

# Be Prepared Period's #PeriodTalk Twitter Transcript

#PeriodTalk is held the 2nd Friday of the month at 2pm ET - New Topics Each Month!  
Upcoming Topics & Transcripts posted at [BePreparedPeriod.com](http://BePreparedPeriod.com)

## February 14, 2014 Reasons to Track Your Period

[bpreparedperiod](#) The time has come - Happy Valentine's Day y'all! Welcome to our Reasons to Track Your Period [#TweetChat](#) [#PeriodTalk](#) Feb 14, 1:00pm via TweetChat powered by oneQube

[bpreparedperiod](#) [#PeriodTalk](#) is a monthly chat designed to demonstrate our commitment to open menstrual conversation & education Feb 14, 1:01pm via TweetChat powered by oneQube

[bpreparedperiod](#) Today's lineup features a special guest, helpful info, a time for sharing, Q&A, and a FUN giveaway [#PeriodTalk](#) Feb 14, 1:01pm via TweetChat powered by oneQube

[bpreparedperiod](#) We are thrilled to be joined today by the wonderful Jennifer aka [@JAldoretta](#) at [@ReadytoGroove](#) [#PeriodTalk](#) Feb 14, 1:01pm via TweetChat powered by oneQube

[InsteadSoftcup](#) Happy Valentine's Day, everyone! [#periodtalk](#) Feb 14, 1:02pm via Web

[bpreparedperiod](#) Today we'll be giving away a 12mo subscription to Groove, an awesome new cycle tracking app to one lucky participant [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[bpreparedperiod](#) To enter the giveaway, visit <http://bpreparedperiod.com/blog/?p=4533> [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[bpreparedperiod](#) If you are new to the tweet chat world we have some tips at [http://bpreparedperiod.com/index.php?route=information/information&information\\_id=8](http://bpreparedperiod.com/index.php?route=information/information&information_id=8) to help you w/your 1st chat [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[bpreparedperiod](#) And for those of you that like reminders & copies of our tweet chat transcripts... [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[bpreparedperiod](#) You can now opt-in to receive 2 monthly emails w/info on our tweet chats & transcripts at <http://bpreparedperiod.us4.list-manage2.com/subscribe?u=51254bdb0e7c19d197aa23604&id=d22539658a> [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[bpreparedperiod](#) Let's begin by introducing ourselves [#PeriodTalk](#) Feb 14, 1:04pm via TweetChat powered by oneQube

[bpreparedperiod](#) Q1: Please share your first name & and a simple True or False answer to the statement "I currently track my cycle" [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[bpreparedperiod](#) I'm Tara, founder of [BePreparedPeriod.com](#) - An online resource for all things menstrual [#PeriodTalk](#) Feb 14, 1:03pm via TweetChat powered by oneQube

[InsteadSoftcup](#) \_ I'm Kaitlyn with @[InsteadSoftcup](#). True! [#periodtalk](#) Feb 14, 1:04pm via Web

[bpreparedperiod](#) We're thrilled to announce the recent launch of our new & improved website, we welcome you all to check it out! [#PeriodTalk](#) Feb 14, 1:04pm via TweetChat powered by oneQube

[bpreparedperiod](#) @[InsteadSoftcup](#) Welcome Kaitlyn, so glad you could make it :) [#periodtalk](#) Feb 14, 1:04pm via TweetChat powered by oneQube

[bpreparedperiod](#) Offering healthy products, reviews, helpful articles, webinars, a Q&A forum & more, it's our goal to be a one stop shop! [#PeriodTalk](#) Feb 14, 1:05pm via TweetChat powered by oneQube

[bpreparedperiod](#) 2 promote healthier products we're offering 10% off [#organic](#) & [#reusable](#) products w/promocode PERIODTALK (exp. 2/21) [#PeriodTalk](#) Feb 14, 1:05pm via TweetChat powered by oneQube

[GladRags](#)

I'm Tracy, owner of GladRags - better for your body, budget, & the planet! I've been tracking my cycle since 2011 [#periodtalk](#) Feb 14, 1:06pm via TweetChat powered by oneQube

[myTOTM](#) \_ I'm Valarie @[myTOTM](#) True! [#PeriodTalk](#) Feb 14, 1:06pm via Web

[bpreparedperiod](#) \_ It's so great to be here with all of you on this LOVEly Friday [#FF](#)! Thanks for joining us! [#PeriodTalk](#) Feb 14, 1:06pm via TweetChat powered by oneQube

[bpreparedperiod](#) \_ Welcome Tracy & Valarie! :) Appreciate you joining us! [#periodtalk](#) Feb 14, 1:07pm via TweetChat powered by oneQube

[bpreparedperiod](#) \_ Who's ready to get this [#PeriodTalk](#) [#TweetChat](#) started? Feb 14, 1:07pm via TweetChat powered by oneQube

