



welcome to

Eva's World



Helen Denise

Nature

Sexual reproduction is a biological process by which organisms create descendants that have a combination of genetic material contributed from two (usually) different members of the species.



Reproduction

1. X and Y chromosome.
2. Reproduction
3. Sexual reproduction

The word "Gender" is derived from the Latin root meaning "to beget; to procreate; to generate; to create; to produce." Sex is merely an organic manifestation of Gender on a physical plane.

The gender is determined at conception by the sperm. All women's eggs carry the X chromosome and all women have two X's. The sperm can be either male or female (X or Y). That is because men carry both the X and Y chromosomes. Therefore right from the moment the sperm gets to the egg it is determined what sex your baby will be. It is determined at conception by the pairing of either XX or XY chromosomes.

Do you know ?

Women are born with around **700,000** immature follicles or potential eggs.

By the time a woman reaches puberty, this potential egg supply drops to about **300,000....**

Reproduction

Reproduction is a fundamental feature of all known life. Each individual organism exists as the result of reproduction.

Do you know that known methods of reproduction are broadly grouped into two main types: sexual and asexual?

In asexual reproduction, an individual can reproduce without involvement with another individual of that species. The division of a bacterial cell into two daughter cells is an example of asexual reproduction. Asexual reproduction is not, however, limited to single-celled organisms. Most plants have the ability to reproduce asexually.

Sexual reproduction is a biological process by which organisms create descendants that have a combination of genetic material contributed from two (usually) different members of the species. Each of two parent organisms contributes half of the offspring's genetic makeup by creating haploid gametes. Most organisms form two different types of gametes.

Most animals (including humans) and plants reproduce sexually. Sexually reproducing organisms have two sets of genes for every trait (called alleles). Offspring inherit one allele for each trait from each parent, thereby ensuring that offspring have a combination of the parents' genes.

Reproductive Strategies

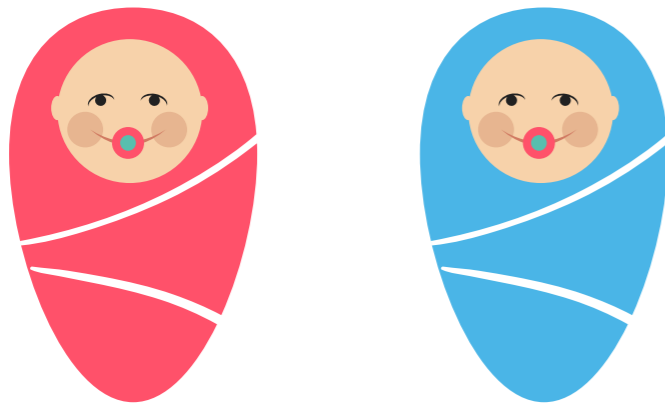
1. Two main strategies

There is a wide range of reproductive strategies employed by different species. Some animals do not reach sexual maturity for many years after birth and even then produce few offspring. Others reproduce quickly; but, under normal circumstances, most offspring do not survive to adulthood.

For example, a rabbit (matures after 8 months) can produce 10–30 offspring per year, and a fruit fly (matures after 10–14 days) can produce up to 900 offspring per year. These two main strategies are known as **K-selection** (few offspring) and **R-selection** (many offspring). Which strategy is favored by evolution depends on a variety of circumstances.

Animals with few offspring can devote more resources to the nurturing and protection of each individual offspring, thus reducing the need for many offspring. On the other hand, animals with many offspring may devote fewer resources to each individual offspring. For these types of animals it is common for many offspring to die soon after birth, but normally enough individuals survive to maintain the population.

Lottery Principle



3. Lottery Principle (by George C. Williams)

Sexual reproduction has many drawbacks since it requires far more energy than asexual reproduction. There is some argument about why so many species use it. **George C. Williams** used lottery tickets as an analogy in one explanation for the widespread use of sexual reproduction.

He argued that asexual reproduction, which produces little or no genetic variety in offspring, was like buying many tickets that all have the same number, limiting the chance of "winning" - that is, surviving. Sexual reproduction he argued, was like purchasing fewer tickets but with a greater variety of numbers and therefore a greater chance of success.

The point of this analogy is that since asexual reproduction **does not produce genetic variations**, there is little ability to quickly adapt to a changing environment. **The lottery principle** is less accepted these days because of evidence that asexual reproduction is more prevalent in unstable environments, the opposite of what it predicts.

Ovulation cycle



4.Ovulation

What is it?

Nature is very clever and gave you the answer how your unique body cycles work



Ovulation is part of the monthly menstrual cycle. **Ovulation** is when a mature egg is released from the ovary and is pushed down the fallopian tube. There, a sperm cell can fertilize the egg, which could then move into the uterus (It takes about three to four days for the egg to travel toward the uterus.), or womb, and develop into a fetus. If fertilization is to occur, it must happen within 24 hours of ovulation or the egg degenerates. Approximately every month an egg will mature within one of your ovaries. You must monitor your ovulation pattern to increase your chances of getting pregnant sooner.

A woman is at her most fertile time in her mid-twenties. By the age of 27 her fertility starts to decline.

Do you know how many healthy eggs you have when you after 20th ?....

It looks like a mystery.

