

MENSTRUATION

Meaning: Menstruation is the monthly biological process in which a woman's body sheds the lining of the uterus, resulting in the discharge of blood and other materials.

1. Menstruation is a natural biological process that most women experience monthly.
2. Many cultures have unique traditions and beliefs surrounding menstruation.
3. Education about menstruation is essential for promoting health and hygiene among young girls.
4. Some women may experience severe symptoms and discomfort during menstruation.
5. Menstruation is often accompanied by various physical and emotional changes.

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