

The MENSTRUAL DEBT FORMULA™ Heavy No More DECHARLIZ

# The MENSTRUAL DEBT Formula™

YOU DESERVE  
MORE THAN  
JUST SURVIVAL.  
IT'S TIME TO  
THRIVE.

## Heavy No More

Break the Menstrual Debt Formula™  
and Take Back Your Energy, Confidence, and Life.

*Take control, live fully.*



### THE 30-DAY BLUEPRINT

for Taking Control of  
Heavy Periods—Even If  
You've Been Told It's "Normal"



Reduce heavy  
bleeding  
naturally



Boost your  
energy  
and mood



Balance your  
hormones  
naturally



Feel confident,  
in control &  
unstoppable

INFORMED | EMPOWERED | IN CONTROL  
*Because your period shouldn't control your life.*

## DECHARLIZ



## **Why I Wrote This Guide**

- Why so many women believe heavy periods are "just normal."
- The hidden cost of living from one exhausting period to the next.
- What makes the Menstrual Debt Formula™ different.
- How to get the most from this guide.

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If you've ever planned your life around your period, this guide is for you.

Maybe you've cancelled plans because of heavy bleeding. Maybe you've worried about leaking through your clothes or felt completely drained every month. Or perhaps you've been told, *"It's just part of being a woman,"* so you've learned to accept it without asking questions.

But here's the truth:

### **Your period shouldn't control your life.**

Heavy menstrual bleeding is more than an inconvenience. It can affect your energy, your confidence, your work, your relationships, and the simple joy of living without constantly worrying about your next period.

This guide was created to help you understand what's happening, recognize warning signs that shouldn't be ignored, and take practical steps toward feeling more informed and in control. It won't replace medical advice, but it will help you ask better questions, notice important patterns, and become an active partner in your own healthcare.

Throughout these pages, you'll learn **The Menstrual Debt Formula™**—a simple framework that explains the hidden ways heavy periods can affect your body and your daily life. Once you understand it, you'll begin to see your symptoms from a completely different perspective.

This isn't about miracle cures or quick fixes. It's about replacing confusion with knowledge and fear with confidence.

So let's begin.

It's time to stop letting your period make the decisions.

**Take control. Live fully.**

## Chapter 1: I Thought It Was Normal... Until My Period Started Controlling My Life

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For years, I believed what many women believe.

*"Some women just bleed more than others."*

I accepted it without question. Every month brought exhaustion, sleepless nights, embarrassing leaks, and the constant worry of staining my clothes.

I thought that was simply my normal.

Maybe you've felt the same.

Perhaps you've cancelled plans, avoided travelling, or missed important events because your period was coming.

If that sounds familiar, know this:

You're not imagining it, and you don't have to keep suffering in silence.

### When Your Period Starts Running Your Life

Think about the last few months.

Have you checked your calendar before accepting an invitation? Packed extra clothes "just in case"? Sat through a meeting worrying about leaks instead of paying attention?

Heavy periods don't just affect your body. They slowly begin to control your decisions until you're planning your life around your cycle.

"Maybe This Is Just My Normal"

Many women grow up believing heavy periods are something they simply have to live with.

*"I've always been like this."*

*"My mum was the same."*

*"It's just part of being a woman."*

After hearing these words for years, you stop asking questions.

You learn to cope.

But coping isn't the same as living.

The Hidden Cost

Heavy periods affect far more than bleeding.

They drain your energy.

Steal your confidence.

Disrupt your sleep.

Make work, travel, exercise, and social events more stressful.

Many women stop wearing certain clothes, avoid outings, or constantly search for the nearest bathroom.

Over time, your period becomes more than a monthly event.

It becomes a lifestyle.

## The Emotional Burden

One woman said something I'll never forget:

*"I'm not scared of my period. I'm scared of where it might embarrass me."*

That fear is exhausting.

Even on good days, you wonder,

*"Did I leak?"*

You carry extra supplies everywhere and stay alert every moment.

No one should have to live like that.

## When Enough Is Enough

Many women try home remedies, supplements, or simply hope next month will be better.

Sometimes they help.

Often they don't.

The next month comes...

...and everything starts again.

