

SESSION 7: WHAT YOUR CHART IS TRYING TO TELL YOU

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- Charting your cycles allows women to take an active role in their health.
- The baseline and foundation of restorative reproductive healthcare is accurately knowing what is going on with their cycles.
- Even if not experiencing known abnormalities, once you chart, you may be able to catch problems before they become big issues.
- One of the most common things noticed when charting cycles is abnormal bleeding that women don't even realize is abnormal.
- Abnormal bleeding can be a sign of low progesterone or other causes for which most OB/GYNs will prescribe birth control.
- Dr. Jemelka instead will take the well-charted cycle and know exactly how to evaluate and treat a particular woman's health and hormones in a very targeted way.
- Important to help the cycle look better and the woman feel better.
- Lifestyle health is also very important in affecting your hormones.
- Americans tend to eat way too much processed foods and refined sugars that can greatly affect hormones.
- Food diaries are useful to be more aware and accountable for what we're putting in our bodies.
- DRINK MORE WATER! Not drinking enough water can cause dry cycles or limited mucus cycles.

My thoughts from this session:
