womb.



## Teacher's Note:

You may refer to the **endometrium** at this point to introduce the vocabulary word as it will be further discussed in the physiology section.

The **endometrium** is the lining of the uterus that builds and thickens with blood, mucus, and tissue during the menstrual cycle to prepare for a possible pregnancy. If there is no pregnancy, the lining will be shed during menstruation.

## Ovary

Women have 2 ovaries, which are almond- or strawberry-sized glands located on each side of the uterus. They hold the ovum (ova is singular). Ovum are the eggs and they are housed in follicles. The ovaries also make the female hormones estrogen and progesterone, which play active roles in puberty, menstruation, and pregnancy.



## Female Trivia:

Females are born with all of our eggs that we will have in their lifetime. The female body does not make new ones after we are born. We are born with over a million immature eggs.

## Fallopian tubes

There are 2 slender tubes on either side of the uterus that connect to the ovaries. Inside, there are tiny hairs, called **cilia**, that help move the egg or ova from the ovary to the uterus.

## EXTERNAL ORGANS

### Vulva

The vulva is the female external genitalia.



## Female Trivia:

In Latin, vulva means covering and in Sanskrit, it means source of life, powerful, creative.

### Labia

The labia are the soft folds of tissue located on the vulva. Labia are referred to as lips and there are 2 sets: labia majora (outer) and labia minora (inner). The labia protects the opening to the vagina. They do this by gently covering, like a curtain, the entrance to the vagina.

### Clitoris

The clitoris is the sensitive area located on the vulva.



## **ASK THE STUDENTS IF THEY HAVE ANY QUESTIONS**

Let them know they will learn about the female cycle in the next class.

End the class with the inspirational quote and the discussion thoughts:

*"A woman is the full circle. Within her is the power to create, nurture and transform."*

Diane Mariechild

### **Discussion Thoughts:**

- Why do you think it's amazing to be a woman?
- What makes you feel powerful?



## LESSON TWO. THE FEMALE CYCLE

### THE FEMALE CYCLE

Ask the students if there are any questions from the last class.

Begin the class with the below inspirational quote:

*"Do you want to meet the love of your life? Look in the mirror."*

Byron Katie

Let the students know that there will be a discussion about this quote at the end of the class specifically how it relates to the information that will be covered.

### HANDOUTS FOR THIS CLASS:

Pass out the *Cloze Notes 2* and ask the students to fill them out while you are talking.

### WHAT IS PUBERTY AND WHAT CAN I EXPECT?

Puberty is the time when you physically change from a child into an adult. Some of the changes are:

- breasts will develop
- body and pubic hair begin to grow
- changes in your voice may occur
- menstruation will begin

With girls, the first occurrence is the development of the breasts. Most girls begin puberty between the ages of 8 and 13 and finish in their late teens. Boys tend to end a little later.



### Teacher's Note:

Remind students that everyone goes through puberty at different times and has different experiences, but by their late teens, everyone will have experienced it. In addition, remind students to be gentle with themselves and their peers—be supportive of one another and use kind words—as puberty is usually awkward for everyone.

### What Is a Menstrual Cycle?

The menstrual cycle begins on day 1 of a woman's menses and continues through 3 different phases for a span of 28 to 35 days. The 3 phases during the menstrual cycle are:

- follicular
- ovulation
- luteal





Learning and understanding about your menstrual cycles—the hormones that are going through your blood and when as well as knowing what job they have—is very liberating and empowering. The benefits of understanding your body and how it function include:

- being prepared for your next period
- being prepared to predict and support any mood changes
- being prepared to predict and support any physical changes, for example, acne or cramps
- being prepared to predict and support food cravings

## WHY DO WE HAVE A MENSTRUAL CYCLE?



### Teacher's Note:

The words “menstruation,” “menstrual cycle,” “menses,” and “period” may be interchanged. Inform students of the different terms and explain that they are all ok to use and mean the same thing.

Once we begin our menses, it means that our bodies are ready to make a baby. It typically occurs in girls around ages 11 to 13 but can happen any time between ages 8 to 16.

The term menarche refers to the first time a girl gets her period or, in other words, begins her menstrual cycle. This will occur when her body's reproductive system is physiologically matured, therefore, ready to carry a baby.