The production of good quality eggs drops rapidly at the age of 35. By age 40 the chances of becoming pregnant naturally are reduced to about 5%. This is why you must monitor your ovulation pattern to increase your chances of getting pregnant sooner. If you are sexually active at the time of ovulation and are not using birth control, you have a 20–30% chance of becoming pregnant during each menstrual cycle.



Menstrual cycle

1. The menstrual cycle and ovulation cycle are two different cycles



At the age 12-14 the menstrual cycle begins...

Keep in mind that the menstrual cycle and the ovulation cycle are two different cycles in the women's body.

Each month, your reproductive system repeats a regular pattern of events (your cycle, or your menstrual cycle), all controlled by hormones. The menstrual phase is a woman's monthly bleeding, commonly referred to as your period.

The **menstrual cycle** is the series of changes a woman's body goes through to prepare for a pregnancy. About once a month, the uterus grows a new lining (endometrium) to get ready for a fertilized egg. When there is no fertilized egg to start a pregnancy, the uterus sheds its lining, which causes monthly menstrual bleeding (also called menstrual period). A period usually lasts about three to seven days. The normal amount of menstrual flow for your entire period is about a quarter of a cup. Women have that from their early teen years until around age 50. The menstrual cycle is defined as the time from the first day of a woman's period to the first day of her next period.

Do you know that your menstrual cycle does not necessarily take place once a month? The average menstrual cycle time for women is 28 days, but your menstrual cycle may last from 21 to 35 days and still be normal. If you have a short menstrual cycle, you may have a period more often than once a month. However,

if your menstrual cycle lasts longer, you're one of the women who have fewer periods in a year.

Menstrual blood is shed from the uterus through the cervix, vagina and out through the vaginal opening. This fluid may be bright red, light pink or even brown.

Did you know that even if you have regular menstrual cycles it does not mean that you can become pregnant right away?

Conclusion:

Knowing your own body is very important!!

You can learn about your own unique body cycles and then know how to gain control of your life by planning activities around them. We would like to provide you with not only the knowledge of the capabilities of your body, but also give you the confidence and joy you deserve while having sex, a very healthy activity for both partners. You can follow your hormonal state and know how your ovaries are functioning.

You can find out if there are any dysfunctions or irregularities.

Every woman, from young girls to mature matrons, needs to know her biological functions. Gaining full control of your body cycles will help you avoid unnecessary stress and prevent you from taking medication you don't really need.



Love

What about Love?



Relations

1. Love is another force of Nature.



Love....

Eva believes that love is a sensation that magically generates when the Right Man or Woman appears.

Love is another force of Nature. We can not command, demand, or make love disappear. Love is bigger than you are. Love does not come with conditions, stipulations, addenda, or codes. Like the sun, love radiates independently of our fears and desires.

The love gives the birth of the new life!!

1. Being a sexual being is an awesome thing!
2. Do you really know what sex is?



You a couple... surrounded by love ☺

Being a sexual being is an awesome thing!!!

It's up to you to have sex in a way when you “go above the limit” or to have a safe sex in order to reduce the chance of having baby - avoiding an unplanned pregnancy. Remember, you are in charge of your body, your health and your decisions about sex.

What is healthy sex? Is your sex life normal? It's normal to have questions about your sex life.

Every woman is sexual in her own way. What makes you feel good? How much desire do you feel? How often? What type of activities you enjoy? It's different for everyone.

It can be hard to talk about sex. Surveys show that up to half of all women have concerns about their sexual health. However, many are too embarrassed or uneasy about bringing the subject up with their partner, friend or doctor. Eva wants to help you understand some of the things that may affect your sex life.

Many factors can affect your sexual health.

It's normal for sexual activity and habits to change throughout your life. There are many factors which influence how you feel, both mentally and physically:

Your personality

Your religious beliefs

Your social and cultural background

Your physical health, including changes such as puberty, pregnancy and menopause

Your mental health and stress level

Your relationship with your partner

Your living situation

Do you really know what sex is?

Sex is just another hormone-driven bodily function designed to perpetuate the species. It's the complexity of the human sexual response. In addition to the biochemical forces at work, your experiences and expectations help shape your sexuality. Your

understanding of yourself as a sexual being, your thoughts about what constitutes a satisfying sexual connection, and your relationship with your partner are key factors in your ability to develop and maintain a fulfilling sex life.

Remember you are in charge of your body, your health and your decisions about sex.

Knowing your own body is very important. You can learn about your own unique ovulation cycle. You can learn how to gain control of your life by planning activities around it.

Cold facts:

Here are some head-clearing numbers straight from the National Center for Health Statistics:

The leading contraceptive method among women aged 15-29: The Pill (I can just hear the sound of billions of dollars settling into some pharmaceutical company's bank account).

