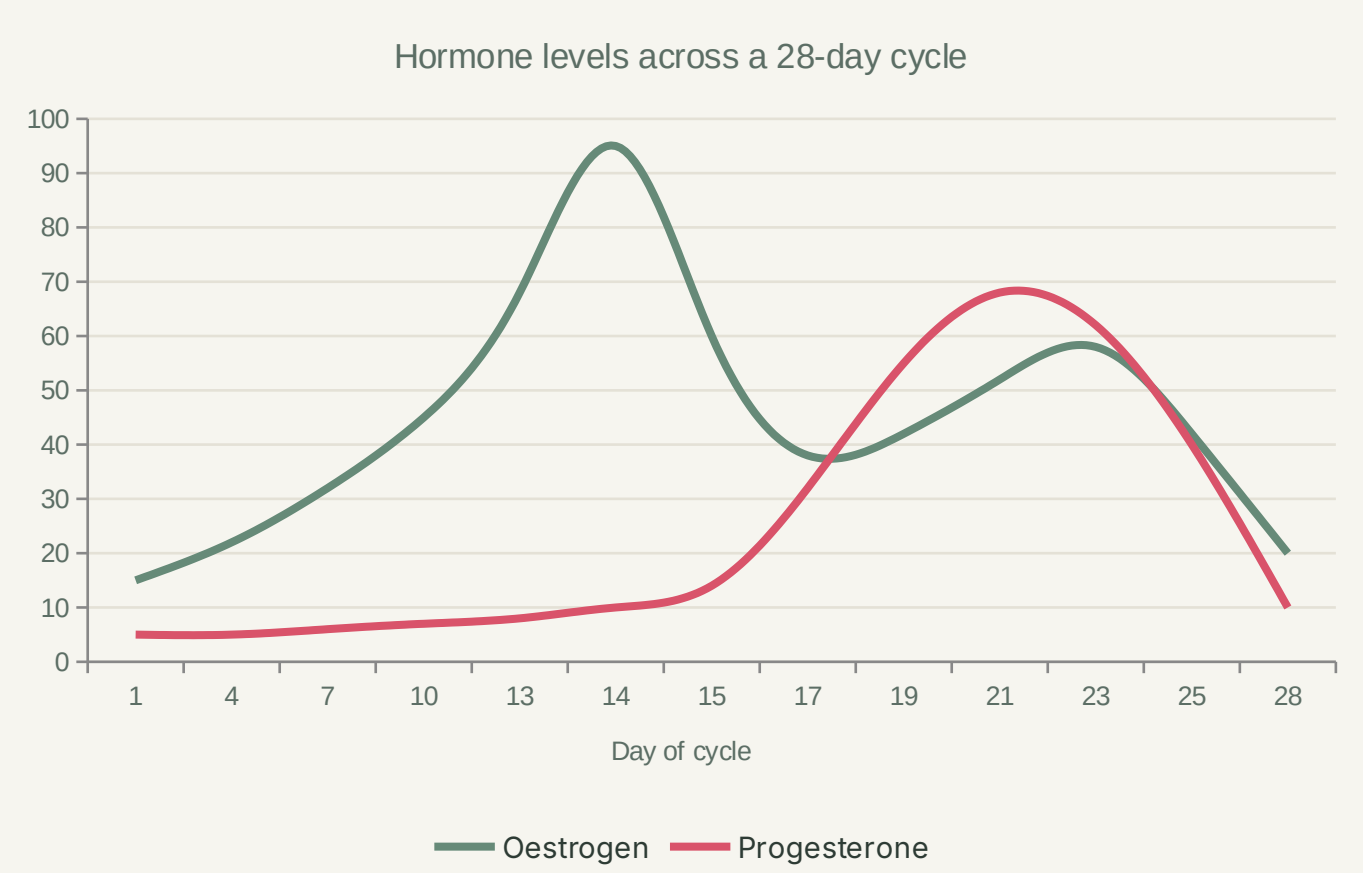
THE MENSTRUAL CYCLE

Simple cycle phases



Oestrogen

Supports focus, motivation and dopamine activity.

Progesterone

Has a calming effect – but for some, can feel sedating or flattening.