Every month, the uterine lining—endometrium—gets thicker to prepare for pregnancy. An egg that has met with the male sperm is referred to as a fertilized egg. If the egg doesn't get fertilized, that endometrium is released from the body as blood through the vagina. This monthly process is called menstruation or a period.



### Teacher's Note:

You may briefly mention sperm comes from the male during intercourse. This class is not designed to teach about intercourse rather the female anatomy and physiology.

## MENSTRUAL CYCLE TRIVIA

- the average length of a period is 5 days
- the average amount of blood that is lost is from 2 to 4 tablespoons
- after menarche, it may take up to a year to be on a regular cycle, which is a good reason to journal and/or chart your cycle
- menses means “monthly” in Latin



## **ASK THE STUDENTS IF THEY HAVE ANY QUESTIONS**

Let the students know you will be discussing female physiology in the next class.

End the class with the inspirational quote and the discussion thoughts:

*"Do you want to meet the love of your life? Look in the mirror."*

Byron Katie

### **Discussion Thoughts:**

- What do you love about yourself? (your creativity, your honesty)
- What makes you happy?



## LESSON THREE. FEMALE PHYSIOLOGY

### FEMALE PHYSIOLOGY

Ask the students if they have any questions from what they have learned so far.

Begin the class with the below inspirational quote:

*"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."*  
Madeleine Albright

Let the students know that there will be a discussion about this quote at the end of the class specifically how it relates to the information that will be covered.

### HANDOUTS FOR THIS CLASS:

*Cloze Notes 3* for this section and the *Class 3 Images*.

### WHAT IS PHYSIOLOGY?

We have introduced the anatomy of the female organs and now we will learn how they function together, and this is referred to the physiology.

In the discussion of female physiology, we will be referring to a 28 day menstrual cycle. Remind the students that menstrual cycles do vary (average from 28 to 35 days). Make sure the students have their *Female Anatomy Image Handout* from class 1 close by.



#### Teacher's Note:

If possible, use a white board or overhead projector to project the images so you can use a pointer to follow along with the students.

### FOLLICULAR, OVULATION, AND LUTEAL PHASES

The female reproductive system is guided by an intricate and quite amazing communicative feedback loop between the brain (specifically the pituitary gland) and the ovaries. There are 3 main phases that occur during a 28 day menstrual cycle: follicular, ovulation, and luteal phases.



#### Teacher's Note:

Hand out the *Cloze Notes 3* and *Class 3 Images*. This section may be complicated so it is best to keep referring to both the images.



## FOLLICULAR PHASE

The first half of your menstrual cycle: days 1 to day 13.

Inform the students that the follicular phase begins in the brain and is a very well-orchestrated cascade of events, informing many hormone. Hormones are chemicals that send messages through your body to bring about changes in your reproductive system/cycle.

In addition, let them know that while these events are taking place, we are menstruating during the first 5 to 7 days of these events, we menstruate.



### Teacher's Note:

Refer to *Image 1* and *2* from *Class 3 Images*. Important vocabulary words are: **hormone**, **follicle releasing hormone**, **luteinizing hormone**, **luteinizing hormone releasing factor (LHRF)**, and **estrogen**. Ask the students to put their pencils down so they can listen rather than fill in their Cloze Notes. Once this first phase is completed, have the students fill in the Cloze Notes. Some students may find it helpful to create a flow chart.

### The follicular phase involves the following steps:

1. The hypothalamus, a pearl-sized gland located in your brain will send **follicle releasing hormone** (FRH) to the pituitary gland, which is also located in the brain, to trigger it to release the **follicle stimulating hormone** (FSH).
2. The pituitary gland will release follicle stimulating hormone and a little bit of **luteinizing hormone** (LH). These 2 hormones will nudge the follicles (the follicles house the eggs) to start maturing, in 1 of the 2 ovaries.



### Teacher's Note:

Typically, only 1 ovary will grow eggs during each menstrual cycle.

