

**DiVINE
DR  PS**

**Women's guide to
Cycle Syncing**



**Track your period, learn about your cycle and
sync your life with it to improve your health and
happiness.**

Why did I made this guide?



When I first learned that we can sync our activities with our hormones and energy fluctuations, I was absolutely fascinated! But I didn't know where to start, so I designed this guide to optimize my planning and journaling techniques. I hope you find it helpful and use it to create a lifestyle based on your own body's natural rhythms.

This guide does not intend to substitute any professional medical advice or treatment. Please note that I am not an expert, and I do not know everything there is to know about cycle syncing. If you want to learn more about it, I highly recommend reading "Woman Code" by Alisa Vitti. Remember that you should always consult your doctor or other health care professional before making any changes to your lifestyle.

Hopefully, you will appreciate all the information and advice I have collected in this guide. I want you to know that I enjoyed making all the illustrations and designing this guide for us, and I'd like to think that it will help you to feel better in your body and find your balance.

Thank you so much for giving me the privilege of walking alongside you during our cycle syncing journey.

Introduction



What is cycle syncing?

Cycle syncing is the practice of changing your diet, exercise, and lifestyle habits to align with the stages of your menstrual cycle.

Benefits of Cycle Syncing

Cycle syncing is thought to provide several potential benefits, some of which include:

- Feeling more energized
- Reduce mood swings
- Making workouts more effective
- Providing fertility support and knowing the best time to conceive



Who can benefit from cycle syncing?

Women who:

- Are overly fatigued
- Want their libido back
- Have polycystic ovarian syndrome (PCOS)
- Are overweight
- Want to conceive

Please note that hormonal contraceptives may suppress ovulation, meaning a person using this form of birth control may not experience the four phases and may not have a cycle to sync.

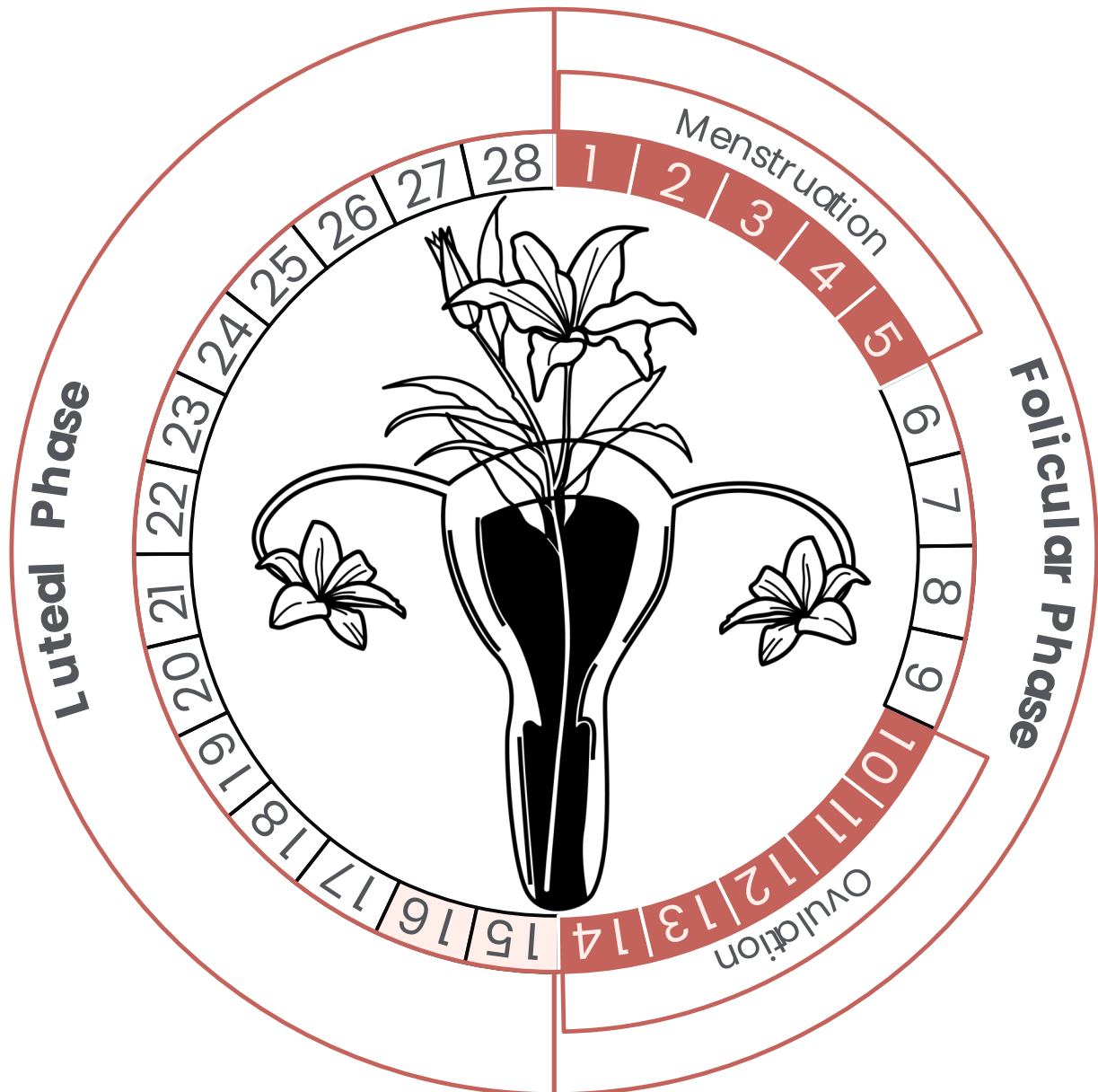
Where to start?

