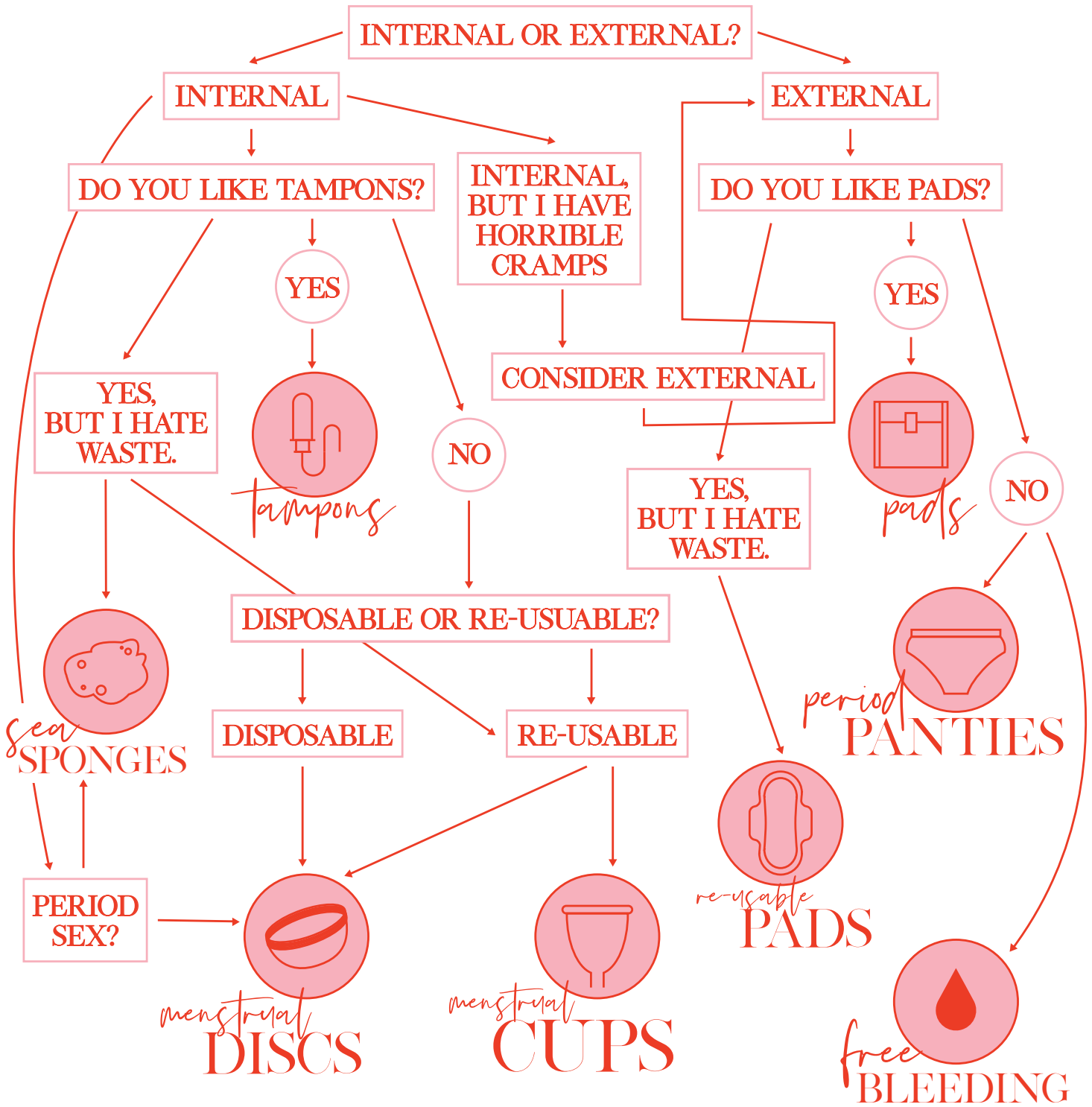


THE BEST WAY TO MANAGE YOUR PERIOD



WINTER: REST + REPLENISH

Strengths:

Intuition (inner wisdom is strong)

Emotionally Sensitive

Hibernate: allow yourself to rest, go slow and sleep plenty.

Hormones are at their lowest levels as your uterine lining breaks down.

Beautiful opportunity to nurture yourself and ask for support from friends/partner/spouse.

Read, write, think about how you feel, and dream about future plans.

Perfect time for gentle exercise like yoga, stretching, walking.

Weaknesses:

Avoid strenuous exercise if possible.

Helping other people at this time can be more difficult

Eat:

Replenish lost nutrients with food rich in iron and zinc

organ meats

Seafood

Spinach

pumpkin seeds

Kelp

Avocado

Fruits

Books to Read:

The Period Repair Manual

Taking Charge of Your Fertility

The Fifth Vital Sign
Cycles Journal

SPRING: CREATE + RENEW

Strengths:

Ability to hyper-focus and concentrate.

Creativity at an all time high.

Playful, driven and social.

Great time to plan new projects, jot down ideas, and get creative

Perfect time to settle down and work on that big project you've been putting off.

Enjoy the beauty and wonder of inner spring!

Your body uses carbs more efficiently.

Strength training/HIIT workouts are more advantageous in the first half of the menstrual cycle – the body adapts and recovers better.

Eat:

Lighter Foods

Berries

Cacao

Broccoli

brussel sprouts

Apples

Carrots

Fish

Eggs

Walnuts

Poultry

Podcasts to Listen to:

The Vagina Blog

Podcast

Welcome to My Vagina

Podcast

Fertility Friday

The V Word

Hello Vagina Podcast

Birds and Bees Podcast

SUMMER: EXPRESS + CONNECT

Strengths:

CONFIDENT, powerful, self-assured and flirty

Be Social!

We look great, our skin and hair are glowy and amazing, we're vibrant.

We enjoy a testosterone surge this week, upping that libido.

Knowing this is your summer helps you use this energy to shine.

High-intensity interval training (HIIT) or weight training to help build strength and muscle.

Weaknesses:

Wield your power responsibly (some can be prone to risk-taking during this phase).

Higher appetite.

Eat:

Eat veggies

Fruit

flax seed or chia seed

for fiber to support

estrogen metabolism

IG Accounts to Follow:

@thevaginablog

@wellsome_jemalee

@drjolenebrighten

@larabriden

@thewomensdietician

@cyclesjournal

@cycletalk

@bloodybuddycup

@putacupinitt

@kristinbhodson

@fertilityfriday

@brightgirlhealth

@mymoonbox

@hellowaginatpodcast

@thehappyproject

AUTUMN: REFLECT + LISTEN

Strengths:

Learning, Feeling, Reflecting, Self-Care

Estrogen, progesterone, and testosterone, rise to their highest levels and drop right before your period begins.

Enjoy quiet time and time alone.

Time for reflection.

Nesting.

Complete Projects.

Follow a self-care routine (prepare for winter).

Your body uses fats more efficiently.

Steady, lower-intensity exercise, like the elliptical or body-weight work.

Second half of this time is typically when PMS/PMDD symptoms can happen.

Weaknesses:

Now isn't the most ideal time to start new projects, be very physical, or sociable.

Our inner mean girl will start to speak out against us and question everything we've said or done over this last cycle which can make us feel uncomfortable and second-guess ourselves.

Eat:

Green leafy vegetables

Legumes

Bananas

Avocados

black beans

Figs

Root vegetables