



Cycle Syncing

Your guide to unlocking your divine feminine
energy

What is Cycle Syncing?

Have you ever felt like some days you're just on fire, you feel creative and excited and ready to share your ideas with the world, and other days you'd rather clean out your inbox and not talk to a soul?

What about those mornings you kick ass in your HIIT class and feel energized all day, and other mornings you feel like you can barely make it through the warm up round.

Can you relate to feeling like some days you want to eat everything, and others you are satisfied for hours on a small meal?

If you are confused by these differences in your work, performance and body and think you just have to push through it, you're dead wrong! You can thank these types of fluctuations on what your hormones are doing during your cycle. Becoming more in tune with your hormonal phases can help you harness your inner female power. Cycle Syncing allows you to gain control of your work, workouts and eating to optimize and support your body's natural rhythms, leading to better energy, clearer thinking, more productivity, and less PMS!

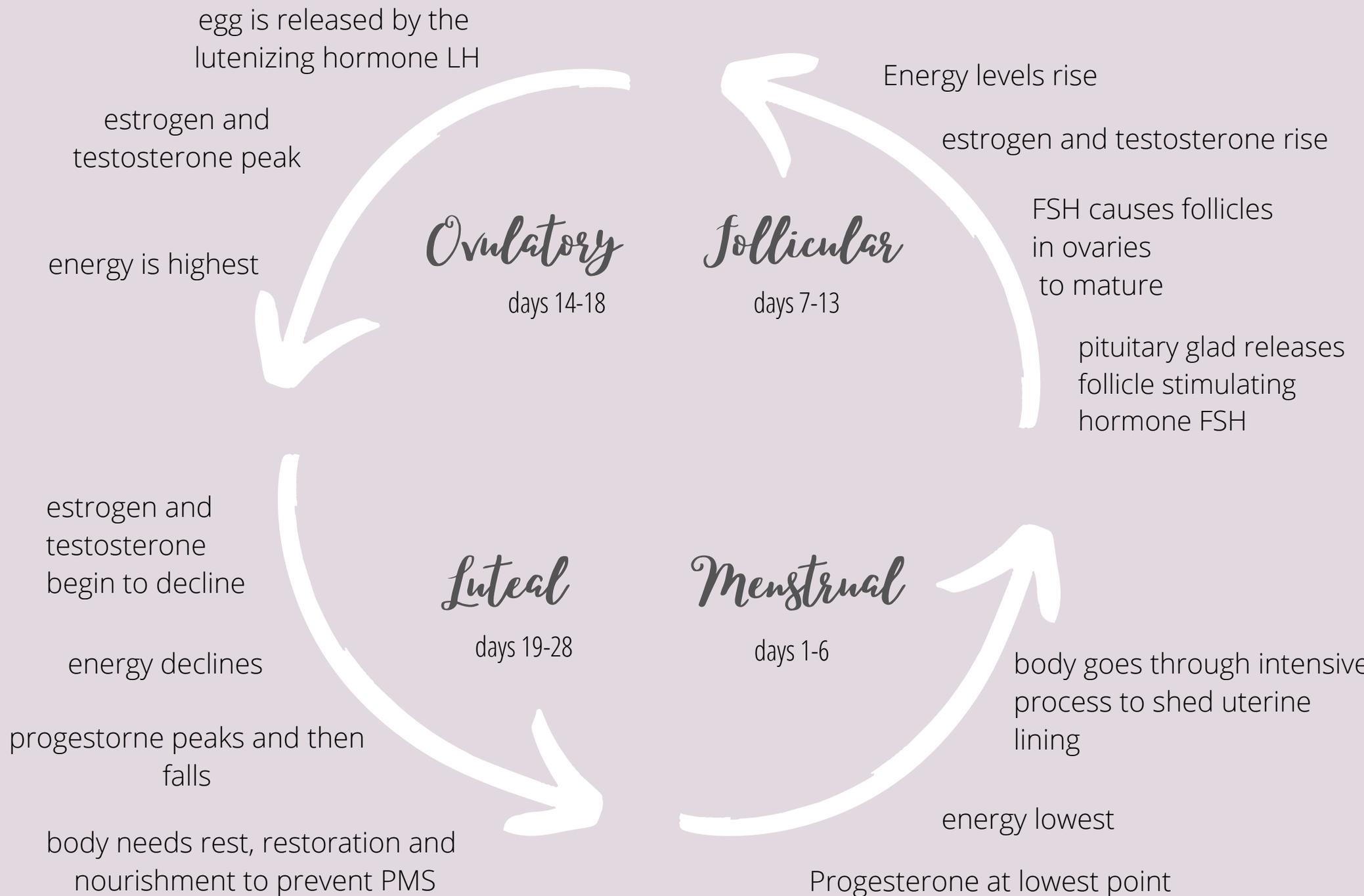
Did you know: Men go through the same hormonal cycle every 24 hours. Testosterone rises in the morning, levels off midday, and gradually falls into the evening. This makes for a great pattern of intense workouts first thing, followed by work and meetings, finishing with happy hour, and repeat. For women, our hormones go through a 28 day cycle, meaning we have varying levels of rising and falling hormones everyday, leading to differences in our metabolism, our muscle building and how we think and socialize.