- **Percentage of women aged 15-44 years using the pill: 19%**
- **Percentage of women aged 15-44 years using female sterilization: 17%**
- **Percentage of women aged 15-44 years relying on male sterilization: 6%**

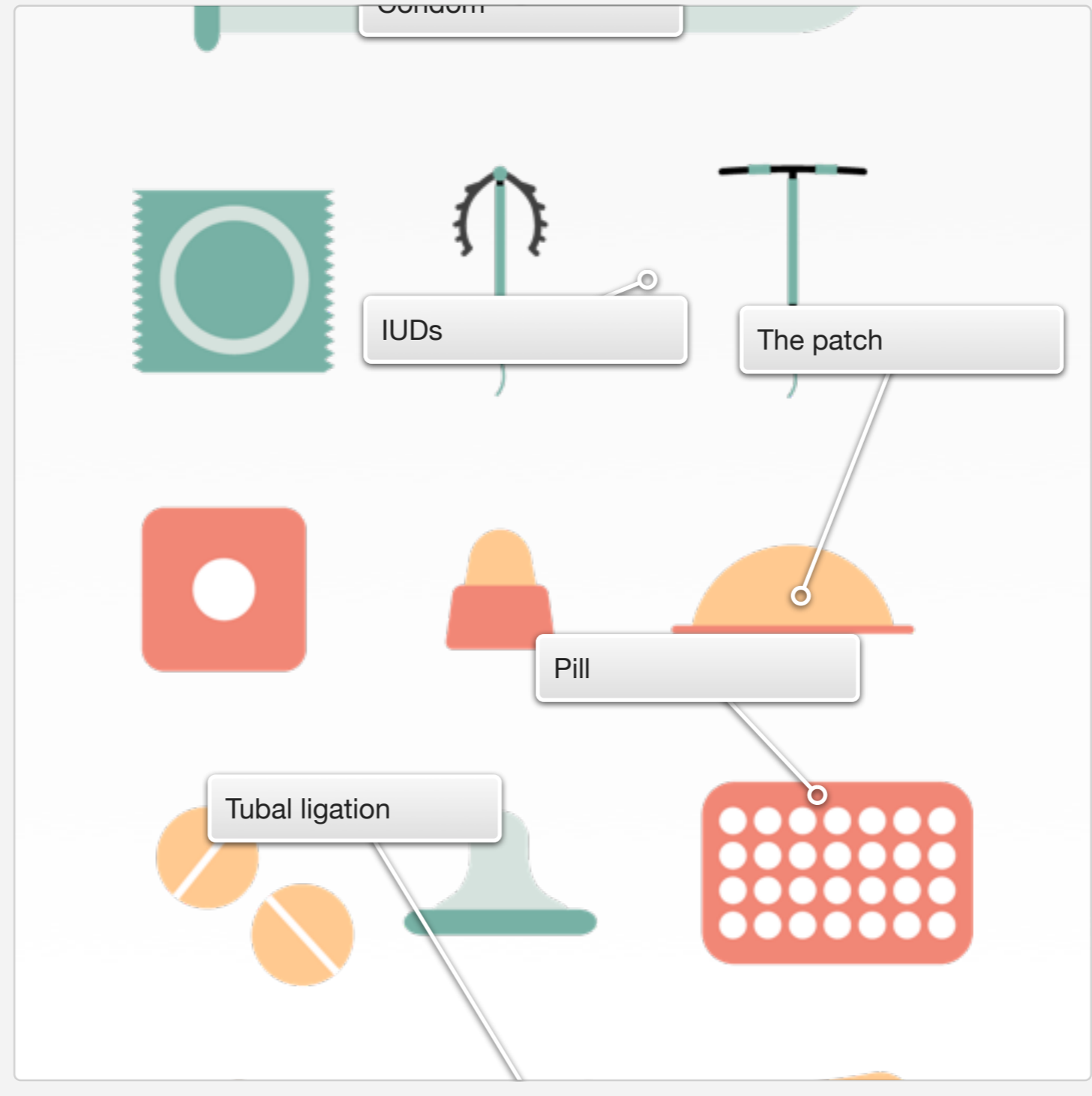
According to the National Survey of Family Growth, contraceptive failure rates are as follows:

- **Planned Parenthood reports that the majority of women who abort their babies were using contraception when they became pregnant.**
- **An IUD (An Intrauterine Device) can harm the uterus while in place.**
- **Up to 15% of women "lose" their IUD's and in 12% of women it grows into the uterus.**
- **Every seventh woman can get pregnant while using an IUD.**

- **More than 40% of women who get pregnant while on an IUD develop an extra uterine pregnancy (such as a tubular pregnancy which I lived through), or lose the fetus, or give birth prematurely.**

The effectiveness of contraceptive pills very much depends on external influences (climate, ecology) and on subjective factors (such as a woman's physical condition which includes her diet, stress level, emotions, having or not having an orgasm, etc.). But the main thing is that interference with the hormonal activities of a female body has never been without consequences for any woman. Some of the consequences may be hidden at first but may become more pronounced after many years - sometimes decades. Health issues begin surfacing when you least expect them. A book could be written about the harm that oral contraceptives cause to women.

Forms of birth control



Baby desire

1. Becoming a mother

2. Infertility



It's important to know, feel and understand your desire to have a baby

Becoming a mother is a life-changing decision. The desire to have a baby results from unconscious motivations which vary with different women. Understanding your desire to have a baby is often an essential step toward being fully prepared for motherhood.

The birth of a child is usually the realization of a deep and intense desire. More often than not, it is also the product of a love story between a man and a woman. Sometimes, the wish to have a baby arises from deeply unconscious aspirations, which depend on the life experiences of each woman.