[bpreparedperiod](#) \_ Without further ado, let me introduce @[JAldoretta](#) "co-groover"/founder of @[ReadytoGroove](#) [#periodtalk](#) Feb 14, 1:07pm via TweetChat powered by oneQube

[JAldoretta](#) Happy [#ValentinesDay](#)! I'm so excited to be involved in this awesome Tweet Chat! [#PeriodTalk](#) Feb 14, 1:07pm via TweetChat powered by oneQube

[bpreparedperiod](#) Who's ready to get this [#PeriodTalk](#) [#TweetChat](#) started? Feb 14, 1:07pm via TweetChat powered by oneQube

[bpreparedperiod](#) @[JAldoretta](#), are you ready share all the wonderful reasons us ladies should start tracking our cycles? [#PeriodTalk](#) Feb 14, 1:07pm via TweetChat powered by oneQube

[JAldoretta](#) I'm ready! Let's get this [#PeriodTalk](#) going! Feb 14, 1:08pm via TweetChat powered by oneQube

[JAldoretta](#) My name is Jennifer and I'm the CEO & "Co-Groover" of @[ReadytoGroove](#) [#PeriodTalk](#) Feb 14, 1:08pm via TweetChat powered by oneQube

[JAldoretta](#) @[ReadytoGroove](#) is committed to helping women easily & confidently manage [#fertility](#). [#PeriodTalk](#) Feb 14, 1:08pm via TweetChat powered by oneQube

[JAldoretta](#) We help women track their cycles, or chart [#fertility](#) using the sympto-thermal method. [readytogroove.com](#) [#PeriodTalk](#) Feb 14, 1:09pm via TweetChat powered by oneQube

[myTOTM](#) I like to track my period with the [#TOTM!](#) Ultimate Period Planner [http://www.amazon.com/Month-Ultimate-Period-Planner-Essential/dp/0988962500/ref=sr\\_1\\_1?ie=UTF8&qid=1392404872&sr=8-1&keywords=totm+time+of+the+month](http://www.amazon.com/Month-Ultimate-Period-Planner-Essential/dp/0988962500/ref=sr_1_1?ie=UTF8&qid=1392404872&sr=8-1&keywords=totm+time+of+the+month) [#periodtalk](#) Feb 14, 1:09pm via HootSuite

[JAldoretta](#) This method can be used for natural birth control, pregnancy assistance, or to monitor reproductive health. [#PeriodTalk](#) Feb 14, 1:09pm via TweetChat powered by oneQube

[maximhy](#) [#PeriodTalk](#) Join us NOW for why and how to track your [#Period](#) [#periodpower](#) w/[@bpreparedperiod](#) and [@ReadytoGroove](#) Feb 14, 1:09pm via Web

[bpreparedperiod](#) RT [@maximhy](#) [#PeriodTalk](#) Join us NOW for why and how to track your [#Period](#) [#periodpower](#) w/ [@bpreparedperiod](#) and [@ReadytoGroove](#) Feb 14, 1:09pm via TweetChat powered by oneQube

[JAldoretta](#) Top reasons to track (1/2): get to know your body, get pregnant faster, practice natural birth control... [#PeriodTalk](#) Feb 14, 1:10pm via TweetChat powered by oneQube

[JAldoretta](#) Top reasons to track (2/2): improve your health, & boost your self-confidence! [#PeriodTalk](#) Feb 14, 1:10pm via TweetChat powered by oneQube

[JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT [@JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[JAldoretta](#) The sympto-thermal method requires daily charting of 2 [#fertility](#) signs: basal body temperature & cervical fluid. [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[GladRags](#) RT [@JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[JAldoretta](#) We'll get into those two [#fertility](#) signs more as we go! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[JAldoretta](#) Please note the info in this chat is NOT sufficient to practice the sympto-thermal method. [#PeriodTalk](#) Feb 14, 1:12pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT [@JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[JAldoretta](#) Let's dive in! We'll soon find out that sex ed left out a TON of info! [#PeriodTalk](#) Feb 14, 1:12pm via TweetChat powered by oneQube

[JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by oneQube

[InsteadSoftcup](#) RT [@JAldoretta](#): Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:13pm via HootSuite

[JAldoretta](#) Periods are nothing to be embarrassed about! A healthy [#menstrual](#) cycle means a healthy YOU! [#PeriodTalk](#) Feb 14, 1:11pm via TweetChat powered by [oneQube](#)

[JAldoretta](#) The [#menstrual](#) cycle actually contains 2 cycles: (1) ovarian cycle (2) uterine cycle [#PeriodTalk](#) Feb 14, 1:13pm via TweetChat powered by oneQube