## Don't Ignore These Signs

Speak with a healthcare professional if you regularly:



- Soak through menstrual protection much faster than expected.
- Wake during the night because of heavy bleeding.
- Pass large blood clots often.
- Feel unusually weak, dizzy, or exhausted.
- Miss work, school, or important activities because of your period.

These symptoms deserve attention—not silent acceptance.

## Where Everything Changes

Heavy bleeding is only part of the story.

The real cost is the energy you've lost, the confidence you've sacrificed, and the life you've quietly adjusted around your period.

That's what I call Menstrual Debt™.

Understanding this changed the way I looked at my health, and it can change the way you look at yours too.

Remember this:

Your period should never make you feel like you're merely surviving each month.

## Chapter 2: The Monthly Debt You Never Knew You Were Paying

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If Chapter 1 felt familiar, you may be wondering:

**"If the bleeding is only part of the problem, then what's really happening?"**

I asked myself that same question.

For years, I focused only on what I could see—the bleeding, the cramps, the sleepless nights, and the constant trips to the bathroom.

I never stopped to think about what those difficult days were quietly taking away from me.

That's when I came up with **The Menstrual Debt Formula™**.

### **Imagine Borrowing Every Month**

Imagine borrowing a small amount of money every month.

You tell yourself,

*"I'll pay it back next month."*

But before you can, you have to borrow again.

Month after month, the debt grows until it begins to affect your peace of mind, your plans, and your future.

Heavy periods can feel much the same.

When your body loses more than it can comfortably recover from each month, it may leave you feeling as though you're constantly trying to catch up.

That's what **Menstrual Debt™** represents.

It isn't a medical diagnosis. It's a simple way to understand the hidden impact heavy periods can have on your daily life.

## **The Debt You Can't See**

Most people notice the bleeding.

Your body notices much more.

The sleep you've lost.

The energy you no longer have.

The plans you've cancelled.

The confidence that's slowly faded.

The stress you've carried every month.

Those losses don't happen all at once.

They build quietly over time.

## **The Four Parts of Menstrual Debt™**

## **1. Physical Debt**

This is the toll on your body.

Constant tiredness.

Weakness.

Headaches.

Low energy.

For some women, heavy bleeding can also contribute to iron deficiency or anemia, making fatigue even worse.

## **2. Emotional Debt**

Heavy periods don't just affect your body.

They affect how you feel.

You worry before your period even begins.

You lose confidence.

You stop trusting your own body.

## **3. Lifestyle Debt**

This is the life you've slowly put on hold.

The trip you skipped.

The workout you missed.

The family event you left early.

The clothes you no longer wear.

One missed moment may seem small, but over time they add up.

#### **4. Opportunity Debt**

Sometimes the biggest loss isn't physical.

It's the opportunity that slipped away because you were exhausted, distracted, or simply trying to get through the day.

### **Why Most Women Miss It**

Menstrual Debt™ doesn't appear overnight.

It builds one cycle at a time.

You become used to feeling tired.

You accept the inconvenience.

Eventually, what should concern you begins to feel normal.

That's why understanding the bigger picture matters.

### **Stop Chasing Quick Fixes**

When we're frustrated, it's natural to look for easy answers.

A herbal drink.

A supplement.

A remedy someone recommends.

Some may provide temporary relief.

Others may not.

But if you never understand what's causing your symptoms—or when it's time to seek medical advice—you may spend years treating the symptoms instead of addressing the problem.

## **Your First Assignment**

Before moving on, take a few minutes to answer these questions:

- How many days does your period usually last?
- How often do you change your menstrual protection on your heaviest days?
- Do you often feel unusually tired during or after your period?
- Have you cancelled plans because of your bleeding?
- What worries you most about your period?

Don't overthink your answers.

Just be honest.

They'll help you recognise patterns as you continue through this guide.

Heavy periods don't only affect the days you're bleeding. They can influence your energy, your confidence, and the way you live throughout the month.

Recognising that hidden cost is the first step towards taking back control.

In the next chapter, you'll discover **The Overflow Loop™**—the hidden cycle that keeps many women feeling stuck without ever realising why.

