



**Cycle Syncing:** Cycle Syncing: Aligning exercise, nutrition, business, and social activities with the four menstrual phases to support hormone production, detoxification, and balance. (Based on a 28-30 day cycle. A “normal” cycle can be anything between 21 and 35 days.)

**Menstruation Phase** : (days 1-5) Begins the first day of menstrual bleeding and is the first phase of the cycle.

**What’s Happening:** The body is shedding the uterine lining. Estrogen and progesterone are at their lowest point. Although the uterine lining sheds strictly due to the decline of estrogen and progesterone, testosterone is also at its lowest. Low levels of these hormones contribute to low mood, energy, and fatigue.

**Focus:**

- Rest, reflection, and creativity.
- Self-care and nurturing practices like journaling, art, reading, or meditation.

**Nutrition:**

- Warm, nourishing foods to support blood flow and oxygenation.
- Root vegetables, protein (animal protein without antibiotics or hormones, grass-fed/finished for heme iron and amino acids), healthy fats, soups, stews, and herbal teas.

**Exercise:**

- Gentle movement - walking and stretching

**Business/Social:**

- Ideal for creativity, brainstorming, and setting intentions for the cycle.
- Take time to recharge. Reflect on past efforts to guide future plans.



**Follicular Phase:** (Days 6-14) The first day at the end of the menstrual bleed up to ovulation.

**What's Happening:**

- The brain (Hypothalamus) signals the pituitary gland to produce FSH (Follicle-stimulating hormone) that stimulates the ovaries to produce follicles containing immature eggs.
- Estrogen levels rise as the body prepares for ovulation, boosting energy and creativity.

**Focus:**

- Tap into the increase in energy
- Start new projects and build momentum.
- Strategizing and planning for upcoming weeks.

**Nutrition:**

- Light, fresh, and nutrient-dense foods.
- Salads, fruits, veggies, protein (wild-caught fish, organic poultry without antibiotics or hormones), and seeds (pumpkin and hemp).

**Exercise:**

- Increase activities as energy picks up: bicycle, Zumba, dance, or try new workout routines.



## **Follicular Phase Continued**

### **Business/Social:**

- Schedule meetings, networking events, and collaborative projects.
- Use this time for goal setting, calendar planning, and building momentum in personal or professional pursuits.

**Ovulation Phase:** (Days 14-15) The mature egg is released from the follicle.

### **What's Happening:**

- Estrogen levels peak, LH (Lutenizing Hormone, produced by the pituitary) stimulates the dominant follicle to release a mature, ripened egg.
- The endometrium (uterine lining) starts to thicken.
- You are on fire! Energy, mood, and communication skills are at their best. Feeling confident, charismatic, and sexy.
- Because sperm can survive up to 5 days in a woman's body, pregnancy can occur 1 to 2 days before ovulation and 3 to 4 days afterward.

### **Focus:**

- Execute planned tasks and embrace social and professional opportunities.

### **Nutrition:**

- Antioxidant-rich foods to support the immune system.
- Dark leafy greens, berries, beets, watermelon, and eggplant.

### **Exercise:**

- Increase workout intensity; weightlifting, kickboxing, jogging, or spin classes.



### **Ovulation Phase Continued**

#### **Business/Social:**

- Leverage confidence, charisma, and vibrancy for networking, public speaking, or making big decisions. Now is the time to ask for a raise!
- This is your time to shine and build strong connections.

**Luteal Phase (Days 15-28, but can be up to day 30)** Luteal phase lasts 12-14 days. Occurs after ovulation and ends the first day of the menstrual bleed. Corpus luteum (site of ruptured follicle) produces progesterone.

#### **What's Happening:**

- First half of luteal phase: Progesterone and estrogen rise, peaking around day 21. Endometrial lining continues to thicken.
- Second half of luteal phase: Hormone levels decline if no pregnancy occurs, and energy levels also decline. PMS symptoms may appear if hormonal balance isn't optimal.

#### **Focus:**

- The menstrual period is your health "report card". Review the phases. Note the changes to vaginal mucosa, PMS symptoms, diet, activity, and stress. How did you feel? What went well? What didn't? Make adjustments for the next menstrual cycle.
- Completing tasks and focusing on detail-oriented projects.



## **Luteal Phase Continued**

### **Nutrition:**

- Detox-supporting foods to eliminate excess hormones.
- Lemon, fennel, garlic, onions, radish, and fiber-rich options.

### **Exercise:**

- Moderate activities for the first half and low-intensity activities for the second half: or strength training, walking, Pilates.
- Listen to your body and avoid overexertion to prevent stress hormone activation.

### **Business/Social:**

- Dive into big projects that require focus.
- “Nesting” activities like organizing your workspace or tackling home tasks (e.g., decluttering or deep cleaning).

**Click links below for meal and snack suggestions that will provide nutritional support for the menstrual, follicular, ovulation, and the luteal phases of the monthly cycle.**

[Menstrual Phase Support Meals](#)

[Follicular Phase Support Meals](#)

[Ovulation Phase Support Meals](#)

[Luteal Phase Support Meals](#)



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