

Ovulation Symptoms and Tools

It is an undeniable truth that women's bodies are a complete mystery; sometimes not even women can understand their own bodies and inner working, while some of them have never tried to calculate or chart their ovulation and fertile days. Most women become interested in understanding about these issues, only when they want stay pregnant or avoid a pregnancy. Our bodies are not actually that hard to understand, once we start reading and understanding the given signals. This is why many ovulation calendars or ovulation calculators exist; help us through the process. Many women ignore the typical ovulation symptoms: the cervical mucus becomes more intense and changes in color and density, the basal temperature increases significantly. Even the cervix changes position during the ovulation days: it is slightly open and higher than usually. Ovulation in women happens usually during the 14th day of the menstrual cycle, thus it's not that hard to calculate it, if you write down some dates and numbers. For those women that have a regular and typical cycle of 28 days, it's easy to define the ovulation dates; it should be either the 14th or the 15th day. A woman that records her periods can easily find out which the fertile days are, counting back 14 days from the due date of the coming period. Women, who want to have a baby and monitor their ovulation, should have an intercourse on the 13th or 14th day, in any case prior to the ovulation, because the eggs have a relatively short life. One of the tools used by women so as to predict ovulation is the pregnancy ovulation calculator, which is easy and accurate. There are of course some very technical and somewhat complicated solutions that predict the ovulation, such as the measure of the basal temperature, but in most cases women can chart their fertile days so as to know which they are each coming month.

About the Author

Sturat enjoys writing on topics like [ovulation calculator](#). For more information, you can visit us. Visit [Ovulation Symptoms and Tools](#).

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