## Chapter 3: The Overflow Loop™: Why Every Month Feels Harder Than the Last

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At this point, you've learned that heavy periods don't end when the bleeding stops. They can leave lasting effects that build over time, creating what we call Menstrual Debt™. the physical, emotional, lifestyle, and opportunity costs that build up over time.

But why does every month seem harder than the last?

Why do some women say,

*"I wasn't always this tired."*

Or,

*"I never seem to recover before my next period starts."*

The answer may lie in what I call **The Overflow Loop™**.

### **A Bucket That Never Empties**

Imagine trying to empty a bucket while someone keeps pouring water into it.

No matter how hard you try, it never empties.

For many women, that's what heavy periods can feel like.

Your body works to recover after each cycle, but before it has fully regained its strength, another heavy period begins.



This repeating cycle is **The Overflow Loop™**.

It's not a medical diagnosis. It's a simple way to explain why repeated heavy periods can leave you feeling as though you're always trying to catch up.

## **The Four Stages of The Overflow Loop™**

### **Stage 1: Heavy Flow**

The bleeding is heavier than usual.

You change menstrual protection more often, wake during the night, and constantly worry about leaks.

### **Stage 2: Energy Drop**

As your period continues, your energy begins to fall.

Simple tasks feel harder.

You wake up tired.

For some women, heavy blood loss may contribute to iron deficiency or anemia, making fatigue even worse.

### **Stage 3: The Recovery Gap**

Your period ends, but life doesn't pause.

Work.

Family.

School.

Business.

Daily responsibilities continue.

You plan to rest, but before you've fully recovered, another cycle is already approaching.

#### **Stage 4: Repeat**

Another heavy period.

Another week of exhaustion.

Another recovery that feels incomplete.

The cycle begins again.

Over time, many women stop noticing the pattern because it has become their normal.

### **Could You Be Stuck in The Overflow Loop™?**

Ask yourself:

- Do you feel drained every month?
- Do you struggle to recover before your next cycle?
- Do you avoid making plans because of your period?
- Do you feel anxious whenever your period is due?
- Do you keep saying, *"I'll feel better next week,"* but never quite do?

If several of these sound familiar, it's worth discussing your symptoms with a healthcare professional.

## **Recovery Matters Too**

Many women focus only on surviving the days they bleed.

But recovery is just as important.

Think of it like running a marathon every month.

You wouldn't expect your body to perform well without enough time to recover.

Heavy periods place extra demands on your body, making rest, good nutrition, and appropriate medical care even more important.

## **Breaking the Loop**

The good news is that every loop can be interrupted.

Not with miracle cures.

Not with overnight promises.

But with understanding.

When you recognise your patterns, track your symptoms, and seek medical advice when needed, you move from reacting to taking control.

## **A Simple Exercise**

Think back to your last three periods and write down:

- Which days were the heaviest?
- How often did you change your menstrual protection?
- How tired did you feel on a scale of 1 to 10?
- Did you miss work, school, or social activities?
- How long did it take before you felt like yourself again?

Don't aim for perfect answers.

You're simply learning more about your own body.

## **Knowledge Changes Everything**

For years, I relied on memory.

I thought I understood my cycle.

But once I started writing things down, I noticed patterns I'd completely missed.

That information helped me make better decisions—and it can do the same for you.

If you remember one thing from this chapter, let it be this:

**The more you understand your cycle, the more control you'll have over it.**

In the next chapter, you'll use everything you've learned so far to calculate your **Menstrual Debt Score™** and see where you stand today.

## Chapter 4: Discover Your Menstrual Debt Score™

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You now understand that the real challenge isn't just heavy bleeding—it's the Menstrual Debt™ that builds over time when The Overflow Loop™ continues unchecked.

Now it's time to stop guessing.

This chapter will help you calculate your **Menstrual Debt Score™**.

It's not a medical test or a diagnosis. It's simply a way to understand how much your period may be affecting your daily life and whether it's time to seek medical advice.

### Why Your Symptoms Matter

When someone asks,

*"How heavy is your period?"*

Most women answer,

*"It's normal."*

*"It's just heavy."*

But "heavy" means different things to different people.

That's why tracking your symptoms is so important. It turns vague feelings into useful information.

## **Your Menstrual Debt Score™**

Read each statement and add the points that apply to you.

