

MENSES, MENSES: Track 13

This song describes the menstrual cycle which instigates the development and release of an egg from a follicle each month while preparing the endometrial lining to support a fertilized egg should this happen. Bleeding is the loss of the endometrial lining that occurs when implantation of a fertilized egg does not occur and the cycle begins again. By the way, reaching for chocolate during menstruation has some backing in the literature. Chocolate contains analogs of oxytocin which at certain concentrations can cause both uterine contractions and the release of opioids or pleasure chemicals.

CHORUS:

Menses, menses, can dull my senses
 Pass the iron, the chocolate, the booze
 My hormones and my temperature changes
 While another oocyte stews.

Follicular, luteal

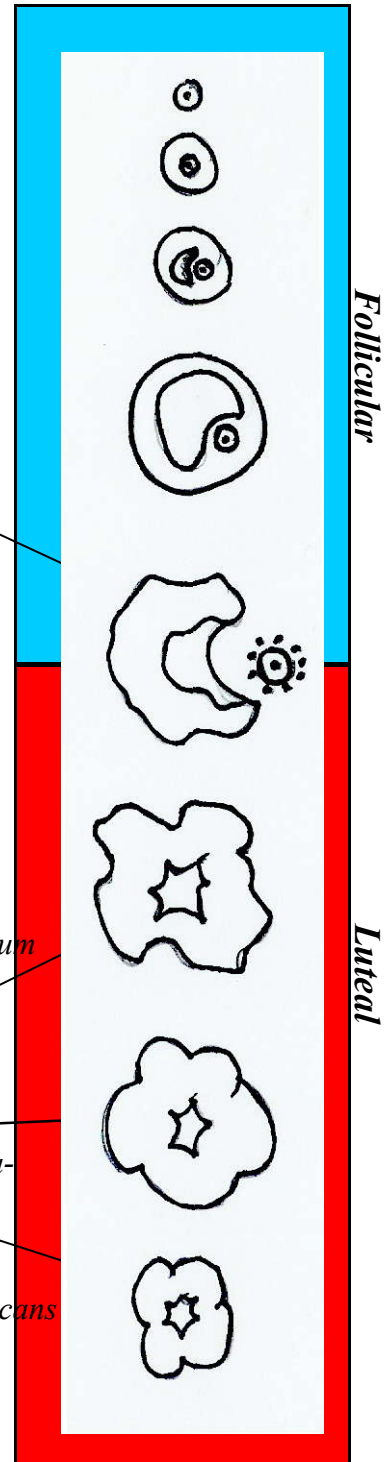
Ovarian phases give us room to complain
 But right in between, at ovulation I mean,
 Rupture brings forth a human grain

GnRH (*gonadotropin releasing hormone*) gets more frequent
 Pulses change moving the cycle along
 Pituitary releases FSH (*follicle stimulating hormone*)
 and LH (*luteinizing hormone*)
 3 estrogens are the ovaries' song

CHORUS

It's folly to assume that follicle will wait
 When Luteinizing Hormone levels spike
 Before the progesterone takes over
 Be safe - tell that boy to take a hike

That egg leaves a corpus behind
 1st luteum, then mature, 3rd albicans
 This goes on with high progesterone
 Makes you fat, makes you yell at your man



corpus luteum

Mature corpus luteum

corpus albicans

CHORUS

Where is a blastocyst gonna go?
To a safe, warm endometrial home
Repaired in the proliferative phase
The start of royalty on every throne

Destruction and redemption every cycle
That endometrial lining comes and it goes
Functional zone anchors a fertilized egg
Supports growing fingers and 10 tiny toes

CHORUS

A roller coaster of opportunity
Can feel like chains or like sweet destiny
Hypothalamus and ovaries pulse miracle juice
It's a chick thing for eternity

CHORUS

NOTES:

