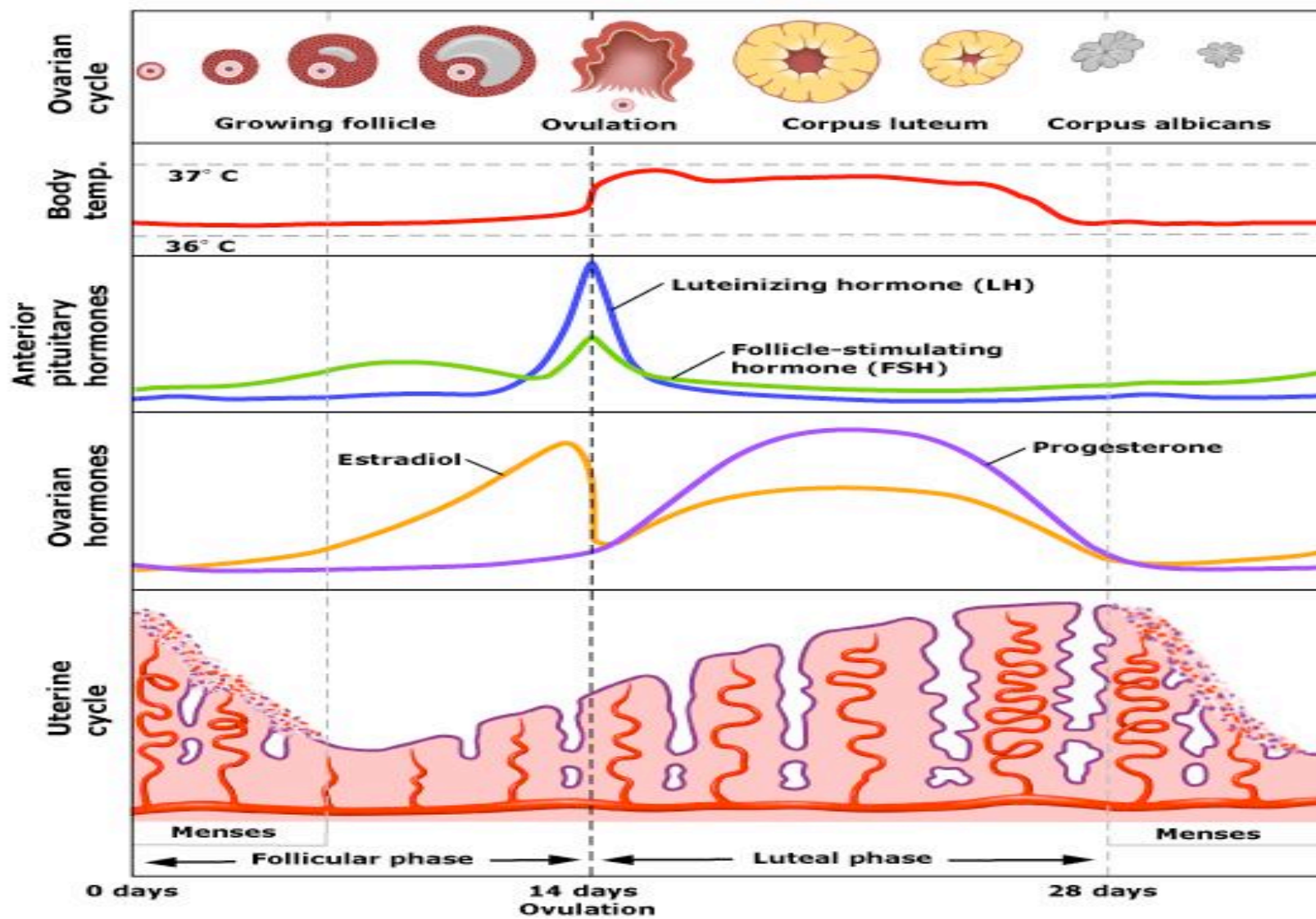


Know Your Lady Cycle



Too many times woman's lives are destroyed and even relationships because a woman or man for that matter doesn't understand the hormone game. Imagine if you know when during your cycle would be the best time to plan a major event, set goals, make babies, take on new projects, try a new workout and feel amazing about it.....how would your life change?? If you had a blue print you would totally rock and your relationships would be amazing right? Well today is your day when you get to start your adventure and really understand your hormones and use them to your advantage.

