

A faded, grayscale background image of two women with long, wavy hair. They are both smiling and looking towards each other, appearing to be in conversation. The woman on the left is wearing a dark top, and the woman on the right is wearing a light-colored, ribbed top. The overall mood is warm and positive.

CONNECT TO YOUR
CYCLE

THE CYCLE

Some of our greatest strength comes from fostering a relationship with ourselves by seeking to better understand what is happening inside of our bodies. Tapping into the rhythms of life – rhythms such as the phases of the moon, the change of seasons, our hormones and the menstrual cycle – can help you to connect deeper to your intuition.

As some of our students are women in their reproductive years, we want to give you a intro into each phase of your cycle and how to flow with it not against it. But more importantly than trying these tips out, try listening deeper to your body and exploring what it needs in each phase. With this tool you can ease your symptoms, live with less pain, and look and feel your best! Which is what every woman (and human) deserves. In the next few pages we give a tiny little intro into each phase and tips on what the body could need.



The Follicular Phase

When: The 7 to 10 days after your period ends.

PRESCRIPTION: CARDIO, ENERGY SUPPORT & CoQ10

Right after your period ends, you can feel fatigued and less focused. Support your follicular phase with high-quality ubiquinol, the reduced, antioxidant form of CoQ10 that is critical for the cellular energy production cycle.

During the follicular phase, specifically, metabolism is slower and resting cortisol levels are lower. You should tailor your food and exercise routine to match this infradian effect. We recommend running or other form of cardio during this phase.

Women should try to take supplements specific for each phase of their cycle as a way to further optimize their hormone health. For phase-based support during the follicular phase, we recommend women take a supplement that builds energy.

CoQ10 is vital but you could also try to add some ashwaganda, rhodiola and so on.

Taking this powerful antioxidant during your follicular phase helps protect egg and ovarian health no matter your reproductive goals. Because this supplement helps decelerate cellular aging, with specific benefits for ovarian aging, it offers excellent protection for all people with ovaries. And while there is no wrong time to take CoQ10, taking it during the follicular phase, when your ovaries are ramping up to produce an egg during ovulation, may be especially valuable for egg health, ovarian health, and overall infradian support.

CoQ10 is also valuable for women in the follicular phase because it helps support ovarian health, ovarian response, and the health of your eggs. Research suggests that CoQ10 can help boost ovarian response and embryo quality in younger women trying to get pregnant, as well as boost the embryo quality in women in their late 30s and 40s who are trying to conceive. Robust levels of CoQ10 are also associated with a higher rate of pregnancy in women going through IVF.

It also supports healthy blood sugar balance for more energy, gives you extra help for diagnosed period issues and protects your future fertility

The Ovulatory Phase

When: The 3 to 4 days in the middle of your cycle, right after the follicular phase (which lasts for 7 to 10 days) and before the luteal phase (which is the phase just before your period).

PRESCRIPTION: HIIT, ALL FORMS OF FIBER, PSYLLIUM HUSK & DIM

During the ovulatory phase, specifically, your testosterone is high and you will have more energy, so you can go all out with your workouts. This is a great time for high-intensity interval training and bodyweight circuits. However, if you have issues breaking down estrogen in your liver and gut, you may experience ovarian pain or acne. Eating cruciferous vegetables during this time helps flush excess estrogen from your body. It's also important to prioritize fiber from whole foods during this time, which will help keep excess hormones moving toward the exit!

For phase-based support during the ovulatory phase, we recommend a supplement to help with estrogen metabolism.

Key Supplement for that is DIM.

DIM stands for 3,3'-diindolylmethane, and it is a powerful health-promoting compound derived from cruciferous vegetables. One of its key functions in the body is to help moderate and enhance estrogen metabolism. In other words, it helps the body efficiently process and eliminate used-up estrogen, which is important during the ovulatory phase when estrogen is high.

Estrogen dominance is a condition in which levels of estrogen are high relative to the amount of progesterone in the body, and it is one of the most common conditions in women with hormone imbalances and period problems. The liver is the body's main organ of elimination and it processes and eliminates excess estrogen. DIM helps the liver do its job more effectively, which helps prevent estrogen dominance and related symptoms like acne, PMS, and heavy or irregular periods. Research also suggests that DIM may help protect against certain estrogen-fuelled cancers.

DIM is found in broccoli, cauliflower, kale, collard greens, Brussels sprouts, and rutabaga, and prioritising these foods in the diet is profoundly good for hormone health and overall health. DIM can be taken as a supplement as well, and it may be especially beneficial to take as a supplement during ovulation, when the liver is working hard to eliminate the high volume of estrogen produced during this time. Like all the phase-based supplements we recommend, there is no wrong time to take DIM, but you may get the most benefit by taking it during the three or four days in the middle of your cycle when ovulation occurs.