3. As these eggs are growing, the hormone **estrogen** begins releasing from the ovaries, along with low levels of **progesterone** (also from the ovaries). These hormones will cause the uterine lining—the **endometrium**—to begin thickening.
4. As **estrogen** levels rise, the hypothalamus will release a surge of **luteinizing hormone releasing factor** (LHRF).
5. This causes the pituitary gland to release **luteinizing hormone** (LH).
6. The surge of **luteinizing hormone** (LH) will trigger the most mature follicle to burst, releasing an egg. The egg will travel down the fallopian tube, with the help of the tiny hairs called cilia.



### Teacher's Note:

Refer to *Image 3* and the *anatomy chart* in the *Class 3 Images*



## OVULATION

Now that the follicular stage is complete, ovulation begins. This usually occurs mid-cycle; day 14 of your menstrual cycle, when 1 of the ovaries releases an egg (refer to chart).

## LUTEAL PHASE

The second half of your menstrual cycle is called the luteal phase: day 15 to day 28. This is the time when the hormone **progesterone** is more dominate. **Estrogen** is still being released but not as much as it was during the follicular phase. The endometrium is continuing to thicken.

There are 2 possible outcomes during this phase, depending on whether or not the egg is fertilized by sperm.



### Teacher's Note:

You may briefly mention sperm comes from the male during intercourse. This class is not designed to teach about intercourse.

1. If the egg is fertilized, the hormone **progesterone** will continue to be released from the ovaries to support a pregnancy (there are high levels of **progesterone** during a pregnancy).
2. If the egg is not fertilized, it will break apart and **estrogen** and **progesterone** levels will begin dropping. Menses, shredding of the endometrium, will begin in the next 10 days or so.



### Teacher's Note:

Now that this has been discussed, it is a good time to review the material by having the students create their own flow chart, fill in the *Cloze 3 Notes*, and ask questions. Below is another way to discuss these phases.

## Follicular Phase (day 1 to 13)

1. Brain to the ovary
  - The brain will detect a rise in **estrogen** and send a message to 1 of the ovaries to start growing an egg.
  - The chosen ovary gets busy, with the help of **estrogen**, to grow about 10 to 30 eggs.
2. Ovary to the uterus
  - **Estrogen** and **progesterone** are being released from the ovaries (**estrogen** in greater amounts) thickening lining of the uterus, endometrium, for either pregnancy or menses.

## Ovulation (day 14)

3. Ovary to the brain
  - When the egg has grown and matured, the ovary will inform the brain.



#### 4. Brain to ovary

- The brain will then tell the ovary to, "release that egg!"
- The egg is carried down the fallopian tube to the uterus.

#### Luteal Phase (day 15 to 28)

Two things may occur:

1. If sperm is present, the egg may become fertilized.
2. If no sperm is present, then over the next 14 days or so, the blood that has thickened the endometrium in the uterus will begin to shed down toward the cervix and through the vagina, resulting in menstruation. And the follicular phase will begin.



#### Teacher's Note:

This is a good time to show a video on the *Teacher's Extra Resource Page* (link located on HBD site).

#### ASK THE STUDENTS IF THEY HAVE ANY QUESTIONS

Let the students know you will be discussing more about journaling and charting in the next class. End the class with the inspirational quote and the discussion thoughts:

*"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."*  
Madeleine Albright

#### Discussion Thoughts:

- What is your voice? What makes you passionate? Did your views change once you began menstruation? Or your passions become stronger?
- How do you speak your voice? (writing, drawing, painting, speaking, debate)



## LESSON FOUR. JOURNALING AND CHARTING

### JOURNALING AND CHARTING

Ask the students if there are any questions from the last class.

Begin the class with the below inspirational quote:

*"I can't think of any better representation of beauty than someone who is unafraid to be herself."*  
Emma Stone

Let the students know that there will be a discussion about this quote at the end of the class specifically how it relates to the information that will be covered.

### Handouts for this Class:

Hand out the student *Cloze Notes 4* for this section, *Class 4 Chart*, and *Lunar Cycle Image*.

### JOURNALING AND CHARTING

Remind the students about the different hormones you have talked about and how they control their menstrual cycles. During the next few classes, let them know we will be learning how stress and diet can play roles in how their hormones will function.