Your cycle can be broken down in 3 phases. The follicular phase, ovulatory phase and luteal phase.

Follicular/Proliferative Phase Days 10-11:

- This starts with day 1 of your menses or bleeding which is also considered your *menstrual phase*
- Shedding of uterine lining
- Lower *estrogen & progesterone* levels in the early phase and gradually increase into Ovulatory Phase
- Day 5-7 estrogen levels begin to increase

Ovulatory Phase Days 12-14:

- Change in cervical fluid, looks like "egg whites"
- Change in body temperature, sometimes a slight drop and then after ovulation increases
- Cervix is soft and high

Luteal Phase/Secretory Phase Days 14-28:

- Follicle ruptures & corpus luteum collapses
- Endometrial lining prepares for implantation of fertilized egg
- There is an increase in progesterone level and then it drops later at days 26-28

Follicular Phase Days 1-7 or during Menstrual Phase

What's happening with my hormones?

- Progesterone & estrogen levels drop

What's happening to my body?

- Characteristic of this phase are red bleeding or brown spotting
- Be aware of your color, texture etc. (understanding your menstrual flow)
- Symptoms you may experience cravings, cramps, lower back pain and fatigue

What lifestyle change should I pay attention to?

- Good time to re-evaluate your life and do goal setting for the next 30 days, 3, 6 or 12 months
- A time to re-evaluate some of the issues that are pressing that may not be as important as you thought or really are important
- It's easier to see what areas in your life need attention (look at your circle of life)
- The left side of brain (logic) and right side of brain (creative) are communicating
- Gut feelings are you usually right on
- Go with your instinct

What food should I eat or avoid?

- Eat foods that are nutrient dense to support the intense phase of shedding your uterine lining
- Lots of veggies and fruits with high water content
- Avoid foods that are high in the glycemic index
- Foods rich in iron and zinc like seafood and grass fed beef
- Extra helping of bone broth is nourishing

What exercise should I do or avoid?

- Light exercise such as walking or yoga is ideal
- Some ladies need more rest during this time to repair
- Intense exercise can deplete your body and compromise the recovery process
- Increase exercise activity and intensity the later days of your cycle when your bleeding is about done or light spotting

Follicular Phase Days 7-12 or not during Menstrual Phase

What's happening with my hormones?

- Estrogen levels increase

What's happening to my body?

- Energy levels gradually increase
- Toward the end of this time just before ovulation is very high
- Cervical secretion is very minimal and increase slightly to yellow and sticky consistency

What lifestyle change should I pay attention to?

- Lots of creativity
- New brain connections
- Great time to start a project you are excited about (work, school, or home)
- Masterminding or brainstorming are very productive during this time
- You have an amazing energy that adds life to your personality, you feel revitalized and like you can conquer the world
- A good time for socializing and creating new relationships

What food should I eat or avoid?

- Light meals and food are ideally during this time
- Fermented foods, bone broth, fresh green juices
- You can tolerate sprouted legumes (beans, nuts, seeds) and non-gluten grains
- Healthy fats are great during the later days to prep for ovulatory phase

What exercise should I do or avoid?

- Your energy level is very high, this is a good time to try that challenging workout
- Your brain is communicating very well with your body so taking on a new dance class like zumba, jazz, or ballroom will make you look like a pro
- A good time to try a totally different type of exercise you normally wouldn't do because you thought it was too hard

Ovulatory Phase Days 12-14

What's happening with my hormones?

- Estrogen levels continue to increase
- Testosterone levels take a quick surge

What's happening to my body?

- Cervical discharge is slippery or stretching, clear and wet on the peak day for fertility
- You may experience pelvic pain when the egg releases
- Some experience a surge of energy or even a sense of depletion
- You may experience a headache or cravings
- This is the time your most likely to get pregnant

What lifestyle change should I pay attention to?

