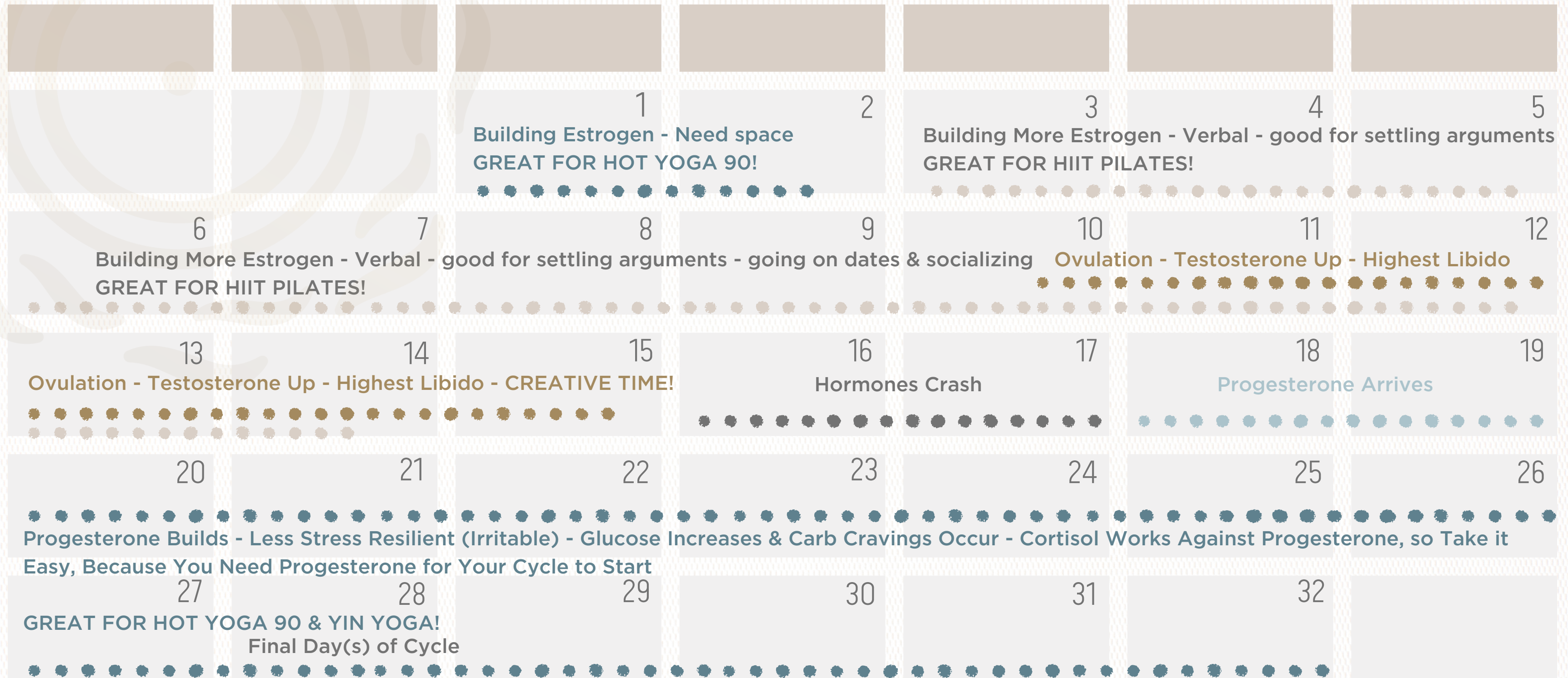


# Menstrual Cycle



Recommendations Made Based on [Dr. Mindy Pelz Interview on Diary of a CEO](#)