[myTOTM](#) I like to track my period with the [#TOTM!](#) Ultimate Period Planner [http://www.amazon.com/Month-Ultimate-Period-Planner-Essential/dp/0988962500/ref=sr\\_1\\_1?ie=UTF8&qid=1392404872&sr=8-1&keywords=totm+time+of+the+month](http://www.amazon.com/Month-Ultimate-Period-Planner-Essential/dp/0988962500/ref=sr_1_1?ie=UTF8&qid=1392404872&sr=8-1&keywords=totm+time+of+the+month) [#periodtalk](#) Feb 14, 1:09pm via HootSuite

[JAldoretta](#) Q2: How many phases does the ovarian cycle contain? A. 4 B. 3 C. 2 D. 1 [#PeriodTalk](#) Feb 14, 1:13pm via TweetChat powered by oneQube

[JAldoretta](#) A2: B. 3: the ovarian cycle contains (1) follicular phase (2) ovulation phase (3) luteal phase! [#PeriodTalk](#) Feb 14, 1:14pm via TweetChat powered by oneQube

[JAldoretta](#) The uterine cycle ALSO has 3 phases: (1) menstruation (2) proliferative phase (3) secretory phase [#PeriodTalk](#) Feb 14, 1:15pm via TweetChat powered by oneQube

[JAldoretta](#) The [#menstrual](#) cycle actually contains 2 cycles: (1) ovarian cycle (2) uterine cycle [#PeriodTalk](#) Feb 14, 1:13pm via TweetChat powered by oneQube

[JAldoretta](#) Many of these ovarian and uterine phases overlap and interact with one another! [#PeriodTalk](#) Feb 14, 1:15pm via TweetChat powered by oneQube

[JAldoretta](#) Don't feel intimidated by these sciency terms...it's super easy to understand! [#PeriodTalk](#) Feb 14, 1:15pm via TweetChat powered by oneQube

[JAldoretta](#) Let's walk through the ovarian cycle & see how the uterine cycle fits in. [#PeriodTalk](#) Feb 14, 1:16pm via TweetChat powered by oneQube

[JAldoretta](#) We'll also discuss how cycle tracking fits into the picture. [#PeriodTalk](#) Feb 14, 1:16pm via TweetChat powered by oneQube

[InsteadSoftcup](#) RT @[JAldoretta](#): The uterine cycle ALSO has 3 phases: (1) menstruation (2) proliferative phase (3) secretory phase [#PeriodTalk](#) Feb 14, 1:16pm via HootSuite

[JAldoretta](#) The female body is seriously AMAZING, y'all! Let's get educated! [#PeriodTalk](#) Feb 14, 1:16pm via TweetChat powered by oneQube

[JAldoretta](#) The first ovarian cycle phase we'll be discussing is the FOLLICULAR PHASE. [#PeriodTalk](#) Feb 14, 1:17pm via TweetChat powered by oneQube

[GladRags](#) Yes! Super cool. RT @[JAldoretta](#) The female body is seriously AMAZING, y'all! Let's get educated! [#PeriodTalk](#) Feb 14, 1:17pm via TweetChat powered by oneQube

[bpreparedperiod](#) Agree!! RT @[JAldoretta](#) The female body is seriously AMAZING, y'all! Let's get educated! [#PeriodTalk](#) Feb 14, 1:17pm via TweetChat powered by oneQube

[JAldoretta](#) The female body is seriously AMAZING, y'all! Let's get educated! [#PeriodTalk](#) Feb 14, 1:16pm via TweetChat powered by oneQube

[JAldoretta](#) DEFINITION: ovarian follicular phase - named for rapid development of several ovarian follicles [#PeriodTalk](#) Feb 14, 1:17pm via TweetChat powered by oneQube

[JAldoretta](#) Ovarian follicles each contain a tiny immature egg cell. [#PeriodTalk](#) Feb 14, 1:18pm via TweetChat powered by oneQube

[JAldoretta](#) These immature egg cells have the potential to ovulate & be fertilized! [#PeriodTalk](#) Feb 14, 1:19pm via TweetChat powered by oneQube

[JAldoretta](#) Women are born w/ roughly a MILLION ovarian follicles. But less than 500 will ever release their egg. [#PeriodTalk](#) Feb 14, 1:19pm via TweetChat powered by oneQube

[JAldoretta](#) 2 uterine cycle phases occur during the follicular phase: (1) menstruation & (2) proliferative phase [#PeriodTalk](#) Feb 14, 1:20pm via TweetChat powered by oneQube

[bpreparedperiod](#) It's quiet in here today, everyone must be absorbing all the great info @[JAldoretta](#) is sharing :) [#periodtalk](#) Feb 14, 1:20pm via TweetChat powered by oneQube

[JAldoretta](#) DEFINITION: menstruation - shedding of the uterine lining built up during the previous [#menstrual](#) cycle [#PeriodTalk](#) Feb 14, 1:20pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) DEFINITION: menstruation - shedding of the uterine lining built up during the previous [#menstrual](#) cycle [#PeriodTalk](#) Feb 14, 1:21pm via TweetChat powered by oneQube