Ask the students why they think it is important to understand their cycles. You may lead this discussion with the below pointers:

- empowering to learn how their body works
- know when to expect their menstrual cycle (to be prepared)
- awareness of the possible emotional and physical symptoms and when they tend to happen in relation to your menstrual cycle (cramping, headaches, stomachaches, skin changes)
- how important this information can be for their doctor if need be  
(if medical issues arise: severe PMS)

Suggest to the students to purchase a journal, use the *Class 4 Chart* or perhaps use an app (like iPeriod), to become aware of their menstrual cycle. Becoming aware of things that happen at the same time every month allows them to recognize patterns giving them the opportunity to be proactive with some preventable action. And this preventable action is usually quite simple.

For example: do you notice 5 days before your period, Do you have a hard time sleeping or are moody or have a few pimples about 5 days before your period? If you notice this pattern over a few months, you can be prepared and avoid these them altogether.



## Teacher's Note:

Pass out *Class 4 Chart* as the students may use it as a template to create their own. Below are a few additional changes that will occur during your menstrual cycle that have not been addressed.

### A. Your Body Temperature Will Fluctuate

Body temperature will vary during your menstrual cycle and it might be another interesting fact to chart. Right when you wake up in the morning, use a digital thermometer and place under your tongue (this is called your basal body temperature). It takes only a minute to get your body temperature but be sure to do it first thing - before you get out of bed to get an accurate reading.

Normal body temperature is 98.7°, however, during your follicular phase when estrogen is more dominant, your temperature will be lower. During the luteal phase, when progesterone is more dominant, it may be higher.



## Hormone Trivia:

Estrogen likes to be cold and progesterone likes it hot.

### B. Cervical/Vaginal Fluids

During the month, even when you don't have your period, you may notice some vaginal discharge. The type of discharge and when you have it may provide additional clues about where you are in your cycle.

#### Follicular Phase

Period: Day 1 to 12 to 14

- Shedding of blood, mucus, and tissue.

Dry or sticky: Day 5 to 7 to 12 to 14

- After your period, you may feel a little dry sensation or a sticky discharge.

#### Ovulation

Wet or creamy: Day 14

- Before ovulation, you might sense some wetness.
- The clear mucus discharge may seem a little slippery.

#### Luteal Phase

Dry or sticky: Day 15 to 28

- After ovulation, you may feel a little dry with no discharge.





## C. Lunar Cycle and the Female Cycle

The lunar (moon) cycle between new moons, which happen only once a month, is approximately 29.5 days. In an intriguing and curious coincidence, many women's cycles fall into the same pattern (beginning their cycle on the full moon, for example). There are no data to support this, however, many women over the last few centuries have used the moon to chart their cycles.



### Teacher's Note:

Hand out the *Lunar Cycle Image*.



### Activity:

Have the students pay attention and chart or journal to when their periods begin and where the moon is in its cycle in comparison to theirs.

## ASK THE STUDENTS IF THEY HAVE ANY QUESTIONS

Let the students know you will be discussing menstrual cycle myths and truths and possible symptoms, like PMS.

End the class with the inspirational quote and the discussion thoughts:

*"I can't think of any better representation of beauty than someone who is unafraid to be herself."*

Emma Stone

### Discussion Thoughts:

- What is unique about you?
- What is your inner beauty? (kindness, giving)



## LESSON FIVE. MENSTRUAL CYCLE MYTHS & TRUTHS AND POSSIBLE SYMPTOMS (PMS)

### MENSTRUAL CYCLE MYTHS & TRUTHS AND POSSIBLE SYMPTOMS (PMS)

Ask the students if there are any questions from the last class.

Begin the class with the below inspirational quote:

*"Don't be afraid to speak up for yourself. Keep fighting for your dreams!"*

Gabby Douglas

Let the students know that there will be a discussion about this quote at the end of the class specifically how it relates to the information that will be covered.



#### Teacher's Note:

Hand out the student *Cloze Notes 5* for this section and *Magic Socks Handout*.

### MENSTRUAL CYCLE MYTHS & TRUTHS

There are hundreds of myths about menstruation. The best way to know what is a myth and what is true is to have the right knowledge.

Ask the students what myths they have heard and if they believe it's true and why. Below are a few more that can encourage the discussion.

