

# 7 Types of **Abnormal Menstruation** You Should Know

## Menorrhagia

Heavy or  
prolonged periods



## Dysmenorrhea

Painful  
periods



## Oligomenorrhea

Infrequent  
periods



## PMS

Symptoms before  
period starts



## Amenorrhea

Absent  
periods



## Hypomenorrhea

Extra light  
periods



## PMDD

Severe form of  
PMS



# You Can Relieve Menstrual Problems

**Lei Shi**



**You Can Relieve Menstrual Problems:**

## Whispering the Secrets of Language: An Emotional Quest through **You Can Relieve Menstrual Problems**

In a digitally-driven earth where displays reign great and immediate conversation drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases often move unheard. Yet, located within the pages of **You Can Relieve Menstrual Problems** a interesting literary value sporting with fresh emotions, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, that enchanting opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the emotional depths of the touching review, we can embark upon a honest exploration of the book is primary styles, dissect their charming publishing style, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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