[JAldoretta](#) The start of [#menstruation](#) is considered the first day of a brand new cycle! [#PeriodTalk](#) Feb 14, 1:21pm via TweetChat powered by oneQube

[JAldoretta](#) Menstruation typically lasts anywhere from 4-7 days. It's different for everyone! [#PeriodTalk](#) Feb 14, 1:21pm via TweetChat powered by oneQube

[JAldoretta](#) Ovarian follicles secrete the [#hormone](#) estrogen as they develop. This causes the uterine proliferative phase! [#PeriodTalk](#) Feb 14, 1:22pm via TweetChat powered by oneQube

[GladRags](#) Every body is different. RT @[JAldoretta](#) Menstruation typically lasts anywhere from 4-7 days. It's different for everyone! [#PeriodTalk](#) Feb 14, 1:22pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) The start of [#menstruation](#) is considered the first day of a brand new cycle! [#PeriodTalk](#) Feb 14, 1:22pm via TweetChat powered by oneQube

[JAldoretta](#) DEFINITION: uterine proliferative phase - growth & thickening of the uterine lining after [#menstruation](#) ends [#PeriodTalk](#) Feb 14, 1:22pm via TweetChat powered by oneQube

[healthy\\_hoohoo](#) @[NicoleMJardim](#) @[thecyclegirl](#) check out twitter chat for [#PeriodTalk](#) going on right now. Loads of good information. Feb 14, 1:22pm via Web

[JAldoretta](#) The estrogen made by developing ovarian follicles also causes the production of cervical fluid. [#PeriodTalk](#) Feb 14, 1:22pm via TweetChat powered by oneQube

[JAldoretta](#) Menstruation typically lasts anywhere from 4-7 days. It's different for everyone! [#PeriodTalk](#) Feb 14, 1:21pm via TweetChat powered by oneQube

[JAldoretta](#) Sperm can't survive in a woman's body without the presence of cervical fluid. [#PeriodTalk](#) Feb 14, 1:23pm via TweetChat powered by oneQube

[JAldoretta](#) The [#menstrual](#) cycle actually contains 2 cycles: (1) ovarian cycle (2) uterine cycle [#PeriodTalk](#) Feb 14, 1:13pm via TweetChat powered by oneQube

[JAldoretta](#) Cervical fluid is totally HEALTHY & becomes more hospitable to sperm as ovulation gets closer. [#PeriodTalk](#) Feb 14, 1:23pm via TweetChat powered by oneQube

[JAldoretta](#) Tracking cervical fluid tells you EXACTLY when you're fertile & can possibly get pregnant!  
[#PeriodTalk](#) Feb 14, 1:24pm via TweetChat powered by oneQube

[JAldoretta](#) Women are born w/ roughly a MILLION ovarian follicles. But less than 500 will ever release their egg. [#PeriodTalk](#) Feb 14, 1:19pm via TweetChat powered by oneQube

[JAldoretta](#) Observing cervical fluid is like a self breast exam...keep your lady parts in tip-top shape!  
[#PeriodTalk](#) Feb 14, 1:24pm via TweetChat powered by oneQube

[JAldoretta](#) Q3: How many days per cycle is a woman fertile? A. every day B. about 8 days C. >20 days  
[#PeriodTalk](#) Feb 14, 1:25pm via TweetChat powered by oneQube

[JAldoretta](#) Observing cervical fluid is like a self breast exam...keep your lady parts in tip-top shape!  
[#PeriodTalk](#) Feb 14, 1:24pm via TweetChat powered by oneQube

[GladRags](#) RT @[JAldoretta](#) Observing cervical fluid is like a self breast exam...keep your lady parts in tip-top shape! [#PeriodTalk](#) Feb 14, 1:25pm via TweetChat powered by oneQube

[DolLookSick](#) @[bpreparedperiod](#) @[JAldoretta](#) It's a little hard to jump in lol! Are there topics/questions or just fact-sharing? [#periodtalk](#) Feb 14, 1:25pm via TweetChat powered by oneQube

[JAldoretta](#) A3: B. A woman is fertile when cervical fluid is present. This is about 8 days per cycle, but the exact length varies. [#PeriodTalk](#) Feb 14, 1:26pm via TweetChat powered by oneQube

[Lunapads](#) Join this super informative tweet chat on tracking your cycle happening right now! [#periodtalk](#)  
@[bpreparedperiod](#) Feb 14, 1:26pm via HootSuite

[JAldoretta](#) Women are NOT fertile every day of the month...mind blown! [#PeriodTalk](#) Feb 14, 1:26pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[Lunapads](#) Join this super informative tweet chat on tracking your cycle happening right now! [#periodtalk](#) @[bpreparedperiod](#) Feb 14, 1:26pm via TweetChat powered by oneQube