#### MYTHS AND TRUTHS:

myth

People will be able to notice when I have my period.

**Truth** • Blood has no odor, so no one will know.

myth

It's not okay to shower when I have my period.

**Truth** • It's always a good idea to have a shower to keep clean, and some women say the warm water is soothing during their cycles.

myth

When I have my period I should avoid exercising.

**Truth** • Exercise, similar to a hot shower, will reduce symptoms of menstrual cramps by producing chemicals that block pain.

myth

I will lose a lot of blood when I have my period.

**Truth** • Most women lose between 2 to 4 tablespoons during their cycle, which is not that much.



I will always have PMS.

**Truth** • Mineral deficiencies and hormonal imbalance are the main reasons for PMS; therefore, eating well-balanced healthy meals is very important.



Your period stops when you get in the water.

**Truth** • Your period will not slow down or stop in water.



You can't get pregnant on your period.

**Truth** • There are other things that can release hormones to trigger ovulation and when intercourse occurs, one might become pregnant.



Menstrual blood is different from regular blood.

**Truth** • Menstrual blood is the same as the blood you see when you cut your finger.

## POSSIBLE MENSTRUAL CYCLE SYMPTOMS (PMS)

PMS stands for premenstrual syndrome. Some women have PMS symptoms and some do not: never assume that you will have PMS because many teen girls and women do not have any PMS symptoms.

Below are a few PMS symptoms that may be observed:

- stomach upset
- pimples
- head and backaches
- mood swings
- tender breasts

While teens and woman may experience some symptoms during certain cycles, they may not have any symptoms during other cycles. This variation in symptoms is another good reason to keep a journal or chart.

You may also find it helpful to chart other parts of your life as well, not just about your period.

For example, you may want to chart:

- sleep habits - staying up too late and getting up early
- what you have been eating - more processed versus whole foods
- exercise
- stress (have you had a lot of tests?)

These are very powerful ways to learn and understand more about how your body reacts to your lifestyle choices and challenges.



## EVERY DAY PMS HELPERS

In general, eating a diet of whole, unprocessed colorful foods (fruits and vegetables) will help as they are packed with nutrients that feed your organs and make your hormones. Daily exercise, even a 20 minute walk after dinner walk, will help eliminate any PMS symptoms. Below are a few suggestions of things you can do or add to your daily routine, to prevent possible symptoms, and/or as a way to soothe any symptoms.

**Seeds and Nuts:** Pumpkin, flax, sesame, sunflower, almonds, brazil nuts, and walnuts have a good amount of protein, fats, nutrients, and fiber; all essential in allowing the hormones and systems to be nourished to do their jobs. One way to incorporate them into your diet is by sprinkling them on cereal, salads, in smoothies, yogurt or make a trail mix.

**Raspberry tea:** A week before you begin your period, begin drinking raspberry tea. You can make it into a cold iced tea or drink it hot. It is very nourishing to the uterus and also hydrating.

**Magic socks:** Magic socks is a hydrotherapy treatment applying hot and cold to the body to optimize blood circulation. Sometimes before you get your period, you may get a little headache. Headaches usually mean that there is a lot of blood congestion in your head and doing Magic Socks can be very helpful in moving blood from your head to your lower body.



### Teacher's Note:

Hand out the *Magic Socks* Handout. Discuss the protocol.

**Hot bath:** A hot bath can be very relaxing and adding a few drops of your favorite essential oils (lavender or sweet orange) and epsom salts (packed with essential mineral, magnesium) allow you to relax even more.

**Aromatherapy/essential oils:** Clary sage, lavender, chamomile, and bergamot are known for enhancing mood. In addition, the citrus scents—orange, lemon, and grapefruit—are great for digestion. Below are a few ways to bring aromatherapy into your daily routine:

1. Add a few drops to a hot bath.
2. Invest in a diffuser and use as directed with your favorite essential oil.
3. In a glass bottle mix 25 to 30 drops of your chosen essential oil with 4 ozs of a carrier oil (jojoba, sweet almond or apricot kernel). Rub a few drops on your abdominal area or at your temples.

