

# THE GIRL'S DIARY

Based on work by Dr. Maria Hengstberger

## The Woman's Cycle and its Impact on her Mind, Body and Fertility

Unlike men, sexually mature women are subject to a hormonal cycle with regard to their well-being and fertility. Elation, unfounded sadness, as well as impurity of their skin may be caused by their hormones, as can be flatulence, nausea, vomiting or severe abdominal pains, especially during ovulation and menstruation. Fortunately, not all women suffer from all symptoms at all times, but girls should be informed that a perfectly healthy woman may show symptoms as a consequence of her menstrual cycle.

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Enter the number of days of your menstrual cycle at the end of each month. After about one year (12 cycles) you can calculate the average days of your cycle.

This Girl's Diary has been translated into many languages. Members of the „AKTION REGEN“ team distribute it - especially in developing countries - to improve the understanding of the functioning of the female body. The diary is easy to complete and is designed specifically to inform girls and women as to when the probability of conception is high or low.

Using this diary helps reduce the risk of unwanted pregnancy, but it is not a fail proof method of contraception!

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