### **Your Flow**

- ☐ I soak through menstrual protection much faster than expected. **(3 points)**
- ☐ I wake during the night to change protection because of heavy bleeding. **(3 points)**
- ☐ I frequently pass large blood clots. **(2 points)**
- ☐ My period lasts longer than usual or disrupts my routine. **(2 points)**

### **Your Energy**

- ☐ I feel extremely tired during my period. **(2 points)**
- ☐ I still feel exhausted several days after it ends. **(2 points)**
- ☐ I become dizzy, light-headed, or unusually weak. **(3 points)**

### **Your Daily Life**

- ☐ I've cancelled plans because of my period. **(2 points)**
- ☐ I've missed work, school, or important events. **(3 points)**
- ☐ I avoid travelling when my period is due. **(2 points)**
- ☐ I carry extra clothes because I'm afraid of leaking. **(2 points)**

## **Your Emotions**

- ☐ I worry about leaking whenever I go out. **(2 points)**
- ☐ I feel anxious when my period is approaching. **(2 points)**
- ☐ My confidence drops during my period. **(2 points)**

## **Calculate Your Score**

### **0–7 Points**

Your Menstrual Debt™ appears to be low.

Keep paying attention to your cycle and note any changes over time.

### **8–15 Points**

Your Menstrual Debt™ is beginning to build.

Start tracking your symptoms consistently and speak with a healthcare professional if they continue.

### **16–25 Points**

Your Menstrual Debt™ is becoming significant.

Your period may be affecting your work, relationships, or daily life. A medical evaluation is worth considering.

### **More Than 25 Points**

Your Menstrual Debt™ appears to be having a major impact on your quality of life.

If your symptoms are severe, worsening, or accompanied by dizziness, fainting, or signs of significant blood loss, seek prompt medical attention.

## **Remember...**

Your score is a guide—not a diagnosis.

Two women with the same score may have completely different underlying causes. That's why understanding your symptoms is only the first step.

## **Track Your Cycle**

At the end of each period, answer these questions:

**How many days did I bleed?**

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**Which day was the heaviest?**

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**How often did I change menstrual protection on that day?**

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**Did I pass large clots?**

☐ Yes ☐ No

**How tired did I feel (1–10)?**

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**Did I cancel any plans?**

☐ Yes ☐ No

If yes, what happened?

**Did I experience dizziness or unusual weakness?**

☐ Yes ☐ No

**How many days did it take to feel like myself again?**

## **Be Ready for Your Appointment**

Instead of saying,

*"My periods are really heavy,"*

try saying,

*"For the past four months, my period has lasted about eight days. On the heaviest days, I change menstrual protection very frequently and often feel dizzy and exhausted afterward."*

Specific information gives your healthcare provider a clearer picture of what's happening.

You may also want to ask:

- What could be causing my heavy bleeding?
- Do I need blood tests to check for anemia or iron deficiency?
- Would an ultrasound or other tests help?
- What treatment options are available?

- What warning signs should I watch for?

## **Your First Win**

You may not feel different today.

But something has changed.

You're no longer guessing.

You're paying attention.

And that's the first step toward taking back control.

If you remember one thing from this chapter, let it be this:

**The more you understand your cycle, the better prepared you'll be to make informed decisions about your health.**

In the next chapter, you'll learn how to stop adding to your **Menstrual Debt™** and begin supporting your body's recovery.

## **Chapter 5: Stop Borrowing From Your Body**

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Understanding the problem is only half the journey.

Now it's time to focus on what you can do.

While treatment depends on the cause of your heavy periods, there are simple, practical ways to support your body, manage your symptoms, and prepare for informed conversations with your healthcare provider.

Let's start building your recovery plan.

### **Your Body Needs Support, Not Pressure**

For a long time, I did what many women do.

I pushed through.

I went to work, ran errands, took care of everyone else, and ignored how exhausted I felt.

Eventually, I realised my body wasn't being lazy—it was asking for help.

When you're dealing with heavy periods, supporting your body isn't a luxury. It's part of taking care of your health.

### **The Four Pillars of Recovery**

I think of recovery like a house. When one pillar is weak, the whole structure suffers.

The same applies to your health.