You love your partner and having a child together seems the most natural thing. In this case, the desire to have a child is part of a broader aspiration to give love and provide your man with an offspring. A baby is like a gift in addition to a couple in harmony.

Usually babies arrive at a time in couples' lives when they know how to love and be loved back. They don't ask themselves existential questions like "is this the right time?" or "is he the right father or she the right mother?" Women, however, should beware not to find themselves completely engrossed by their newborn babies. Though being a mother, a woman and a lover all at once may be

challenging, you need to make sure that the father doesn't feel left out.

Infertility

Most experts define infertility as not getting pregnant after at least one year of trying. Women who are able to get pregnant but then have repeat miscarriages are also considered to be infertile.

Pregnancy is the result of a complex chain of events. In order to get pregnant:

A woman must release an egg from one of her ovaries (ovulation).

The egg must go through a fallopian tube toward the uterus (womb).

A man's sperm must join with (fertilize) the egg along the way.

The fertilized egg must attach to the inside of the uterus (implantation).

Infertility can result from problems that interfere with any of these steps.

Infertility is not always a woman's issue. In only about one-third of the cases is infertility due to the female factors. In another one third of cases, infertility is caused by the male factors. The

remaining causes are either not established, or are caused by a mixture of male and female factors.

Recently, the European Society for Human Reproduction (ESHRE) reports that 1 in 6 couples worldwide experience some form of infertility in their lifetime and approximately 1 in 8 women are diagnosed with infertility.

Please, keep in mind that Fertility decreases with age and, as more women delay childbirth, age-related infertility is increasing.



Pregnancy

-
1. Are you pregnant?
 2. Timing Sex
 3. Early symptoms
 4. Important recommendations



Are you pregnant? Do you want it ? Do you want to avoid pregnancy?

Many couples try to plan pregnancies so that their baby will arrive at an opportune time -- during a certain season, or before or after some event. Most, however, soon discover that it's nearly impossible to plan conception down to the month. Contrary to some people's assumptions, only a minority of couples conceive the first time they try to get pregnant.

Timing Sex: Improving Your Odds for Conception

It takes an average of 4-5 months of unprotected intercourse for a woman in her early 20s to conceive. That figure rises to 5-7 months for women in their late 20s, 7-10 months for women in their early 30s, and 10-12 months for women in their late 30s. Bear in mind that these numbers are only averages. Some women from each age group will conceive in their first month, and some in their 12th. Both extremes are considered normal. Still, months of disappointment can be frustrating - particularly if you happen to know someone who got pregnant from just one instance of unprotected sex.

Couples who want to maximize their chances of conception can take a few steps to make every attempt count. This becomes especially important for couples who are often separated by travel or work and have limited opportunity for sex, couples in which the woman is over 30, and couples who have a particular need to

conceive very soon. For most couples though, odds are that if they have regular unprotected sex, they'll end up expecting a baby within a year.

If you are missing a period it may be a good time to perform a home pregnancy test. When it is too early, a home pregnancy test may still show negative results. So if your period is still missing, perform another test a few days later, or talk to your doctor to confirm pregnancy or another diagnosis.

Some women also experience abdominal cramping early in pregnancy. These cramps are similar to menstrual cramps. Morning Sickness and a heightened sense of smell happens in part due to rapidly rising levels of estrogen. It can appear at any time, but is believed by many to be most active in the morning. It is considered to be one of the classic symptoms of pregnancy. For some women, the queasiness, nausea and even vomiting begin as early as two weeks after conception.

Early symptoms of pregnancy: What happens right away.

Are you pregnant? You can take a home pregnancy test and keep an eye on the pregnancy symptoms, described below. But the

only way to know for sure is to perform a blood test at your doctor's office. The signs below may also be a sign of other conditions, as they are not unique to pregnancy, so keep an open mind and consult with your doctor as soon as you get any of these symptoms.

1. **Implantation Bleeding.** - A small amount of vaginal bleeding - a bit earlier, lighter in color and shorter than a normal period may be one of the first symptoms of pregnancy for some women. Implantation bleeding happens when the fertilized egg attaches to the lining of the uterus, usually about 10 to 14 days after fertilization. This type of bleeding is usual.

2. **Missing Period.**

3. **Food Cravings or Aversions.** - Food cravings are common, sometimes for a while combinations of flavors. Who has had a friend who craved pickles topped with whipped cream while pregnant? Sometimes favorite foods get knocked off the menu because a strong aversion to them may develop. Like most other symptoms of pregnancy, these food preferences can be

attributed to hormonal changes — especially in the first trimester, when hormone changes are the most dramatic.

4. **Headaches.** - Throughout pregnancy, especially in the first trimester, increased blood circulation caused by hormonal changes may trigger frequent headaches.

5. **Constipation & Hemorrhoids.** - It's another common early symptom of pregnancy. An increase in progesterone causes food to pass more slowly through the intestines — which can lead to constipation. In turn, it may lead to hemorrhoids later in the pregnancy.

6. **Mood Swings.** - Mood swings are also common, especially in the first trimester. Just like most other symptoms, they may be attributed to hormonal changes, and can make a pregnant woman extra emotional.

