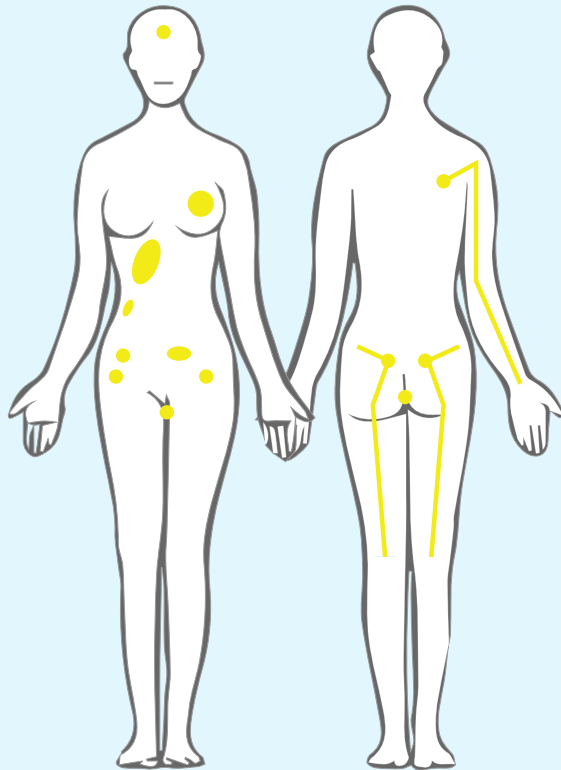


Where and what are your symptoms during your cycle?



**Overall**

- : PMS
- : Breast Pain
- : Migraines
- : Brain Fog
- : Mood Swings
- : Anxiety
- : Fatigue
- : Insomnia
- : Night Sweats
- : Feeling Cold

**Reproductive**

- : Cycle Pain
- : Ovulation Pain
- : Irregular Cycles
- : Irregular Bleeding
- : Blood Clots
- : Painful Sex
- : Infertility

**Digestive**

- : Pain with Bowel
- : Diarrhea / Constipation
- : Nausea / Vomiting

**Urinary**

- : Frequent Urgency
- : Urinary Pain

**Thoracic**

- : Chest Pain
- : Shortness of Breath
- : Rapid Heartbeat
- : Shoulder Pain
- : Up Abdominal Pain
- : Pain Lying Down
- : Dizziness
- : Pneumothorax (collapse lung)
- : Pleural Effusion
- : Coughing Up Blood

**Sciatic**

- : Low Back Pain
- : Pain Down Leg/Knees

**Immune System**

- : Seasonal Allergies
- : Food Intolerance

**Nutrient Deficiency**

- : Low Blood Sugar
- : Low Magnesium
- : Low Iron

How many days is your cycle?

CYCLE

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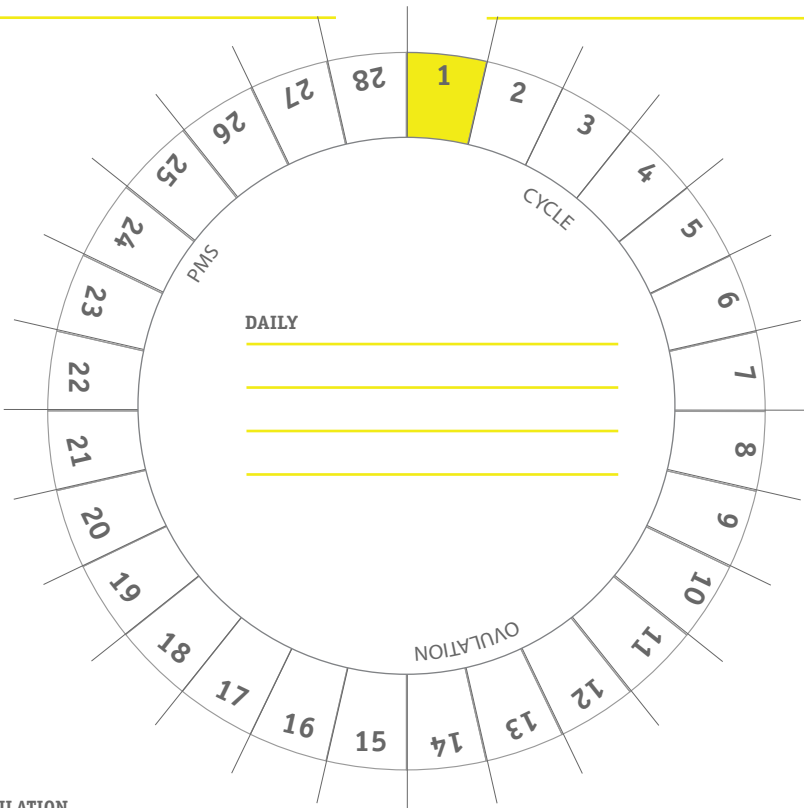
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PMS

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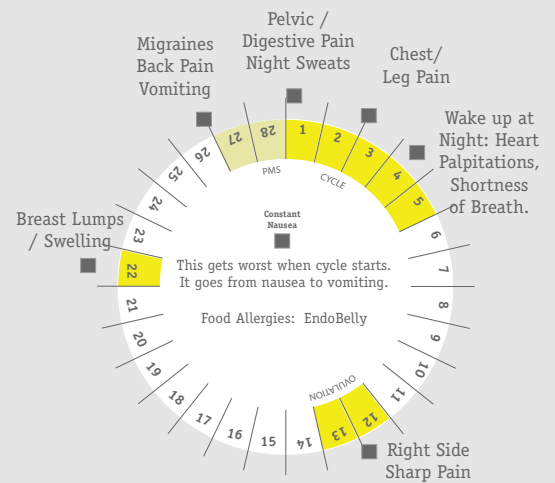
OVULATION

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**Example**



**Bowel:**

- Even when endometriosis does not occur directly on the bowel, it can cause symptoms.
- Common complaints are frequently misdiagnosed as IBS.

**Urinary:**

- Women with urinary tract endometriosis have few or no symptom.
- Bladder involvement often presents like Interstitial Cystitis.