### **Pillar 1: Nourish Your Body**

Food won't cure heavy periods, but it can help your body recover.

Include iron-rich foods such as:

- Lean meat
- Fish
- Eggs
- Beans
- Lentils
- Spinach and other leafy greens
- Pumpkin seeds
- Fortified cereals

Pair them with vitamin C-rich foods like oranges, tomatoes, strawberries, or bell peppers to improve iron absorption.

If you think you may be iron deficient, speak with a healthcare professional before taking supplements.

### **Pillar 2: Protect Your Energy**

You don't have to maintain the same pace every day of the month.

On heavier days, slow down where you can.

Ask yourself:

- Can this wait?

- Can someone help me?
- Does this really have to be done today?

Protecting your energy is part of protecting your health.

### **Pillar 3: Stay Hydrated**

Heavy bleeding may leave some women feeling light-headed or dehydrated.

Drink water regularly throughout the day, especially in hot weather or after physical activity.

Small, consistent habits are often enough.

### **Pillar 4: Prioritise Rest**

Recovery begins with rest.

Aim for regular sleep, reduce screen time before bed, and give your body enough time to recover.

Better sleep won't solve heavy periods, but it can help you cope with them more effectively.

## **Make Heavy Days Easier**

A little planning can reduce a lot of stress.

- Carry extra menstrual products.
- Pack spare underwear if you're worried about leaks.
- Wear clothes that make you feel comfortable.

- Know where nearby restrooms are when you're out.
- Set reminders if you need to change menstrual protection more often.

Planning isn't expecting the worst.

It's giving yourself peace of mind.

## **Listen to Your Body**

Pay attention to what your body is telling you.

If you feel unusually weak, rest.

If you become dizzy, sit down safely and seek medical advice if symptoms persist or become severe.

If something feels different from your usual pattern, make a note of it.

Small changes are often the first clues that something needs attention.

## **Build a Simple Recovery Routine**

After each period, try this:

### **Day 1**

- Drink plenty of water.
- Eat balanced meals.
- Get a full night's sleep.

### **Day 2**

- Take a gentle walk if you feel able.

- Continue eating nourishing foods.
- Check in with your energy levels.

### **Day 3**

- Review your symptom tracker.
- Write down anything unusual.

### **Day 4 and Beyond**

Return to your normal routine gradually while continuing the healthy habits you've started.

## **Know When to Seek Medical Care**

Supporting your body is important, but it doesn't replace professional care.

Seek prompt medical attention if you:

- Feel faint or lose consciousness.
- Experience severe dizziness.
- Soak through menstrual protection extremely quickly for several hours.
- Develop severe pelvic pain that's different from your usual cramps.
- Notice bleeding that is suddenly much heavier than your normal pattern.
- Think you may be pregnant and experience heavy bleeding.

## **Don't Be Afraid to Ask for Help**

Many women spend so much time caring for others that they forget to care for themselves.

Accept help when you need it.

Reschedule plans if you're unwell.

Make the doctor's appointment you've been putting off.

Looking after yourself isn't selfish—it's responsible.

## **Start Small**

You don't have to change everything today.

Drink more water.

Eat one iron-rich meal.

Go to bed a little earlier.

Track your symptoms.

Book that medical appointment.

Small, consistent actions often lead to the biggest improvements over time.

If you remember one thing from this chapter, let it be this:

**Your body isn't working against you. It's asking for the care and attention it deserves.**



In the next chapter, we'll explore the common causes of heavy periods and why understanding the reason behind your symptoms is just as important as managing them.

## Chapter 6: When Your Period Is Trying to Tell You Something

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So far, we've focused on the impact of heavy periods. Now let's shift our attention to what may be causing them in the first place.

But here's something important to remember:

**Heavy menstrual bleeding isn't a disease—it's a symptom.**

Think of it like the warning light on a car dashboard. The light isn't the problem. It's telling you something needs attention.

Your period can do the same.

The question isn't just, *"How do I stop the bleeding?"*

It's, *"Why is this happening?"*

Finding that answer is one of the most important steps you can take.

### **Heavy Periods Can Have Different Causes**

Not every woman experiences heavy periods for the same reason.