7. **Faintness and dizziness.** - Early in pregnancy, faintness may also be triggered by low blood sugar. As pregnancy progresses, body blood vessels dilate and blood pressure drops, and as it happens a woman may feel dizzy and lightheaded.

8. **Changes in Breasts.** - Tender, swollen breasts may provide one of the first symptoms of pregnancy. As early as two weeks after conception, hormonal changes may make your breasts feel heavier than usual, with a sensation of tenderness, tingles or painful soreness.

9. **Fatigue.** - Fatigue also ranks high among early symptoms of pregnancy. During early pregnancy, levels of the hormone progesterone soar. In high enough doses, progesterone can put you to sleep. At the same time, lower blood sugar levels, lower blood pressure and increased blood production may team up to sap your energy.

Important recommendations:

Step 1 - Inform your doctor that you want to get pregnant.

Step 2 - Start trying

Step 3 - Take vitamins while trying to get pregnant and beyond.

1 - Inform your doctor that you want to get pregnant.

Ensure that you are in good health, that you do not have cancer or any other disease while trying to get pregnant, and that you are not overweight. You should have your PAP smear, pelvic and breast examinations done, etc. According to Dr. Dallas, this is important because a woman would not want to find out that she has health issues while she is already pregnant: they will be much harder to deal with, and some treatments may actually harm the baby. So take care of your health problems prior to getting pregnant.

Maintain a good diet because the early stages are important. Eat well and take your vitamins.

Exercise at least three times per week to increase your heart rate.

Avoid alcohol and smoking - Dr. Dallas says they may decrease the chances of ovulation and lower a man's sperm count. Studies have shown that babies born to mothers who smoke tend to be lower in birth weight. In addition, exposure to second-hand smoke may adversely affect the fetus. Inform your doctor if you are taking any medications because this can affect the fetus.

2 - Start trying

Dr. Dallas said women are more fertile when they are in their late teens to late 20s. She noted that the likelihood of a woman getting pregnant lessens when she gets older. However, she said women in their 30s still have a good chance of getting pregnant.

Avoid being stressed - This, Dr. Dallas said, would affect some of the hormones in the body and if this stress is protracted, you can have a small baby.

3 - What to eat while pregnant

The eggs have been fertilized and now you are pregnant. You need to be careful because you could have a miscarriage.

You may not need to make major changes to the food you eat while pregnant. Eat according to your appetite and try to eat from a range of good-quality foods to make sure you get the nutrients you and your growing baby need. Every day, you should aim to eat something from various food groups.

Try to aim for five or more portions of fruit and vegetables per day. Use any kind, including fresh, frozen, dried, tinned in natural

juices, and pure fruit juices. (Remember though that only one glass of fruit juice can be counted towards your five or more portions, no matter how many you drink.)

Bread, cereals, rice, pasta and potatoes should make up the main part of your meal. Whole grain cereal foods such as brown rice or whole meal bread have more fiber and vitamins and are more filling.

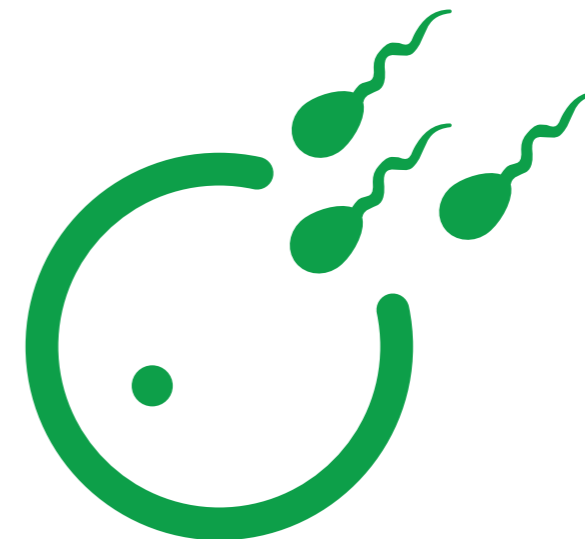
Meat, fish and alternatives provide protein and iron. Include some foods from this group twice a day. This includes meat, chicken, fish (including tinned fish), eggs, nuts and beans.

Milk and dairy foods provide an important source of calcium. Try to include one pint of semi-skimmed or skimmed milk per day or swap 1/3 of a pint of milk for 1oz (30g) of cheese (matchbox size), a yogurt or a bowl of milk pudding. Low-fat dairy products have the same amount of calcium as full-fat varieties.

Keep your intake of foods containing fat and foods containing sugar to a minimum. Try not to eat foods like biscuits, puddings, cakes and chocolate every day.

4 - **Vitamins while trying to get pregnant and beyond.**

You should also aim to increase your levels of folic acid, an important B vitamin. Folic acid is found naturally in many foods and it's added to some manufactured foods. It's vital for the growth and health of all the cells in the body. It's especially important if you are in the early stages of pregnancy (up to 12 weeks), or if you are planning a pregnancy, as it reduces the risk of the baby being affected by neural tube defects such as spina bifida or anencephaly.



Chapter 3

New Life

New Life (with KNOWHEN®)



Freedom of choices

SOME WORDS FROM EVA

1. Freedom of Choices



My dear friends,

I would like to remind you what Pliny The Elder said in the first century BC:

“It is a shame to admit that of all living creatures only man does not know what is good for him”.

