
PERIOD DETECTIVE CHEATSHEET



The color and consistency of your blood is considered so important that the American College of Obstetrics and Gynecologists has named your period as your fifth vital sign. Your blood can give you key insights into your hormone health.

What Your Blood is Telling You

Start by simply observing the blood

Notice what color and consistency your blood color is throughout your bleed. You want to discover what is happening with your hormones, since hormones keep everything from your brain to your reproductive system running smoothly.

▶ If it's pinkish...



You may have low estrogen levels. Studies have found that excess exercise can lower estrogen levels and mess with periods. Talk to your doctor if you're an athlete and notice this, as it can lead to increased risk of osteoporosis. This can also be a sign of PCOS or Perimenopause.

▶ If it's watery...



You may have a nutrient deficiency. Pink-ish, diluted flow can be a sign of iron or vitamin deficiency. Make sure that you are not crash dieting or working out to excess. On the flipside, extremely heavy periods can cause iron-deficiency, too.

▶ **If it's dark brown...**



You may have old uterine lining making its way out of your body. This can be normal, especially towards the end of your flow. But too much can be a sign of low progesterone, which may lead to trouble ovulating.

▶ **If it's thick, jam-like red with clots...**



You may have higher estrogen levels, and lower progesterone levels. High estrogen can cause a lot of issues that are associated with painful periods. This could be a sign of hormonal imbalance, endometriosis, cysts, or fibroids. Over time, serious health concerns can develop, including some cancers.

▶ **If it's bright red...**



You have a healthy normal period. Everyone's "normal" varies slightly, but if it's bright, cranberry red with the consistency of Jello mix that hasn't yet set, it is a signal that your hormones are healthy and happy.