Possible causes include:

- Hormonal changes
- Fibroids
- Polyps
- Adenomyosis
- Bleeding disorders

- Thyroid conditions
- Certain medications
- Other underlying health problems

Sometimes more than one factor is involved.

That's why getting properly evaluated is so important.

## **Understanding Fibroids**

Fibroids are one possible cause of heavy menstrual bleeding.

They are non-cancerous growths that develop in or around the uterus.

Some women never notice them, while others experience:

- Heavy or prolonged periods
- Pelvic pressure
- Frequent urination
- Pain during sex
- Lower back pain

Treatment depends on your symptoms, age, future pregnancy plans, and the size and location of the fibroids.

## **Hormones Matter Too**

Your menstrual cycle is controlled by hormones.

When those hormones become unbalanced, your bleeding pattern may change.

You might notice:

- Longer or heavier periods
- Shorter menstrual cycles
- Missed periods followed by heavy bleeding
- Bleeding between periods

Hormonal changes can happen for many reasons, which is why a proper medical assessment is important.

## **Don't Overlook Iron Deficiency**

Heavy bleeding may reduce your body's iron stores over time.

Low iron or anemia can cause:

- Extreme tiredness
- Weakness
- Dizziness
- Shortness of breath
- Pale skin
- Difficulty concentrating
- Frequent headaches

If these symptoms sound familiar, speak with your healthcare provider. A simple blood test may help identify the problem.

## **When Should You See a Doctor?**

Arrange a medical appointment if:

- Your periods become heavier than usual.
- Bleeding regularly affects work, school, or daily life.
- You often feel exhausted or dizzy.
- Your periods become more painful.
- You bleed between periods.
- Your cycle changes suddenly.
- You're concerned that something isn't right.

You know your body better than anyone else. If something feels different, don't ignore it.

## **When to Seek Urgent Care**

Get immediate medical attention if you:

- Soak through menstrual protection extremely quickly for several hours.
- Faint or feel close to fainting.
- Experience severe pelvic pain unlike your usual cramps.
- Have chest pain or severe shortness of breath.
- Think you may be pregnant and develop heavy bleeding.
- Feel too weak to stand or walk safely.

## **Make the Most of Your Appointment**

Appointments are often short, so go prepared.

Bring:

- Your symptom tracker

- Your Menstrual Debt Score™
- A list of questions or concerns

The more information you provide, the easier it is for your healthcare provider to understand what's happening.

## **Questions Worth Asking**

Consider asking:

- What could be causing my heavy bleeding?
- Do I need blood tests?
- Should I have an ultrasound or other imaging?
- What treatment options are available?
- What are the benefits and risks of each option?
- When should I return for a follow-up?

Remember, asking questions helps you make informed decisions about your health.

## **Treatment Looks Different for Everyone**

There isn't one solution that works for every woman.

Some women improve with medication.

Others may need a procedure.

Some only require monitoring and regular follow-up.

That's why it's important to be cautious of anyone promising a single product or "miracle cure" for every case of heavy bleeding.

## **Be Your Own Advocate**

If your symptoms continue affecting your life, keep speaking up.

If you don't understand something, ask again.

If your symptoms worsen, return for another evaluation.

If necessary, seek a second opinion.

You deserve to be heard and taken seriously.

## **Knowledge Leads to Action**

For many women, the biggest relief comes from finally understanding what's causing their symptoms.

Once you have answers, you and your healthcare provider can create a plan that's right for you.

No more guessing.

Just informed decisions.

If you remember one thing from this chapter, let it be this:

**Heavy periods are a symptom—not something you should simply accept. Understanding the cause is the first step toward getting the care you deserve.**

In the final chapter, we'll bring everything together into a simple action plan you can use to move forward with confidence



## Chapter 7: The 30-Day Menstrual Debt Reset Plan™

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We've reached the final chapter.

Take a moment and think about how far you've come.

You started this guide wondering why your periods seemed to control your life.

You now understand **Menstrual Debt™**, **The Overflow Loop™**, and how to recognize when your period may be affecting your health.

Now it's time to put everything into practice.

This isn't a strict program or a quick fix. It's a simple 30-day plan to help you understand your body, build healthier habits, and take informed action alongside your healthcare provider.