I remind myself of these words almost every day. Why?

Because I am aware of what thousands of women know after they have read our book. It is those women who I congratulate on their first step into the grand and amazing woman world. Don't forget, we live in the 21st century, and we, the women, have finally acquired the right to choose. I do hope that the knowledge you obtained have made you sure that the most important decisions in your life have been right - the time for a child to be born - the time for healthy sex.

Millions of women ask themselves the same question, when waking up in the morning: “Is this the right time?”...

You are prompted by clever Nature itself...

The answer is simple! Your own saliva offers it to you!

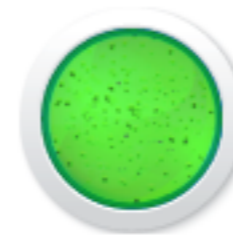
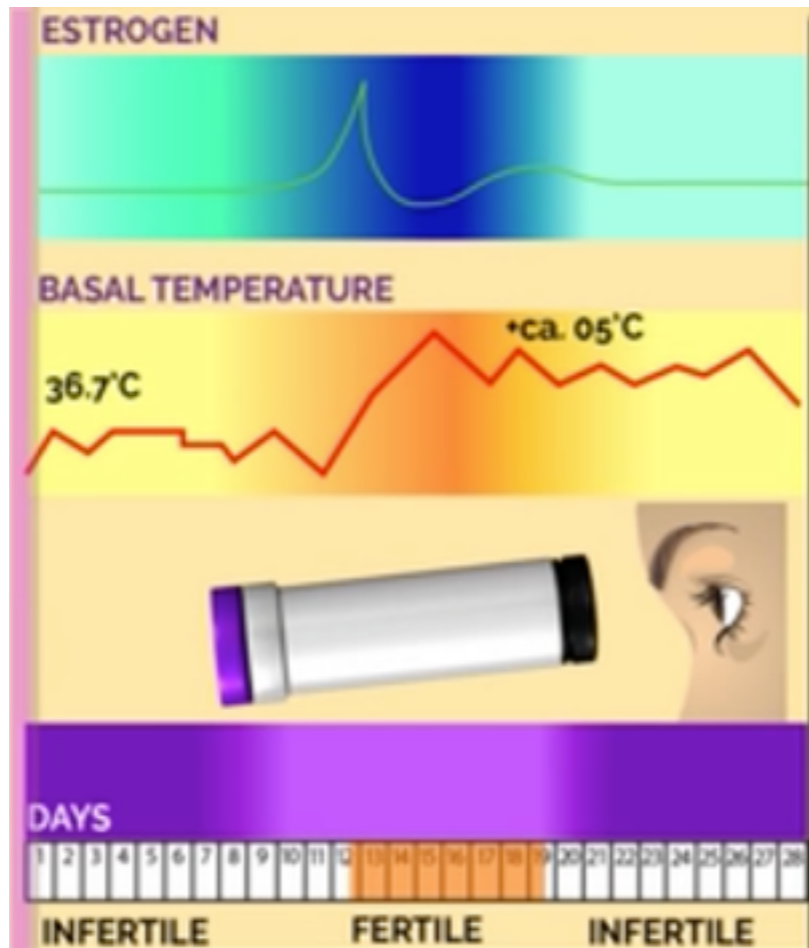


Figure 1.

You are not ovulating. Dots/Circles may appear but because there are no fern-like structures, it is highly unlikely that you will become pregnant.



Figure 2.

You see a few fern-like crystals, either meaning you are starting to ovulate, or its the day after your ovulation.



Figure 3.

You are ovulating! The fern-like consistency is incredibly clear. This is the last chance for you to get pregnant.

Come back to nature



“The best doctor is the one who knows how useless most medications are.”

This is what Benjamin Franklin, one of the authors of the US Constitution, said.

I quoted Franklin’s words for a reason. Because even the best medications stand between us and Nature.

We talk a lot about healthy ways of life, right nutrition, organic products and about everything concerning the integration of Man and Nature. But unfortunately, we often have to resort to the help of doctors.

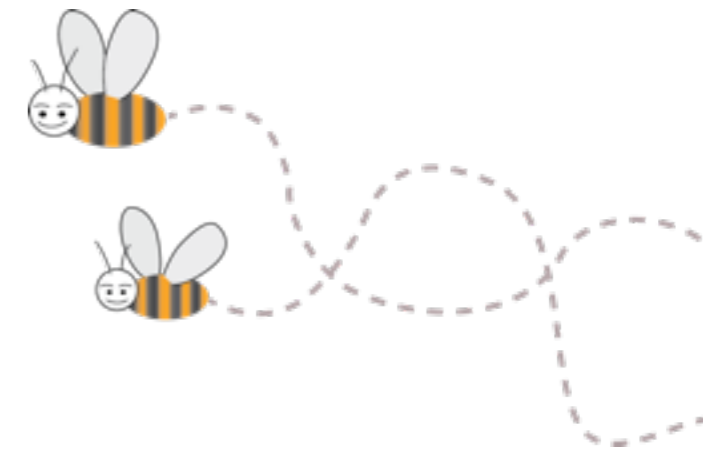
I would like to give advice on how to go back to natural family planning.