[InsteadSoftcup](#) RT @[JAldoretta](#): A3: A woman is fertile when cervical fluid is present. About 8 days per cycle, but the exact length varies. [#PeriodTalk](#) Feb 14, 1:27pm via HootSuite

[JAldoretta](#) It takes about a YEAR for an immature ovarian follicle to fully develop! [#PeriodTalk](#) Feb 14, 1:27pm via TweetChat powered by oneQube

[JAldoretta](#) Many ovarian follicles develop during each follicular phase, but only 1 or 2 will end up ovulating! [#PeriodTalk](#) Feb 14, 1:27pm via TweetChat powered by oneQube

[bpreparedperiod](#) Let's begin by introducing ourselves [#PeriodTalk](#) Feb 14, 1:04pm via TweetChat powered by oneQube

[bpreparedperiod](#) Q1: Please share your first name & and a simple True or False answer to the statement "I currently track my cycle" [#PeriodTalk](#) Feb 14, 1:04pm via TweetChat powered by oneQube

[bpreparedperiod](#) @[DolLookSick](#), @[JAldoretta](#) is sharing some great facts (& a few Q's too) There'll be a Q&A time soon as well [#periodtalk](#) Feb 14, 1:27pm via TweetChat powered by oneQube

[JAldoretta](#) The ones that don't ovulate die & get absorbed by the body. [#PeriodTalk](#) Feb 14, 1:28pm via TweetChat powered by oneQube

[JAldoretta](#) It's a MYTH that ovulation occurs in alternating ovaries each cycle. Ovulation side isn't predetermined! [#PeriodTalk](#) Feb 14, 1:28pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) It's a MYTH that ovulation occurs in alternating ovaries each cycle. Ovulation side isn't predetermined! [#PeriodTalk](#) Feb 14, 1:28pm via TweetChat powered by oneQube

[JAldoretta](#) Things like physical & emotional stress, illness, & travel can delay ovulation & make your [#period](#) seem late. [#PeriodTalk](#) Feb 14, 1:29pm via TweetChat powered by oneQube

[JAldoretta](#) It's a MYTH that ovulation occurs in alternating ovaries each cycle. Ovulation side isn't predetermined! [#PeriodTalk](#) Feb 14, 1:28pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) Things like physical & emotional stress, illness, & travel can delay ovulation & make your [#period](#) seem late. [#PeriodTalk](#) Feb 14, 1:29pm via TweetChat powered by oneQube

[JAldoretta](#) The length of the follicular phase is highly variable & it can change almost every cycle! [#PeriodTalk](#) Feb 14, 1:29pm via TweetChat powered by oneQube

[JAldoretta](#) The next ovarian cycle phase is OVULATION! [#PeriodTalk](#) Feb 14, 1:29pm via TweetChat powered by oneQube

[JAldoretta](#) DEFINITION: ovulation - 1 or 2 matured ovarian follicles release their developed egg cell. [#PeriodTalk](#) Feb 14, 1:30pm via TweetChat powered by oneQube

[JAldoretta](#) Get ready for some TRIVIA...ovulation questions coming up! [#PeriodTalk](#) Feb 14, 1:30pm via TweetChat powered by oneQube

[JAldoretta](#) Q5: What is the lifespan of a female egg once ovulation has occurred? A. 4 days B. 6 days C. <24 hours [#PeriodTalk](#) Feb 14, 1:30pm via TweetChat powered by oneQube

[Lunapads](#) Happy V Day! The V is for vagina! Treat yours to something lovely: <http://lunapads.com/sale.html> [#periodtalk](#) Feb 14, 1:31pm via HootSuite

[InsteadSoftcup](#) RT @[JAldoretta](#) Things like physical & emotional stress, illness, & travel can delay ovulation & make your [#period](#) seem late. [#PeriodTalk](#) Feb 14, 1:31pm via HootSuite

[JAldoretta](#) A5: C. If not fertilized, an ovulated egg will live less than 24 hours. [#PeriodTalk](#) Feb 14, 1:31pm via TweetChat powered by oneQube

[JAldoretta](#) Q6: Multiple ovulations occur in what % of [#menstrual](#) cycles? A. ~50% B. ~2% C. ~10% [#PeriodTalk](#) Feb 14, 1:32pm via TweetChat powered by oneQube

[JAldoretta](#) A6: C. multiple ovulations occur in as many as 10% of [#menstrual](#) cycles! [#PeriodTalk](#) Feb 14, 1:32pm via TweetChat powered by oneQube

[JAldoretta](#) If a second ovulation occurs, it will happen within 24 hours of the first. [#PeriodTalk](#) Feb 14, 1:33pm via TweetChat powered by oneQube

[JAldoretta](#) The 3rd and final ovarian cycle is the LUTEAL PHASE! [#PeriodTalk](#) Feb 14, 1:33pm via TweetChat powered by oneQube

[maximhy](#) @[JAldoretta](#) what about change in diet? [#periodtalk](#) Feb 14, 1:33pm via Web

