

Is Your Period Actually “Normal”?

The signs of a truly healthy cycle — and the signals worth paying attention to.

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“Common” is not the same as “normal.” Most women are told their period is fine when it isn't. Here's the standard I actually hold a period to in clinic.

THE 6 MARKERS OF A HEALTHY PERIOD

- ✓ **Timing** — arrives every **26-30 days**. The single most important fertility signal; it reflects the quality of ovulation.
- ✓ **Length** — bleeding lasts **3-7 days**. Longer in younger women, shorter in older. Your own consistent norm is the baseline.
- ✓ **Flow** — heavier at the start, lightening after. In practice: changing a pad/tampon every **2-4 hours** (3-6× a day).
- ✓ **Clotting** — none of significance. The odd small clump of blood and mucus is fine.
- ✓ **Pain** — no cramping of any real significance. A mild pressure or bearing-down feeling before bleeding is okay — it should ease once flow begins.
- ✓ **Color** — may start brownish (old blood), but current-cycle blood should be **bright red** — like a fresh nick on your finger.

SIGNALS WORTH PAYING ATTENTION TO

- ! **Pre-menstrual spotting**. This is a symptom — it shouldn't be happening.
- ! **Cycles shorter than 26 or longer than 30 days**. Usually have a physiological cause — and are usually correctable.
- ! **Soaking through every 1-2 hours**, or heavy/ repeated clotting — a sign of stagnation.
- ! **Significant cramping** or pain that interferes with your day.
- ! **Dark or brown blood** throughout the period, rather than bright red.
- ! **PMS, breast tenderness, mood swings** — common, but they point to underlying inflammation, often diet-driven.

WHY THIS MATTERS

I read a woman's period as a report card on her overall health — a window into the whole system.

The closer your period is to normal, the better your chances of conceiving — even with IVF.

If your cycle doesn't match the left column, you haven't failed at anything. Your body is telling you something. The work is learning to listen.

Want to know what your cycle is telling you? Bring this guide to a consultation and we'll map your pattern together — and the steps to restore it.

Call or Text: (973) 705-7800