For natural family planning you would need to:

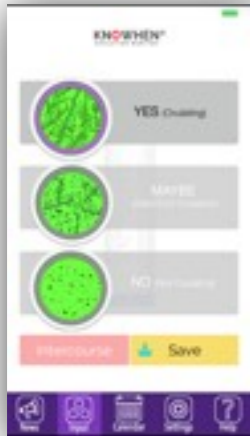
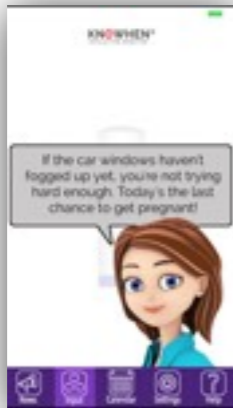
- **know your ovulation cycle;**
- **possess absolute knowledge of your own body;**
- **have healthy sex;**
- **turn to your doctor immediately if you have the first symptoms that there is something wrong in your body.**

I would like to assure you that if you know about your own ovulation cycle, which means you are aware of your hormonal balance, it will help you to avoid problems with pregnancy as well as to be informed about serious medical conditions (such as diabetes, infertility, **PCOS**- Polycystic Ovary Syndrome), which are indirectly related to your hormonal balance.

And one more thing: it is very important to know the difference between your menstrual and your ovulation cycles and permanently watch them. I regret to admit that many women don't know yet what ovulation is.



Welcome to KNOWHEN®



Eva can help.

KNOWHEN® is a monitor for daily monitoring of your ovulation cycles based on your saliva testing. A drop of saliva is no cost to you, and it is a good habit to get into the routine of testing your saliva every day. It will provide you with freedom of choice and peace of mind.

Your personal APP will simplify this daily routine.

See a picture on your microscope slide and press the button either on your phone or your computer.

Your personal computer program will do the rest. It not only writes down the test results, but also informs you about the important days of your ovulation cycle, i.e., when the cycle starts, when ovulation takes place, and about the several days after the ovulation when there is still the chance to get pregnant.

Why is it so important to monitor this information? Because sperm can survive in a woman's body up to **3 days** before ovulation, thus increasing the chance to get pregnant for at least **5 days**.

You will have a chance to watch your own, **one-of-a-kind cycles that are unique and cannot be standardized.**

The general idea of women being able to get pregnant in the middle of their menstrual cycle does not fit every woman in real life. And if your menstrual cycles are not regular, you will be lost in your calculations.

Many women can have ovulation only once in every ten months, and therefore, the chance to get pregnant is very limited in time. For millions of women it is very important to trace the only day in a year when they can get pregnant in a natural way and give birth to a child herself, without resorting to in vitro procedure.

In conclusion, I would like to draw your attention again, to the fact that seeming simplicity of our device is supported by great knowledge behind it. Knowledge that will make your life easier. And your decision to discover out that knowledge is what 2000 years ago Seneca the Young called “A step to invigoration”.

KNOWHEN® can help!

The KNOWHEN® Saliva Fertility Monitor is a handheld mini-microscope that monitors a woman’s ovulation using just a single drop of saliva each morning. KNOWHEN® is the ONLY saliva-monitoring ovulation device with 98% clinically proven accuracy, and it is FDA-cleared. With KNOWHEN®, women can pinpoint the day of their ovulation with EASE and ACCURACY. In addition, they now can track their daily-test results using the personal ovulation mobile App that is provided with the product, allowing them to better plan their sexual activity to achieve their fertility goals. Nature gave women the code to their unique ovulation cycle in their saliva and now, for the first time ever, that secret has been harnessed within the KNOWHEN® Saliva Fertility Monitor.

Stay with us, follow our news and our new products!



Credits

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George C.Williams (1975) Sex and Evolution. Princeton (NJ): Princeton University Press.

Design, animations, Eva character by Alexander Axenov.

Abdominal

Relating to the abdomen.

"abdominal pain"

synonyms:

gastric, intestinal, stomach, stomachic, enteric, duodenal, visceral, celiac, ventral

"abdominal pains"

Related Glossary Terms

Pregnancy, Sexual reproduction

Index

Find Term

Allele

One of two or more alternative forms of a gene that arise by mutation and are found at the same place on a chromosome. Also called allelomorph.

Related Glossary Terms

X and Y chromosome

Index

Find Term

Constipation

A condition in which there is difficulty in emptying the bowels, usually associated with hardened feces.

- a high level of constraint or restriction; a pronounced lack of ease: literary constipation.

Related Glossary Terms

Pregnancy

Index

Find Term

Contraceptive pills

Contraceptive pills are a kind of medication that women can take to prevent pregnancy.

Related Glossary Terms

KNOWHEN® microscope, Ovulation, Pregnancy, Unprotected intercourse

Index

Find Term

Endometrium

The mucous membrane lining the uterus, which thickens during the menstrual cycle in preparation for possible implantation of an embryo.

ORIGIN late 19th cent.: modern Latin, from endo- ‘within’ + Greek mētra ‘womb.’

Related Glossary Terms

Fallopian tube, Lining, Uterus

Index

Find Term

Fallopian tube

(in a female mammal) either of a pair of tubes along which eggs travel from the ovaries to the uterus.