[JAldoretta](#) @maximhy Yes! That diet can change ovulation day, too! [#PeriodTalk](#) Feb 14, 1:34pm via TweetChat powered by oneQube

[JAldoretta](#) DEFINITION: luteal phase - the ovarian follicle that ovulated transforms into a structure called the corpus luteum [#PeriodTalk](#) Feb 14, 1:34pm via TweetChat powered by oneQube

[JAldoretta](#) The corpus luteum (ovarian follicle that ovulated) secretes the [#hormones](#) estrogen & progesterone. [#PeriodTalk](#) Feb 14, 1:34pm via TweetChat powered by oneQube

[JAldoretta](#) The [#hormones](#) made by the corpus luteum also cause the final uterine phase: secretory phase! [#PeriodTalk](#) Feb 14, 1:35pm via TweetChat powered by oneQube

[JAldoretta](#) DEFINITION: secretory phase - the lining of the uterus prepares for possible implantation of a fertilized egg [#PeriodTalk](#) Feb 14, 1:35pm via TweetChat powered by oneQube

[JAldoretta](#) Progesterone made by the corpus luteum causes a spike in basal body temperature after ovulation. [#PeriodTalk](#) Feb 14, 1:35pm via TweetChat powered by oneQube

[JAldoretta](#) Basal body temperature is your body's core temperature taken when you first wake up. [#PeriodTalk](#) Feb 14, 1:35pm via TweetChat powered by oneQube

[JAldoretta](#) Tracking basal body temperature can: confirm ovulation, help detect [#hormone](#) imbalances & confirm pregnancy! [#PeriodTalk](#) Feb 14, 1:36pm via TweetChat powered by oneQube

[JAldoretta](#) The length of the luteal phase is VERY consistent from cycle to cycle. [#PeriodTalk](#) Feb 14, 1:36pm via TweetChat powered by oneQube

[JAldoretta](#) For example, my luteal phase is usually 13 days long, making it easy to predict my period! [#PeriodTalk](#) Feb 14, 1:36pm via TweetChat powered by oneQube

[JAldoretta](#) If the ovulated egg isn't fertilized, the uterus will shed its thick lining via [#menstruation](#). [#PeriodTalk](#) Feb 14, 1:37pm via TweetChat powered by oneQube

[JAldoretta](#) Remember: [#menstruation](#) means a brand new cycle has begun! [#PeriodTalk](#) Feb 14, 1:37pm via TweetChat powered by oneQube

[JAldoretta](#) Q7: A normal [#menstrual](#) cycle is 28 days long. A. True B. False [#PeriodTalk](#) Feb 14, 1:38pm via TweetChat powered by oneQube

[JAldoretta](#) A7: B. This is false! Menstrual cycles can range from 21 - 35 days or more! [#PeriodTalk](#) Feb 14, 1:39pm via TweetChat powered by oneQube

[JAldoretta](#) MYTH: natural birth control is not effective. REALITY: it can be up to 99.6% effective when practiced properly. [#PeriodTalk](#) Feb 14, 1:39pm via TweetChat powered by oneQube

[JAldoretta](#) Even women w/ irregular cycles & PCOS can effectively use the sympto-thermal method! [#PeriodTalk](#) Feb 14, 1:40pm via TweetChat powered by oneQube

[JAldoretta](#) MYTH: natural birth control is not effective. REALITY: it can be up to 99.6% effective when practiced properly. [#PeriodTalk](#) Feb 14, 1:39pm via TweetChat powered by oneQube

[JAldoretta](#) Tracking your cycle can help your doctor determine if you might have trouble getting pregnant. [#PeriodTalk](#) Feb 14, 1:40pm via TweetChat powered by oneQube

[JAldoretta](#) Tracking your cycle helps you determine what's healthy for YOU, allowing you to detect a problem. [#PeriodTalk](#) Feb 14, 1:41pm via TweetChat powered by oneQube



[bpreparedperiod](#) RT @[JAldoretta](#) Tracking your cycle helps you determine what's healthy for YOU, allowing you to detect a problem. [#PeriodTalk](#) Feb 14, 1:41pm via TweetChat powered by [oneQube](#)

[JAldoretta](#) Boost your confidence: knowing when you're fertile is 100% empowering. [#PeriodTalk](#) Feb 14, 1:41pm via TweetChat powered by oneQube

[JAldoretta](#) Tracking basal body temperature & cervical fluid helps put YOU in control of your body & your cycle. [#PeriodTalk](#) Feb 14, 1:42pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) Things like physical & emotional stress, illness, & travel can delay ovulation & make your [#period](#) seem late. [#PeriodTalk](#) Feb 14, 1:29pm via TweetChat powered by oneQube

[JAldoretta](#) The female reproductive system is truly an AMAZING thing! [#PeriodTalk](#) Feb 14, 1:42pm via TweetChat powered by oneQube