**Yoga:** Yoga is a great physical activity that stretches your muscles and helps bring on a relaxing state. A few recommended poses are: Cat pose, child pose, cobra pose, locust pose. To learn more click on the below link that will give good yoga descriptions and photos.

<http://www.artofliving.org/yoga/yoga-for-women/pms-pain-yoga>



## **ASK THE STUDENTS IF THEY HAVE ANY QUESTIONS**

Let the students know you will be discussing more about healthy lifestyle choices in the next class.  
End the class with the below inspirational quote:

*"Don't be afraid to speak up for yourself. Keep fighting for your dreams!"*

Gabby Douglas

## **Discussion Thoughts:**

- When was the last time you spoke out about your thoughts or feelings?
- What are some of your dreams and goals?



## LESSON SIX. HEALTHY LIFESTYLE

### HEALTHY LIFESTYLE

Ask the students if there are any questions from the last class.

Begin the class with the below inspirational quote:

*"You are more powerful than you know; you are beautiful just as you are."*

Melissa Etheridge

Let the students know that there will be a discussion about this quote at the end of the class specifically how it relates to the information that will be covered.



### Teachers Note:

Hand out the student *Cloze Notes 6*

This class will dive a little deeper into diet and nutrition. In addition, encourage an open discussion about what the students have learned so far. Allow students to talk about their own diets and lifestyle habits, sharing what works best for them. (For example: falling asleep to music, using essential oils to help with sleep, having a morning smoothie with fruits and maybe green vegetables because its fast, simple, and nutritious or waking up a little early to walk or run with their dog.)

### DIET

As the students have learned from an earlier class, it is a smart idea to journal/chart menstrual symptoms and taking it a step further by recording foods that they have been eating. There are foods that exist that have been known to aggravate PMS symptoms. Below are a few of them:

**Sugar:** Sugar is very addicting and it seems the more you eat on a regular basis, the more you want. It is very hard to wean off of sugar but the health benefits are overwhelmingly positive. Below shows the different effects sugar has in the body:

- depresses the immune system (meaning your body may not be strong enough to fight off colds and flus)
- disrupts blood sugar balance (creating mood swings)
- robs the body of nutrients

Your body needs nutrients for your hormones to do their jobs properly. When your body is not getting its nutrients, PMS symptoms may occur.



**Salt:** Many women tend to crave salt during menses and tend to eat more before and during their period. Salt is important, but too much can make your body hold on to water which, in turn, can make you feel puffy. If you are craving salt, ask your parents to buy a good sea salt (I like the pink) as it has many nutrients (in particular, minerals) that may help curb your cravings and give you a nutrient boost.

**Carbohydrates:** There are 2 types of carbohydrates: simple and complex. Simple carbohydrates are mostly white foods and are generally void of any nutrients. Complex carbohydrates are vegetables and whole grains that are packed with nutrients and fiber that really help with digestion in the body.

## EXERCISE

It is always best to listen to your body, and during your period is a good time to be a little extra aware of your needs. On day 1 of your period, for example, you may feel a little bloated and want to stay in bed reading your favorite book or writing in your journal. Or perhaps you feel energized and want to go on a good hike or bike ride. Whatever makes you feel good, do it!

On a side note, many women report that moving around during their periods makes them feel much better. You don't have to run a marathon or climb a mountain, but a stroll around the block or a game of basketball in PE class will lift your spirits and give you a little extra energy.

## SLEEP

Sleeping lets your body relax, rejuvenate, and be ready for the next day. When you are not getting enough sleep, you may find yourself more irritable, less creative and productive, and struggle more with your school work. Do your best to turn off the lights at the same time every night and get a good night's sleep.

## STRESS

The key to managing everyday stress is how you deal or react to it. When do you get stressed? Do you take some time out for yourself when you feel stressed, like taking a hot shower or a run around the block? It is very important to find something that helps you deal with a stressful situation and also to find ways to prevent stressful situations.

## ASK THE STUDENTS IF THEY HAVE ANY QUESTIONS

End the class with the inspirational quote and the discussion thoughts:

*"You are more powerful than you know; you are beautiful just as you are."*

Melissa Etheridge

## Discussion Thoughts:

- How are power and being beautiful related?
- What have you done recently that was powerful and made you feel beautiful?