

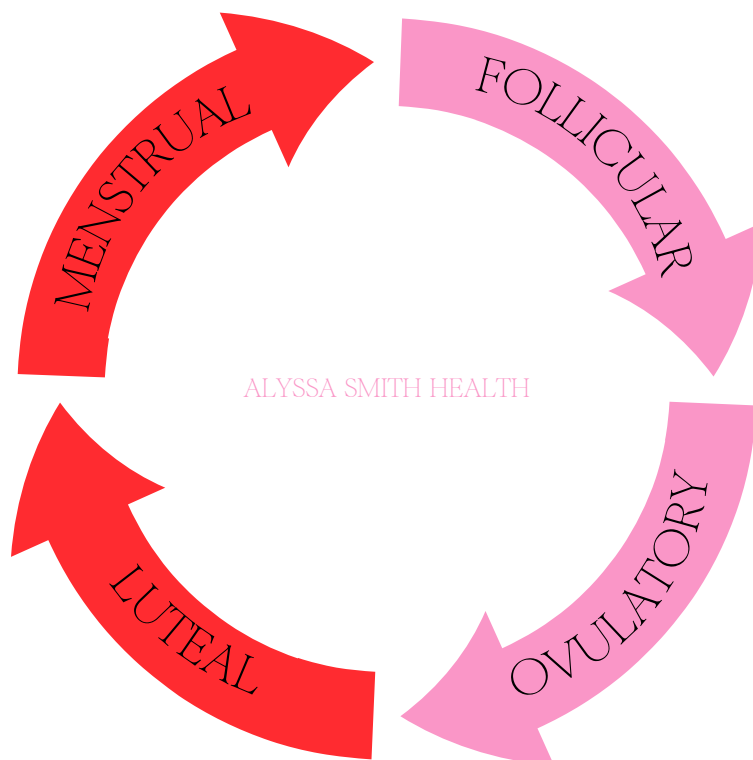
Cycle Syncing Made Simple



Cycle Syncing is one of the most effective ways to balance your hormones all month long. If we do not align our diet, exercise, and lifestyle to the cycle phase we are in - we are fighting nature. Let's embrace our cycle and work WITH it to:

- Ease PMS symptoms
- Manage and lose weight
- Recover faster from workouts
- Lower stress levels
- Improve fertility
- Balance our hormones
- Feel more energized
- Increase productivity
- Experience less mood swings

4 PHASES TO YOUR CYCLE: 2 phases we **GO**, 2 phases we **SLOW**



MESTRUAL

*DAYS 1-5 ***



Mode: Slow

Theme:

Rest, Rejuvenate, & Reflect

Season:

Winter (rich, restful, homeward bound)

Basics:

Your cycle actually begins with your period.

No egg from your previous cycle was fertilised so oestrogen and oestrogen drop.

The lining of your uterus is no longer needed so it sheds and your period occurs. This can take 3-7 days.

You may experience low back pain, tiredness, mood swings, sensitive breasts, and/or cramps.

Plan:

Take time for you. Say no to plans.

Food:

Nourishing, warm foods.

Slow cooked meat, broths, and sweet potatoes along with leafy greens and cruciferous veggies to detox estrogen and restore lost iron and B vitamins.

Keep blood sugar steady with balanced meals and snacks. Note you need extra calories during this time.

Seafood, sea moss and seaweed can restore lost minerals.

Exercise:

Yoga, breath work, and long walks are all suitable.

Contradicting hormonal shifts will lead to weight gain and mood swings!

Rest, reflect and rejuvenate.

Focus:

Professionally, this is a great time to analyse data and strategise.

This is the time to think strategically about your life because you have the greatest communication between the left and right hemispheres at this phase.

Journal, reflect and identify what is and is not serving you.

How are you spending your time?

Do you feel good about each facet of your life?

What can you change to get on track?

FOLLICULAR

DAYS 6-14 **



Mode: Go

Theme:

Openness, Creativity, & New Beginnings

Season:

Spring (fresh, fun, renewed, blossoming)

Basics:

Hormones are at their lowest levels and slowly begin to increase.

Generally we feel energised.

Plan:

Tackle your to-dos, get out and about, and host.

Food:

Vibrant, fresh foods such as salads and sauerkrauts, vegetables, sprouted beans and seeds.

Continue rebuilding B12 with grass fed beef.

Exercise:

Increased energy means now is a great time to increase the intensity of your workouts.

After taking it easy during our menstrual phase, we can jump into cardio, strength and HIIT, as desired.

Focus:

Creativity and energy are high.

Start a new project or set goals and intentions.

OVULATORY

DAYS 15-17 **



Mode: Go

Theme:

Communicate and Connect

Season:

Summer (open, spicy, vibrant and sexy!)

Basics:

Hormones are surging and stimulating the follicle to release an egg.

Your brain is ready to verbalise and socialise!

You'll notice cervical fluid at this stage.

Plan:

Embrace your natural GLOW!

Go on dates, socialise, and soak up your magnetism. Burn that extra energy!

Food:

Glutathione is key to metabolising excess oestrogen, so get extra veggies and fruits at each meal. Cruciferous vegetables and avocados are a focus, while eggs provide the choline to support ovum's cell membrane quality. Add Celtic sea salt and lemon to your water and start the day with a liter in order to maintain hydration.

Exercise:

Get in that HIIT Pilates, burn that energy and begin to incorporate more strength than you did during the Follicular phase.

Focus:

At work, present, speak, negotiate and pitch.

You are effective and magnetic in your communication, so take advantage!

At home, have important conversations, face to face and heart to heart, and ask for and look for signs.

Being mindful and recognizing how magnetic and receptive you are is key to maximising the benefits of this special stage of your cycle.

LUTEAL

DAYS 18-28 **



Mode: Slow

Theme:

Transition, Close Out and Complete

Season:

Autumn (a time of transition from out to in)

Basics:

Progesterone, testosterone and estrogen peak and then right before the bleeding begins, reach their lowest levels.

PMS is common at this phase, but not normal. Calcium and light movement are two great protectors from PMS.

Plan:

Week 1 of the Luteal Phase you may have more energy.

Week 2 it may drop. This is a great time to listen to your body's cues.

Wind down from the higher intensity of Follicular and Ovulatory phases.

Food:

Focus on B vitamins, Calcium and Magnesium to keep cravings at bay and support energy production. Sardines are great for non-dairy calcium but the main focus is adding more grounding foods such as beetroot, sweet potato and grass fed beef and lamb. Blood sugar balance is supported by plenty of greens and a range of seeds including tahini/sesame support progesterone. Add in grass fed organic dairy, as tolerated.

Exercise:

You'll still have energy to burn - use it for strength training if possible.

Pilates and yoga are also good options.

Taper the intensity as you get closer to the Menstrual phase.

Focus:

First half of this phase: continue spending time with others but do not over-give.

Second half: focus on taking care of yourself.

Set firm boundaries and communicate them. This is key to avoiding irritation and anger.

*** Exact cycle length varies by individual*