- This is the best phase of the month
- There are heightened communication skills
- Others are willing and very receptive to listen to you because of your precise communication skills
- Great time to ask for a raise, the new car, or the bling
- Your great communications makes you magnetic and a good time for a first date or attracting the right mate
- Important conversations with your spouse, mom or boss

What food should I eat or avoid?

- Lots of veggies for elimination of estrogen
- Minimize your carbs
- Good carbs are quinoa and sweet potatoes
- Eat foods that are rich in glutathione, the mother of all antioxidants (meats, eggs, asparagus, avocado, broccoli, carrots, garlic, squash, apples, oranges, peaches)

What exercise should I do or avoid?

- Group (quick runs with friends or spin class) and high intensity exercise (tabata or burst training exercises)
- Great time to run a race or mini triathlon
- Energy is at its peak level during this time
- Team training or workouts are amazing for you during this time

Luteal Phase Days 14-28

What's happening with my hormones?

- Progesterone and Estrogen increase and then drop down toward the last few days
- Testosterone levels increase toward the end of the phase

What's happening to my body?

- Some ladies experience PMS toward the later phase
- Some may experience headaches, mood swings, bloating, fatigue, food cravings, irritability and lower energy especially toward the end of the luteal phase

What lifestyle change should I pay attention to?

- Good time to focus on you and pay attention to your needs
- A heightened awareness
- Time to be a homebody (movies, read books)
- Nesting time and prepare for the next phase (organize the garage, closets, kitchen, junk drawer)
- Less social activities because lower energy levels
- Detox baths and massages are great for this time

What food should I eat or avoid?

- Focus on foods rich in Vitamin B like grass fed beef, poultry, meat and eggs to help progesterone production
- Focus on foods rich in calcium & magnesium like lots of leafy greens to help minimize fluid retention
- Avoid foods high in sugar even fruits high in sugar like mangos, fig, tangerines and dried fruit
- Lots of fiber rich food to help metabolize the excess estrogen more efficiently via the liver and large intestine
- You may need to sauté, roast or bake veggies to increase your veggie intake
- Sweet potatoes with cinnamon and coconut oil will help some of the sugar cravings and help stabilize your neurotransmitters like Dopamine (for movement, emotions and pleasure sensation) & Serotonin (maintains mood balance)

What exercise should I do or avoid?

- The first few days your energy is good so continue with your more intense exercise during the earlier phase
- The last few days (3-5 days before your period begins) decrease the intensity of the fast pace and high intensity exercise and lean toward yoga, Pilates or the elliptical trainer at a more slower level
- Rebounding and whole body vibration are also great during the later phase

Understanding Your Period

Your cervical discharge during your menses tells a lot about your body. Most women don't examine their discharge during their menses. It can give you a lot of information as to how your body is handling estrogen and progesterone.

Heavy Bleeding

- If you are going through a pad or tampon per hour
- Early warning sign of fibroids or polyps
- Need to increase fiber to optimize estrogen metabolism
- Replenish lost blood to prevent anemia by supplementing with B vitamins and adding extra beets to your fresh juices or salads

Short Bleeding

- May be extremely low estrogen and progesterone which may be from nutritional deficiency and exhausted adrenal glands, *Natural Factor's AdrenaSense* is amazing for adrenal support
- A multivitamin like *Paradise One Daily Superfood Multivitamin* and Omega 3 oil is helpful in support your body with key nutrients for hormone harmony

Frequent bleeding

- Experiencing your period 2x's a month or throughout the entire month is precipitated by a sluggish thyroid
- Have your thyroid levels checked
- Thyroid support like *Natural Factors ThyroSense* can be helpful

Dark red/black clotting

- Small or large clotting is indicative of decrease progesterone and estrogen levels
- Indicates a congested uterus
- Dong quai (*Natural Factors MenoSense*) is a great herbal support to aid in reducing blood clotting Uterine massage is helpful

Brown stains

- Usually indicates blood stagnation caused by low progesterone levels
- Low progesterone is also indicative of prolonged luteal phase
- *Vitex* is helpful