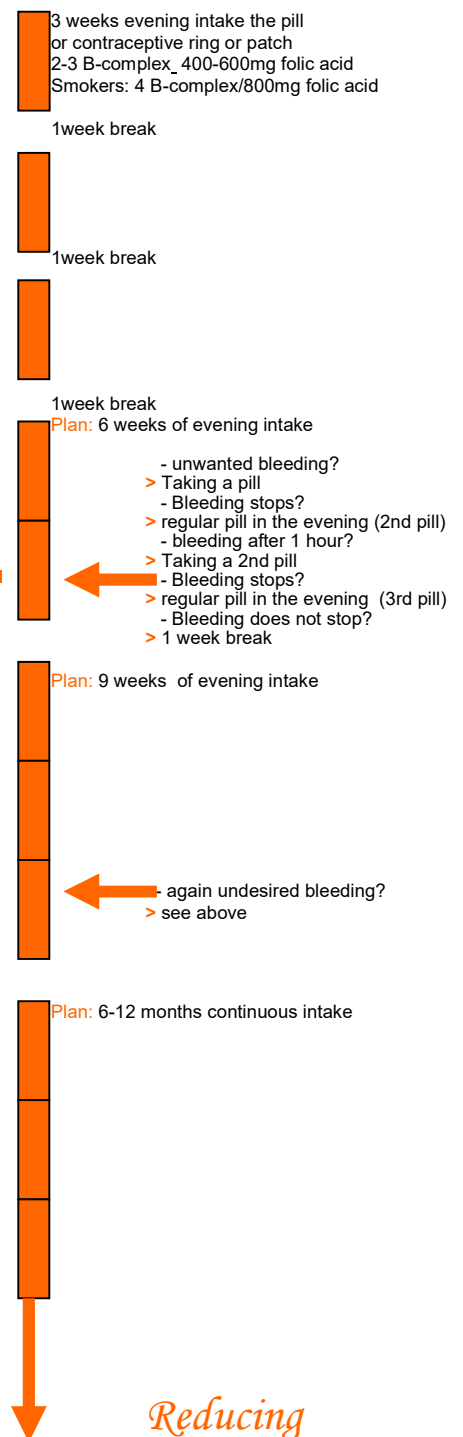


# Long cycle - how does it work?

## Long-term cycle intake plan

- Long cycle **only** works with "one-phase pills", i.e.: all pills have the same content (the same color). With "multi-phase pills" (color and content change in the cycle) this is not possible!
- Start with long-term cycle intake if taking the pill in the evening with a one-week break from taking 3 months of regular bleeding.
- Long-cycle intake only works **with** good B vitamins.
- Take the pill for 6 weeks in the evening at the beginning of the long-term cycle.
- If there is an undesirable bleeding before the end of the 6 weeks, try to stop the bleeding with one, after one hour if necessary with another pill. If you were able to stop the bleeding, take the regular pill in the evening.
- If this does not succeed, start with a one-week break.
- After the one-week break, start again and try to stay bleeding-free for another 6 weeks.
- After a further one-week break, try to stay bleeding-free for 9 weeks. If this is successful, you can stay bleeding-free for half a year or even a whole year.
- Chlamydia can flare up again and again and cause bleeding disorders. If you have ever had contact with chlamydia, you can afford regular swab control examinations.



## Reducing health risks with long cycle

1. Well-being by avoiding vitamin and trace element losses
2. Reducing the risk of breast cancer
3. Promoting fertility in the event of later desire to have children
4. Reduction of homocysteine, i.e. preservation of bone density, avoidance of headaches, arterial calcification and
5. Malformations in babies!

Long cycle - that's how it works!