**The color of your period blood and menstrual health**

Are you asking about my period blood? Shhh! It’s a taboo topic. Menstrual blood is not a topic which is openly talked about despite the fact that how important it is to note the characteristics of your period blood and to discuss it with your gynecologist. Women often feel embarrassed while talking about such topics. This can be highly dangerous for their health as they might be experiencing something abnormal with menstruation but are not telling their doctor out of embarrassment.

Every girl has a period. Every girl has menstrual blood and it is not same for everyone. You should know when you are experiencing changes in your cycle and when you signal some problem. Only then can you pursue medical attention in case of abnormalities otherwise you may just worsen your health by not going to the doctor.

Menstruation is one of the most important procedures of female health. It is actually what makes a woman a woman. Changes in the menstrual cycle not only affect your reproductive health but your overall mental and physical health as well. The color of your menstrual blood can be indicative of your menstrual health and how good your reproductive health is going.

This article discusses everything you need to know about your menstrual blood, its characteristics, what can be the abnormalities in it and how they can be overcome.

**The numerous shades of period blood**

The color of your period blood matters a lot and it a very important sign of your reproductive health. Changes in the color of your period blood may be indicative of certain abnormalities. Although there is no standard color for period blood for every girl, still every one has their own normal color, usually bright red to cranberry-red.

Usually little changes in the color of the blood, such as from cranberry red to brownish may be normal but abnormal changes like a sudden orange-colored blood appearing in between two cycles. This can be a problem. Let us discuss what different colors of your period blood indicate, as described by [health experts at Blume University.](https://www.meetblume.com/blogs/blume-university/the-color-of-your-period-blood-matters)

* **Brown or dark red blood.** Girls usually see their period blood to be dark red or brown in color at the start or end of their period. This is absolutely normal. It just indicates that the blood is old.

Sometimes however, women experience dark brown blood in between their cycles, or when they use birth-control medications or after menopause. This is linked to hormonal changes. Changes in the hormonal levels change the color of your period blood. Dark-red or brown period blood may also be a sign of a miscarriage or post-pregnancy bleeding.

* **Bright red period blood.** During the middle of your cycle, the period blood is usually bright red. This indicates newer blood. New blood appears when the uterine lining sheds faster and blood does not have time to deposit and darken. This is absolutely normal. However, sometimes a bright red period blood may be indicative of certain abnormalities such as, spotting during pregnancy, polyps, infections like gonorrhea and chlamydia, or spotting in-between periods.
* **Orange period blood.** When your period blood gets mixed with cervical fluids then it appears to be orange in color. However, sometimes an orange period blood may also be indicative of an infection like chlamydia or gonorrhea in which case it is important to contact your gynecologist immediately. Infection-related changes in your period blood may be associated with changes in the smell of your discharge as well.
* **Pink period blood.** If fertile cervical fluids get mixed with your menstrual blood then it appears to be light red or pink in color. However, doctors also believe that pink period blood may also indicate that your estrogen levels are lower than normal.

This is usually common in females who undergo excessive physical exertion, for example athletes. This can sometimes be very dangerous as it can cause your periods to be irregular or even stop altogether.

* **Gray period blood or discharge.** Having a gray-colored period blood is not at all a good sign. It may indicate a possible infection like chlamydia or gonorrhea or if you are pregnant then it may indicate a miscarriage. In such cases you should consult your gynecologist as soon as possible in order to avoid long term health problems.

All the above discussion indicates when your period blood is normal and when changes in its color indicate abnormalities. Keeping tract of your period blood changes is important to ensure good reproductive health.

**How to normalize your periods**

Although sometimes your period may become so irregular that you need strict medical attention but normally you can prevent disruptions in your menstrual cycle by adopting some lifestyle changes. Here are some minor lifestyle habits which you can incorporate in your daily routine to ensure a healthy menstrual cycle. These lifestyle changes have also been claimed to be effective by experts at [Health Line.](https://www.healthline.com/health/womens-health/irregular-periods-home-remedies)

* **Yoga practice.** A 2013 [study](https://www.ncbi.nlm.nih.gov/pubmed/23647406) has shown that yoga is very effective in dealing with menstrual abnormalities. The study concluded that 30-40 minutes of you, 5-6 days a week can help in normalizing hormonal levels which may be causing your periods to become irregular.
* **Regular exercise to maintain a healthy weight.** As discussed above, being overweight or underweight can greatly disrupt your menstrual cycle. Normal amount of regular exercise can help you in maintaining a healthy weight, neither too high, nor too low.
* **Increase the intake of ginger.** Although not much scientific research is available in this context, yet anecdotal information indicates that ginger is very useful in maintaining a regular menstrual cycle. Furthermore, it also helps to reduce period cramps and excessive blood loss during periods.
* **Ensure good intake of vitamins.** According to a 2015 [study,](https://www.ncbi.nlm.nih.gov/pubmed/25879830) low levels of vitamin C are linked to irregular periods. If you want to ensure that your menstrual cycle is normal and you are in good reproductive health then you should take your proper daily dose of vitamins.
* **Incorporate apple cider vinegar in your diet.** According to a [research](https://www.ncbi.nlm.nih.gov/pubmed/23666047) conducted by Wu D, et al., a daily intake of 15mL of apple cider vinegar can help to cure PCOs and associated symptoms, ultimately normalizing the menstrual cycle.
* **Take healing baths.** A relaxing warm water bath with Epsom salts and essential oils, thrice a week can be really helpful in normalizing your menstrual cycle and relieving any stress which may be causing menstrual abnormalities.

Guidelines:

Primary Keyword: Period Blood

Keywords: brown period blood, bright red period blood, dark period blood, brown blood first day of period, bright red period blood with clots, why is my period blood brown, black period blood, bright red period, why is my period blood brown on the first day, light red period blood, brown period, dark red period blood, brown blood at beginning of period, period blood color, why is my period blood black, brown blood, light period, black blood, turn brown, uterine lining, spotting or bleeding, brown discharge, blood flows, women experience, polyps or fibroids, black period, blood color, bright red, pay attention, menstrual blood, menstrual cycle, dark brown, talk to your doctor, colors of your period, vaginal discharge

● Word count: Currently at 800 words, add 300 words

● High school readability level

● Tone of voice should be neutral

● Add statistics and or data to back up why what we are saying works.

● Paragraph length should focus on one idea or concept. Typically 1-5 sentences, no longer than 90 words

● Follow other blog guidelines doc