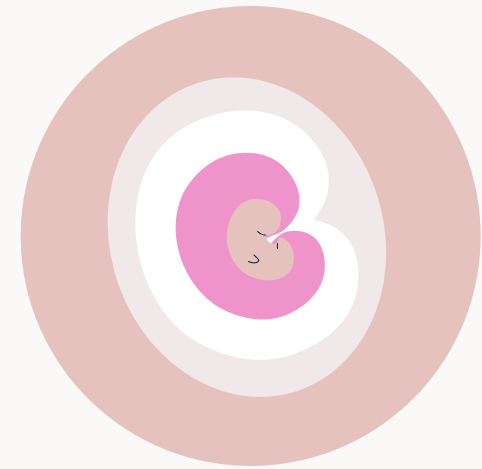


HERBAL  WELL



CERVICAL

MUCOUS CHART

Hi I'm Sulin and I'm a women's naturopath and herbalist. I provide natural treatment solutions for hormonal conditions that typically affect mood, weight, skin and fertility. I've helped countless women to understand the causes of their hormone imbalance and to treat their symptoms in a range of endocrine conditions, especially PCOS (Polycystic Ovarian Syndrome), Premenstrual Syndrome (PMS), Natural Fertility and Perimenopause. I work with women of all ages from the first great hormonal events when menstruation begins, through to the last bleed and transition to menopause. What I've found over the years in clinical practice, is that every woman has a unique body composition, family history and health needs. I use functional testing to inform my treatment protocols which are typically a combination of dietary guidance, herbal and nutritional support.

Use this cervical mucous chart to record your mucous qualities through your cycle and assess ovulation timing, hormone health and overall fertility. Bring your completed chart to your next session for analysis. This chart is ideally used in conjunction with the Basal Temperature Chart. Ideally book your next consultation when you have completed one month of temperature charting.

Love + Light,

xo Sulin



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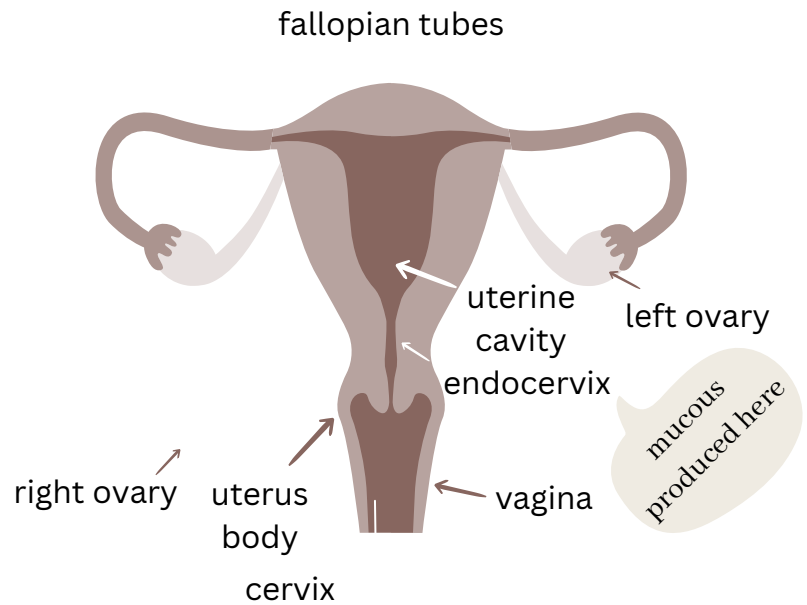
 @gaia_herbalist

 SulinNaturopath

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UNDERSTANDING CERVICAL MUCOUS

Each cycle, dependant on hormonal status and ovulatory function, you produce a type of hydrogel called 'cervical mucous' from cells in the endocervix - the uppermost part of the cervix at the base of your uterus. This mucous varies in texture, appearance, volume and colour, and it's a reflection of rising and falling oestrogen levels. Being able to recognise your cervical mucous type gives you a way to determine how fertile you are. Your menstrual cycle can be divided into 4 phases (Traditional Chinese Medicine) or 3 phases (Western Naturopathy) shown here. Mucous at each stage will have specific features to look out for.



THE BLEED PHASE ~ DAYS 1 UNTIL END OF BLEED

When your bleed comes you may not notice mucous, or it may be dry, sometimes sticky. Bleeding duration varies between individuals.

THE FOLLICULAR PHASE ~ AFTER BLEED TO OVULATION

Building oestrogen contributes to an increase in mucous volume. It appears white/creamy in colour with a wet texture. Then ovulation occurs....

THE LUTEAL PHASE ~ OVULATION UNTIL NEXT BLEED

After ovulation mucous will become more stretchy and transparent, indicating the best level of fertility. The technical name for the egg white mucous that we hope to produce for conception is 'Spinnbarkeit'.

HOW TO OBSERVE YOUR CERVICAL MUCOUS

If you have trouble using this method you can also observe mucous on toilet paper after wiping (less accurate) or observe mucous on your underwear (least accurate).