ORIGIN early 18th cent.: from Fallopius, Latinized form of the name of Gabriello Fallopio (1523–62), the Italian anatomist who first described them.

Related Glossary Terms

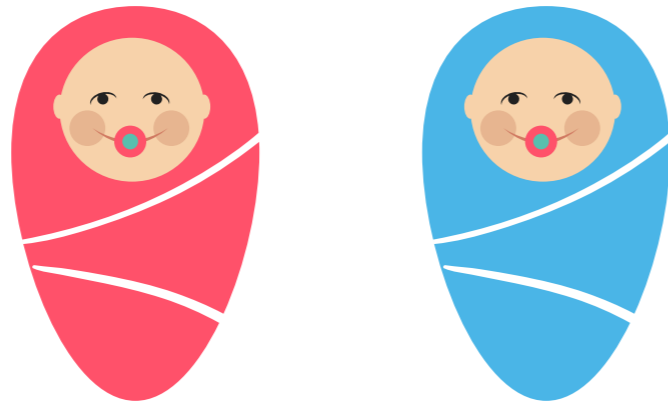
Endometrium, Uterus

Index

Find Term

Gender

The word "Gender" is derived from the Latin root meaning "to beget; to procreate; to generate; to create; to produce." Sex is merely an organic manifestation of Gender on a physical plane.



Related Glossary Terms

Infertility, Pregnancy, X and Y chromosome

Index

Find Term

Hormones

A regulatory substance produced in an organism and transported in tissue fluids such as blood or sap to stimulate specific cells or tissues into action.

- a synthetic substance with an effect similar to that of an animal or plant hormone.
- (hormones) a person's sex hormones as held to influence behavior or mood.

Related Glossary Terms

Menopause, Pregnancy

Index

Find Term

Infertility

Infertility is the inability of a person, animal or plant to reproduce by natural means.

Related Glossary Terms

Gender, Ovulation

Index

Find Term

Invigoration

Give strength or energy to.

Related Glossary Terms

Drag related terms here

Index

Find Term

KNOWHEN® microscope

KNOWHEN® is a monitor for daily monitoring of your ovulation cycles based on your saliva testing. It will provide you with freedom of choice and peace of mind.



Related Glossary Terms

Contraceptive pills, Ovulation, Pregnancy, Unprotected intercourse

Index

Find Term

Lining

A layer of different material covering the inside surface of something: a lining of fireproof insulation | [as modifier] : lining paper.

- an additional layer of different material attached to the inside of a garment or curtain to make it warmer or hang better: leather gloves with fur linings.

Related Glossary Terms

Endometrium

Index

Find Term

Menopause

The ceasing of menstruation.

- the period in a woman's life (typically between 45 and 50 years of age) when this occurs.

Related Glossary Terms

Hormones

Index

Find Term

Menstrual cycle

The menstrual cycle is the series of changes a woman's body goes through to prepare for a pregnancy.

Related Glossary Terms

Pregnancy

Index

Find Term

Offspring

- a person's child or children: the offspring of middle-class parents.
- an animal's young.
- the product or result of something.

Related Glossary Terms

Uterus

Index

Find Term

Orgasm

A climax of sexual excitement, characterized by feelings of pleasure centered in the genitals and (in men) experienced as an accompaniment to ejaculation.

Related Glossary Terms

Drag related terms here

Index

Find Term

Ovaries

A female reproductive organ in which ova or eggs are produced, present in humans and other vertebrates as a pair.

Related Glossary Terms

Drag related terms here

Index

Find Term

Ovulation

Ovulation is when a mature egg is released from the ovary, pushed down the fallopian tube.

Related Glossary Terms

Contraceptive pills, Infertility, KNOWHEN® microscope, Pregnancy, Sexual reproduction

Index

Find Term

Pregnancy

Pregnancy is the development of one or more offspring.

Related Glossary Terms

Abdominal, Constipation, Contraceptive pills, Gender, Hormones, KNOWHEN®
microscope, Menstrual cycle, Ovulation, Sexual reproduction, Unprotected intercourse

Index

Find Term

Sexual reproduction

Sexual reproduction is a biological process by which organisms create descendants that have a combination of genetic material contributed from two (usually) different members of the species.

Related Glossary Terms

Abdominal, Ovulation, Pregnancy

Index

Find Term

Sperm

same or sperms

short for spermatozoon.

- informal semen. [late Middle English: via late Latin from Greek sperma ‘seed,’ from speirein ‘to sow.’]

Related Glossary Terms

Drag related terms here

Index

Find Term

Unprotected intercourse

Unprotected sex is a term often used to describe (intercourse) sex if a condom is not used.

Related Glossary Terms

Contraceptive pills, KNOWHEN® microscope, Pregnancy

Index

Find Term

Uterus

The organ in the lower body of a woman or female mammal where offspring are conceived and in which they gestate before birth; the womb.

ORIGIN Latin; related to Greek hystera. Compare with hysteric.

Related Glossary Terms

Endometrium, Fallopian tube, Offspring

Index

Find Term

X and Y chromosome

All women's eggs carry the X chromosome as all women have two X's. The sperm can be either male or female (X or Y). That is because men carry both the X and Y chromosome.

Related Glossary Terms

Allele, Gender

Index

Find Term