

SUPPORT FOR A *joyful cycle*

Spring FOLLICULAR PHASE: 7-10 Days

- Time of inspiration
- Emotionally outgoing and upbeat, revitalized
- Feeling more creative: try something new, work on stimulating projects, problem solve
- Physical energy is up
- Try new forms of movement or more challenging workouts now
- Dry brush, wash sheets, declutter, open windows
- Higher estradiol = less hunger & more satiety
- Eat fresh veg, lean proteins, fat and B12 to build blood, chlorophyll, more liver support & cooling foods including sprouted and fermented foods, bitter herbs and plants, flax and pumpkin seeds, oats, quinoa, rice, molasses

Summer OVULATORY PHASE: 3-4 Days

- Time of inspiration
- Full moon
- Actually part of luteal phase
- You are fertile and your sex drive is heightened
- Practice rest & play; intentional creativity; make room for pleasure
- Be mindful of distractions and being pulled in too many directions
- Connect with community
- Physical energy high
- Good time for higher impact and/or group activities or movement
- Eat buckwheat, quinoa, greens, flax, pumpkin seeds, more warming foods and spices like ginger, cloves, cinnamon, cardamom, cumin

Autumn LUTEAL PHASE: 10-14 Days

- Time of reflection
- More anxiety and poorer sleep quality, increased cravings & hunger, or constipation
- Boost B vitamins, calcium, magnesium, fiber, evening Primrose oil, adaptogens
- Tender breasts: try more turmeric, ginger, topical peppermint oil in carrier
- You might feel more aggressive or sensitive
- Choose low impact or weight bearing activities
- Awareness and attention to comfort are key
- Begin slowing down and paying closer attention to self-care; use mindfulness techniques
- Begin nesting, turning inward; great time to take care of administrative details
- Sex drive slowly wanes over this phase
- Eat egg yolks, black beans, green juice, healthy fats, cruciferous & roasted veggies (stabilize serotonin and dopamine and prevent mood swings), boost fiber and hydration, sunflower, sesame, chia, hemp, nuts, avoid cold/raw foods and sugar

Winter MENSTRUAL PHASE: 3-7 Days

- Time of reflection
- New moon
- Actually part of the follicular phase
- Give yourself permission to lay low 2-3 days; cuddle, relax, no major engagements or projects
- This time is for rest, recovery & cleansing
- Natural time for self-analysis, evaluation and course correction – but do not act upon any major decisions at this time. Breathe. Wait.
- Learn to listen, turn inward, journal, check in mind-body-spirit
- Choose gentle movement like yoga, walks, stretching
- Low vaginal pH leaves you more susceptible to growth of bacteria and yeast
- Eat low GI foods, water-rich produce, beets, greens, seafood, sea veggies inc spirulina and broths (boost iron and zinc), beets, sunflower seeds, sesame seeds, calming teas, warming spices like ginger

*Healthy cycle = 29 to 32 days, lasting 4.5 to 6 days *track your cycle in your agenda, plan accordingly