No, this is not a curse. It's actually an amazing gift, and when we tap into where we are in our cycle we can support our strengths, give ourselves grace, and conquer our work and relationships by knowing how to be in the right place at the right time.

Cycle syncing also helps with PMS symptoms - something we are not meant to have! Eating, working out and resting in sync with your hormones supports your body and will help ward off heavy cramps, mood swings, bloating and acne. I invite you to read on, get curious, and step into your divine feminine power!

Disclaimer: the use of synthetic birth does block your ability to fully tap into these phases, as the natural rise and fall of estrogen and progesterone is replaced with synthetic hormones. Please consult with your doctor if you are considering going off of the pill.

What's going on with my hormones?



How can I support my body?

Menstrual Phase

Food:

Remineralize, warming, nutrient dense.

Focus on foods rich in minerals like iron, zinc and iodine to restore and remineralize blood and kidneys. Foods higher in fat and protein will help your brain adjust to the downshift in hormones. Think soups, stews, bone broths and smoothies made with dark fruits and kale

- Beets
- Mushrooms
- Kale
- Flaxseeds
- Seaweed
- Blueberries
- Pork
- Black, Kidney and Adzuki beans
- aminos, sea salt

Movement:

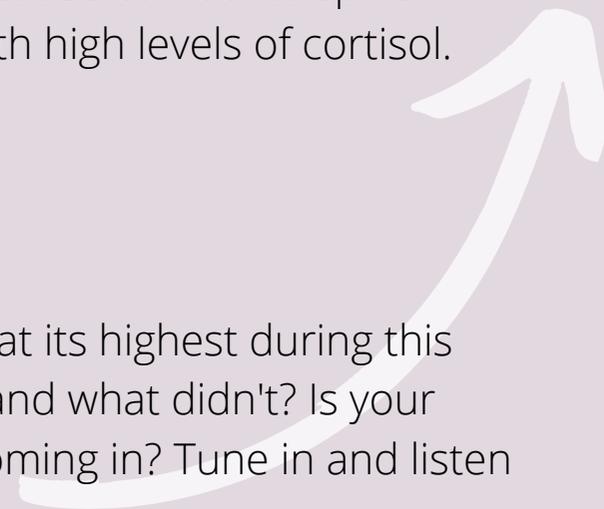
Restoration, relaxation, tuning in

While your hormone levels are at their lowest, your energy will be low as well. Focus on resting, yin yoga, walking. During second half Luteal and the Menstrual phases your body is naturally producing more cortisol, and pushing through intense workouts can leave you depleted and cause cortisol to spike instead of flush. Your body is more prone to fat storage during this phase with high levels of cortisol. Listen to your body, consider napping a sport!

Mind:

Analyze, evaluate, tapping into intuition

The communication between the right and left hemispheres of your brain is at its highest during this time. Its a good opportunity to reflect on the past month; what worked well and what didn't? Is your current role serving you and your goals? Do you feel any strong messages coming in? Tune in and listen to your intuition



How can I support my body?