[JAldoretta](#) MYTH: natural birth control is not effective. REALITY: it can be up to 99.6% effective when practiced properly. [#PeriodTalk](#) Feb 14, 1:39pm via TweetChat powered by oneQube

[JAldoretta](#) Check out "The Cycle" to learn the basics of cycle tracking!  
<http://readytogroove.com/menstruation-revelation> [#PeriodTalk](#) Feb 14, 1:43pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) The female reproductive system is truly an AMAZING thing!  
[#PeriodTalk](#) Feb 14, 1:43pm via TweetChat powered by oneQube

[JAldoretta](#) I think we can all agree that sex ed classes left some things out! [#PeriodTalk](#) Feb 14, 1:43pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) Check out "The Cycle" to learn the basics of cycle tracking!  
<http://readytogroove.com/menstruation-revelation> [#PeriodTalk](#) Feb 14, 1:43pm via TweetChat powered by oneQube

[JAldoretta](#) .@[ReadytoGroove](#) believes that a healthy [#period](#) should be something to strive for!  
[#PeriodTalk](#) Feb 14, 1:44pm via TweetChat powered by oneQube

[JAldoretta](#) Make sure to check out @[ReadytoGroove](#) on Facebook! [facebook.com/readytogroove](https://www.facebook.com/readytogroove)  
[#PeriodTalk](#) Feb 14, 1:44pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT @[JAldoretta](#) .@[ReadytoGroove](#) believes that a healthy [#period](#) should be something to strive for! [#PeriodTalk](#) Feb 14, 1:44pm via TweetChat powered by oneQube

[bpreparedperiod](#) The female body is amazing! Thank you @[JAldoretta](#) for sharing such awesome info!  
[#PeriodTalk](#) Feb 14, 1:44pm via TweetChat powered by oneQube

[JAldoretta](#) I hope this info shed some light on the amazing benefits of cycle tracking! [#PeriodTalk](#)  
[#PeriodTalk](#) Feb 14, 1:44pm via TweetChat powered by oneQube

[bpreparedperiod](#) I know I definitely didn't learn this stuff in health class! How about y'all? [#PeriodTalk](#) Feb 14, 1:45pm via TweetChat powered by oneQube

[InsteadSoftcup](#) RT @[JAldoretta](#) @[ReadytoGroove](#) believes that a healthy [#period](#) should be something to strive for! [#PeriodTalk](#) Feb 14, 1:45pm via HootSuite

[GladRags](#) RT [@JAlldoretta](#) Tracking your cycle helps you determine what's healthy for YOU, allowing you to detect a problem. [#PeriodTalk](#) Feb 14, 1:45pm via TweetChat powered by oneQube

[bpreparedperiod](#) Anyone have questions after learning all that great info about our cycles? [#PeriodTalk](#) Feb 14, 1:45pm via TweetChat powered by oneQube

[bpreparedperiod](#) We'd like to now open up the chat for some free discussion. [#PeriodTalk](#) is now "open!" Please share your comments or questions Feb 14, 1:45pm via TweetChat powered by oneQube

[InsteadSoftcup](#) [@JAlldoretta](#) Thank you for a fantastic [#periodtalk](#). Happy Valentine's Day! Feb 14, 1:46pm via HootSuite

[bpreparedperiod](#) Everyone is welcome to respond to questions unless a question is directed to a specific person ([@name](#)) [#PeriodTalk](#) Feb 14, 1:46pm via TweetChat powered by oneQube

[bpreparedperiod](#) Curious to hear, did you learn anything new today? If so, what info was new to you? [#periodtalk](#) Feb 14, 1:46pm via TweetChat powered by oneQube

[bpreparedperiod](#) RT [@JAlldoretta](#) Tracking your cycle helps you determine what's healthy for YOU, allowing you to detect a problem. [#PeriodTalk](#) Feb 14, 1:41pm via TweetChat powered by oneQube

[GesundhtMassage](#) [@bpreparedperiod](#) I've encountered many people who believe the uterus simply fills like a balloon over the course of the month :/ [#periodtalk](#) Feb 14, 1:47pm via Web

[JAlldoretta](#) I've encountered many people who think that women are fertile every single day! [#PeriodTalk](#) Feb 14, 1:47pm via TweetChat powered by oneQube

[bpreparedperiod](#) [@GesundhtMassage](#) There's a lot of misinformation about menstruation :( [#periodtalk](#) Feb 14, 1:48pm via TweetChat powered by oneQube

[bpreparedperiod](#) REMINDER: [#PeriodTalk](#) is going on 24/7 @ <http://bpreparedperiod.com/PeriodTalk> Post questions or contribute answers/suggestions & keep the convo going! Feb 14, 1:48pm via TweetChat powered by oneQube

[bpreparedperiod](#) WINNER! WINNER! Who is ready to hear who has won today's giveaway? [#PeriodTalk](#) Feb 14, 1:48pm via TweetChat powered by oneQube