Dim supports healthy estrogen levels, supports skin health and may reduce acne breakouts and may also stimulate fat breakdown and prevent fat storage

The Luteal Phase

When: The 10 to 14 days after ovulation and before your bleed.

PRESCRIPTION: PILATES, CHROMIUM & CINNAMON

During the luteal phase, specifically, your metabolism speeds up, and your resting cortisol levels are higher. You must eat more calories daily to maintain stable blood sugar, which helps balance insulin — a critical hormone that greatly affects the degree of PMS you will experience. In addition, don't engage in HIIT workouts during this time. Opt for gentler movement, like Pilates and other non-cardio strength training. How much PMS you have is totally in your control and directly related to how much or how little you support your infradian rhythm during this phase. Continue to emphasize cruciferous vegetables during this phase and add in some complex carbohydrates like those found in sweet potatoes, which are nutrient-dense.

The luteal phase is marked by a natural increase in metabolism, which means your body needs more calories. However, if you don't get that caloric level dialed in, you will experience sugar cravings during this phase. To keep those cravings at bay, it's important to emphasize complex carbs, like sweet potato and brown rice, during this phase. You'll want to continue to eat natural sugars and complex carbs throughout the entire luteal phase, because they help boost neurochemicals like serotonin and dopamine to keep your mood stable. Blood sugar dysregulation in this phase leads to cravings, energy dips, irritability, headaches.

As your need for calories and complex carbs goes up in the luteal phase, it's essential to keep your blood sugar stable and that's where chromium and cinnamon come in. Chromium and cinnamon are well documented to keep blood sugar levels balanced. So both will stabilize your blood sugar, they can support healthy cortisol levels, boosts energy and helps with weight management

Cinnamon is associated with a statistically significant decrease in fasting glucose levels, according to research, and has the potential to reduce blood sugar after eating a meal. Cinnamon has also been shown to help reduce insulin resistance, which can happen when blood sugar levels remain too high for a long period of time and which is a precursor to other, more serious conditions.

Chromium is an essential mineral that helps regulate insulin activity in the body and enhance the metabolism of carbs, proteins, and fats. Studies show that chromium can help reduce insulin resistance, which sets the stage for clinical conditions like PCOS and gestational diabetes, and keep blood glucose stable.

A good idea is to also add Vitamin D, Manganese and Zinc in your supplement routine.

The Menstrual Phase

When: The 3 to 7 days during your bleed.

PRESCRIPTION: RESTORATIVE, QUERCETIN & NETTLE

During the menstrual phase, specifically, your hormone levels are at their lowest, so it's important to eat adequate calories and focus on restorative workouts. Keep your workouts relaxed, even if you're not feeling discomfort. It's a time to take things slowly and prioritize rest.

Gentle walking or very light yoga is perfect during this phase. Make sure to get plenty of protein and healthy fat during your bleed, which will help with hormone production. (Your hormones are at their lowest levels during this phase.) Foods that help keep up your iron, like kidney beans, are helpful now, too. Adding in some mineral-rich seaweed also helps replenish mineral levels in your body.

Give your uterus deep support for cramps and discomfort. Support your bleed with a some kind of herbal blend of quercetin and nettles, which are antioxidants that fight oxidative stress and inflammation.

Quercetin is a powerful antioxidant that is good for hormone health and overall health. Studies show it helps reduce cramps and it may inhibit growth of endometrial tissue for people with endometriosis. An extensive body of research shows that quercetin has antidiabetic, anti-inflammatory, antioxidant, antimicrobial, anti-Alzheimer's, antiarthritic, cardiovascular, and wound-healing properties. It may also help protect against certain types of cancer.

According to research, quercetin helps modulate inflammation and regulate blood sugar, two factors that are essential for balanced hormones and a healthy cycle. And studies suggest it may help reduce symptoms of PCOS.

Quercetin is a type of plant compound known as a phytoestrogen, and studies suggest that it may help protect and support the ovaries from oxidative stress. As a phytoestrogen, quercetin may mimic some of the same actions as estrogen in the body, which is one reason to consider taking quercetin during your period, when estrogen levels are at their lowest levels all month.

Quercetin and other antioxidants may also help prevent urinary tract infections, according to some research. We recommend taking quercetin during the menstrual phase to support healthy estrogen levels and keep inflammation levels low.

Nettles help replenish magnesium in the body, which may help reduce PMS and other symptoms. Nettles may also help with heavy flow, and they are a good source of iron, which can help build up the blood after during and after menstruation.