Follicular Phase

Food:

Fresh, colorful, probiotic

Focus on foods that make you feel energized as your hormone levels begin to rise. Foods rich in iron, vitamin C, vitamin B-12 as well as plant-based foods that mimic the body's natural estrogen. Probiotic rich foods like kimchi and sauerkraut help the body prepare the microbiome and estrobolome for a healthy ovulation

- Spinach and dark leafy greens
- Fennel
- Zucchini
- Carrots
- Chicken & Pasture-raised eggs
- Tofu
- Citrus fruits
- Oats
- Lentils
- Pumpkin seeds

Movement:

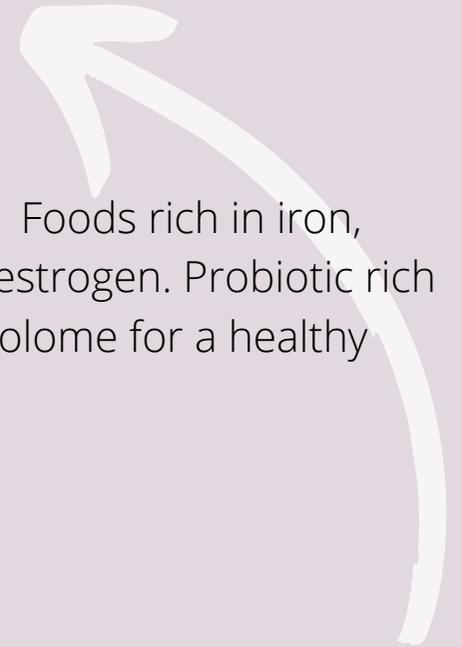
Cardiovascular, Expressive, Social

Your hormones are starting to rise and so are your energy levels. You are naturally more primed for new experiences and social settings, and your body will react efficiently to harder, longer workouts as this phase continues with faster recovery, muscle building and fat burning. Go for spinning, dance cardio, running, etc

Mind:

Creativity, planning, problem solving

As estrogen rises, so does your brains ability to think creatively and tackle complex processing. This is a great time to use these creative juices to plan out your month and brainstorm new projects. You also have to vigor and drive to go after new clients and research new ideas



How can I support my body?

Ovulatory Phase

Food:

Raw, light, detoxifying

The ovulatory phase is the shortest, and you'll want to support your body with fruits, veggies, fish and light grains that provide fiber and antioxidants. The below foods provide high levels of glutathione, which helps the liver metabolize rising estrogen. Increasing fiber will help your large intestine flush excess estrogen from the liver and help ward off bloating and acne. Energy is at it's highest, so you can opt for more raw foods and go light on the carbohydrates.

- Peppers
- Brussels sprouts
- Leafy greens
- Strawberries
- Raspberries
- Almonds
- Quinoa
- Shrimp
- Turmeric
- Flaxseeds

Movement:

High Intensity, powerful, intervals

Estrogen and testosterone are peaking and your body has energy to burn. Channel this into bootcamp classes, HIIT training, kickboxing and other interval paced group classes and sports. The high levels of estrogen is a natural appetite suppressant, so with a light appetite and loads of energy you are a fat burning machine!

Mind:

Expressive, collaborative, social

This is a great time to socialize with friends, ask for the raise and give a presentation. You can thank those high levels of estrogen that are increasing synaptic connections in the brain- making you feel mentally sharp and communicative. Connect with others, say yes to social gatherings and have important conversations

How can I support my body?

Luteal Phase

Food:

Grounding, comforting, complex

Your metabolism starts to speed up during the luteal phase, and you can best support your body with more calories, slow-burning carbohydrates, and foods high in magnesium, B-vitamins and fiber. This will help keep your energy levels sustained, ward off those sugar cravings, help reduce fluid retention and stabilize serotonin and dopamine levels to prevent mood swings

- Cauliflower
- Cabbage
- Squashes
- Ginger
- Sweet potato
- Brown Rice
- Apple
- Chickpeas
- Turkey
- Cod
- Sesame and Sunflower seeds

Movement:

Strength, flow, flexibility

Being the longest phase of your cycle, you can start fast and end slow here. You will still have energy to burn coming off of your ovulation phase, but it will be waning. Tune into what feels right. Slower strength training is a great option here, along with barre and vinyasa. As you enter your second half of luteal, your hormones start to drop, along with energy. Lean into slower yoga and pilates to conserve your energy

Mind:

Organize, complete, deep dive

The rise of progesterone during this phase helps aid in cognition and mood, and you may feel the desire to get those detail orientated tasks done. It's a great time to organize and complete the projects and ideas that you came up with during your follicular phase. Your desire for social situations will start to wane towards the end of this phase, honor what feels right for your energy