[bpreparedperiod](#) Drum roll please . . . (note: we will be in touch privately with the winner) [#PeriodTalk](#) Feb 14, 1:49pm via TweetChat powered by oneQube

[bpreparedperiod](#) The winner of the 12 mo Groove Subscription, compliments of [@ReadytoGroove](#) is [@DolLookSick](#) - Congratulations!!! [#PeriodTalk](#) Feb 14, 1:49pm via TweetChat powered by oneQube

[bpreparedperiod](#) A big THANK YOU to this month's special guest & giveaway sponsor [@JAlldoretta](#)! [#PeriodTalk](#) Feb 14, 1:50pm via TweetChat powered by oneQube

[bpreparedperiod](#) If u haven't already, make sure to check out [@JAlldoretta](#)'s article Top 5 Reasons to Track Your Cycle @ <http://bpreparedperiod.com/blog/?p=4503> [#periodtalk](#) Feb 14, 1:50pm via TweetChat powered by oneQube

[JAlldoretta](#) [@bpreparedperiod](#) [@ReadytoGroove](#) [@DolLookSick](#) woohoo...CONGRATS! [#PeriodTalk](#) Feb 14, 1:50pm via TweetChat powered by oneQube

[bpreparedperiod](#) Remember, [#PeriodTalk](#) comes once a month – always on the 2nd Friday at 2pm Eastern Feb 14, 1:50pm via TweetChat powered by oneQube

[GesundhtMassage](#) @[bpreparedperiod](#) @[ReadytoGroove](#) @[DolLookSick](#) Congratulations! [#PeriodTalk](#)  
Feb 14, 1:51pm via Web

[bpreparedperiod](#) Next month's chat will be on 3/14, the topic: [#Endometriosis](#): The Invisible Disease & the Women Who Suffer [#PeriodTalk](#) Feb 14, 1:51pm via TweetChat powered by oneQube

[bpreparedperiod](#) Be sure to watch for [#PeriodTalk](#) giveaways at [bpreparedperiod.com/blog/?cat=199](#)  
[#PeriodTalk](#) Feb 14, 1:51pm via TweetChat powered by oneQube

[bpreparedperiod](#) Help spread the word about [#PeriodTalk](#) by tweeting, posting on FB, blogging, pinning etc. Break the silence on this taboo topic! Feb 14, 1:51pm via TweetChat powered by oneQube

[bpreparedperiod](#) Do you have a website or blog? Interested in sharing about our monthly chats? Msg us for info on our giveaway promotions [#PeriodTalk](#) Feb 14, 1:52pm via TweetChat powered by oneQube

[bpreparedperiod](#) For more info on all things menstrual visit us @ [BePreparedPeriod.com](#) or on FB @ <https://www.facebook.com/BePreparedPeriod> [#PeriodTalk](#) Feb 14, 1:52pm via TweetChat powered by oneQube

[bpreparedperiod](#) Don't forget to use our special promo code PERIODTALK for 10% off all our [#organic](#) & [#reusable](#) products (exp. 2/21) [#PeriodTalk](#) Feb 14, 1:52pm via TweetChat powered by oneQube

[bpreparedperiod](#) Remember, [#PeriodTalk](#) comes once a month – always on the 2nd Friday at 2pm Eastern Feb 14, 1:50pm via TweetChat powered by oneQube

[QuiteDirect](#) [#PeriodTalk](#) In honor of [#EndoMarch2014](#) please Tweet what [#EndometriosisFeelsLike](#) to you! [#Endometriosis](#) [#Endosisters](#) <https://twitter.com/QuiteDirect/status/434415000212361216/photo/1>  
Feb 14, 1:53pm via Twitter for iPhone

[bpreparedperiod](#) Thx again for all your help Promoting Positive Periods through [#PeriodTalk](#) - Have a fabulous weekend everyone!! xx Feb 14, 1:53pm via TweetChat powered by oneQube

[JAldoretta](#) Happy Valentine's Day, everyone! [#PeriodTalk](#) Feb 14, 1:53pm via TweetChat powered by oneQube

[bpreparedperiod](#) @[JAldoretta](#) Look at that, you made it through w/out landing in Twitter jail - awesome! :) [#periodtalk](#) Feb 14, 1:54pm via TweetChat powered by oneQube

[Luna\\_gal](#) Our bodies rock! RT @[bpreparedperiod](#): RT @[JAldoretta](#) The female reproductive system is truly an AMAZING thing! [#PeriodTalk](#) Feb 14, 1:56pm via HootSuite

[bpreparedperiod](#) @[QuiteDirect](#) Have you seen the stories posted in the [#endo](#) section of our website? <http://bpreparedperiod.com/blog/?cat=218> [#periodtalk](#) Feb 14, 2:09pm via TweetChat powered by oneQube