

MENSTRUAL

Meaning: Menstrual refers to the physiological processes and changes associated with the monthly cycle of hormonal fluctuations and uterine lining shedding in women.

1. Many women experience physical and emotional changes during their menstrual cycle.
2. The menstrual cycle plays a crucial role in reproductive health.
3. Tracking menstrual patterns can help identify any irregularities in a woman's health.
4. Some cultures have specific rituals or customs related to menstruation.
5. Menstrual hygiene products have evolved significantly over the years.

Source: sentences.whatistheurl.com

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