### Week 1: Know Your Body

This week is all about awareness.

Instead of guessing, start paying attention.

#### Your Goals

- ✓ Start your symptom tracker.
- ✓ Record the first day of your period.
- ✓ Note how heavy your flow is each day.

✓ Rate your energy levels.

✓ Drink enough water.

✓ Aim for consistent sleep.

### **Daily Check-In**

Ask yourself:

- How was my energy today?
- How heavy was my flow?
- Did I feel dizzy or unusually tired?
- Did I eat balanced meals?
- Did I drink enough water?
- Did I get enough rest?

These few minutes each day can reveal patterns you may have never noticed.

## **Week 2: Support Your Recovery**

Now that you're paying attention, start helping your body recover.

Focus on:

- Eating balanced meals.
- Including iron-rich foods.
- Adding fruits and vegetables.
- Drinking enough water.
- Getting adequate sleep.

- Gentle movement if you feel well enough.

### **Recovery Checklist**

- ☐ Drank enough water.
- ☐ Ate an iron-rich meal.
- ☐ Included vitamin C-rich foods.
- ☐ Slept at least seven hours.
- ☐ Took time to rest.
- ☐ Avoided pushing beyond my limits.

Miss a day?

Simply start again tomorrow.

## **Week 3: Be Your Own Advocate**

Review your symptom tracker and look for patterns.

Ask yourself:

- Has my bleeding changed?
- Am I becoming more tired each month?
- How long does recovery take?
- Have I accepted symptoms that deserve attention?

If you're planning a medical appointment, take:

- Your symptom tracker.

- Your Menstrual Debt Score™.
- A list of medications or supplements.
- Any questions you want answered.

Good preparation leads to better conversations.

## **Week 4: Keep Going**

This isn't the finish line.

It's the beginning of a healthier routine.

Continue to:

- Track your cycle.
- Support your recovery.
- Follow your treatment plan if prescribed.
- Attend follow-up appointments.
- Celebrate every improvement, no matter how small.

Small changes become lasting habits.

## **Five Promises to Yourself**

Before you finish this guide, make these promises:

1. I will listen to my body instead of ignoring it.
2. I will stop comparing my period with someone else's.
3. I will ask questions and seek answers when something doesn't feel right.

4. I will make rest, nutrition, hydration, and medical care priorities—not afterthoughts.

5. I will no longer accept unnecessary suffering as normal.

## **What Success Really Means**

Success isn't having a "perfect" period.

Success means:

- Understanding your body.
- Feeling prepared instead of anxious.
- Knowing when to seek help.
- Making informed decisions about your health.

Even if your journey takes time, you're already moving forward.

## **Remember the Menstrual Debt Formula™**

Before you close this guide, remember these four steps:

### **Recognize the Debt**

Notice how your period affects your body, emotions, and daily life.

### **Break the Overflow Loop™**

Understand the pattern instead of simply enduring it.

### **Support Your Recovery**

Nourish your body with rest, hydration, good nutrition, and appropriate medical care.

## **Keep Learning**

Track your cycle, ask questions, and stay informed.

## **One Final Thought**

If someone had given me this guide years ago, I would have felt relieved.

Not because every problem would disappear overnight, but because I would finally understand what my body was trying to tell me.

That's my hope for you.

Remember this:

**Your period is part of your life—not something that should control it.**

You deserve energy instead of exhaustion.

Confidence instead of fear.

Answers instead of uncertainty.

Most of all, you deserve to be heard, supported, and cared for.

Thank you for allowing me to be part of your journey.

**Take control. Live fully.**

## DISCLAIMER

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The information provided is designed to help you better understand heavy menstrual bleeding and support informed conversations with your healthcare provider. Every woman's body is different, and the causes and treatments of heavy periods can vary.

If you have persistent or severe symptoms, experience sudden changes in your menstrual cycle, or have concerns about your health, please consult a qualified healthcare professional promptly. Seek immediate medical attention if you experience severe bleeding, fainting, chest pain, difficulty breathing, or any other medical emergency.

Never delay or ignore professional medical advice because of something you have read in this guide.

**Your health matters. If you're concerned about your symptoms, seek appropriate medical care.**