

# Stages of Menstrual Cycle

For patients who are actively trying to conceive, we recommend that during the luteal phase of your cycle (right after ovulation) you avoid any deep work around your uterus and reproductive structures. You will not cause any harm but let nature and your body do the work they are designed for. If your menstrual cycle starts you can recommence self-treatment. If you become pregnant, congratulations! Now you can focus on releasing tension in other areas of your body.

*Stop self-treatment right before starting any embryo implantation or IUI procedures.*