Before you make any lifestyle changes, you should track your cycle to determine your pattern. Tracking your period can also help you understand the patterns of symptoms that you experience throughout your menstrual cycle. I've included period tracker and two symptom tracker pages.



Menstrual Cycle

The four phases of the menstrual cycle are: menstruation, the follicular phase, ovulation and the luteal phase.



The average length of the menstrual cycle is 28–29 days, but this can vary between women and from one cycle to the next. The length of your menstrual cycle is calculated from the first day of your period to the day before your next period starts.

Menstrual Phase

The first day of your cycle is the first day of your period. The average length of a period is between three days and one week.

This phase is known as your Winter because it is a time of staying inside, eating healthy and nourishing foods, and hibernating. This is what our bodies need from us during this phase.

Your energy and hormones are low. It is a time for you to turn inward and look after yourself, not others. Allow yourself to slow down and be more mindful, evaluate, review, restore your energy, and re-connect with yourself.

Journal Prompts for the Menstrual Phase

- What are my values and priorities?
- Over the last month, have I lived within my values?
- Are there things that are not serving me?
- How might you do things better in the future?



Cycle Syncing: Menstrual Phase

Social

In this phase you will likely want to spend more time alone. It's best to avoid large social events, if you can, and focus on self-care activities. It is not a time to give to others, but to ourselves.

Productivity

The low hormonal levels improve communication between both sides of the brain, it is the best moment to:

- Reflect
- Review
- Evaluate
- Journaling
- Meditation
- Self Care



Nutrition

- Easy to digest foods (Less salads and more soups and stews)
- Anti-inflammatory foods
- Nutrient-dense foods
- Low-glycemic foods
- Magnesium
- Iron
- Omega 3
- Healthyfats
- Hydration
- B vitamins
- Zinc

Exercise

Focus on lower-intensity workouts:

- Gentle yoga
- Walking
- Stretching
- Foam rolling
- Light hikes.

Menstrual Phase Nutrition

GRAINS.

- Buckwheat (Kasha)
- Wildrice

FRUITS.

- Blackberry
- Blueberry
- Concord Grape
- Cranberry
- Watermelon

VEGETABLES.

- Beets
- Broccoli
- Burdock
- Dulse
- Hikiji
- Kale
- Kelp
- Kombu
- Mushroom: button, shitake, wakame
- Water chestnut

NUTS.

- Chestnut

SEAFOOD.

- Catfish Clam
- Crab Lobster
- Mussel
- Octopus
- Oyster
- Sardine
- Scallop Squid

MEAT.

- Duck
- Pork

LEGUMES.

- Adzuki
- Black Soybean
- BlackTurtle Kidney
- Beans

OTHERS.

- Bancha Tea
 - Decaff coffee
 - Miso
 - Salt
 - Tamari
- DiVINE**
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Follicular Phase

This phase is known as your Spring because your estrogen and testosterone levels start to rise again, bringing you a boost in energy. In this stage, the pituitary gland releases Follicle Stimulating Hormone, which stimulates the follicles in one of your ovaries to mature. The rise in estrogen starts to lift your energy, mood and brain skills. You feel more confident and willing to take risks. It is the best moment to take on new projects and activities. You might not have all the energy to act on these tasks yet, but it is the perfect time to explore new ideas, set goals, and take time to plan and think about what is important to you.

Journal Prompts for the Follicular Phase

- Create some positive affirmations that resonate with you
- What is something that is triggering your curiosity? What is a project you'd like to revisit?
- What new projects do you want to begin?
- What are your top 3 priorities right now?
- How can you show up this week and honor your priorities?



Cycle Syncing: Follicular Phase

Social

With your hormonal shift, your interest in socializing grows, and you are more open to new experiences. It is a great time to go out with friends and have fun, or have a date night somewhere new and try something different! Set aside some time for activities and social interactions that nurture and inspire you

Productivity

It is a time of new beginnings! You begin to feel more excited about life again. Now is the time to initiate new projects, read, research, learn new things, plan and set goals. Your creativity is at an all-time high! It's the perfect time to brainstorm new ideas and engage in creative tasks.



Nutrition

Elevated blood sugar levels can disrupt ovulation cycles, so reduce your sugar intake and eat fewer processed grain products.

- Well-balanced meals
- Probiotics
- Prebiotics
- Vitamin E
- Sprouted foods
- Leafy greens
- Fermented foods
- High protein
- Cruciferous veggies

Exercise

Your hormone levels start to rise once again bringing you a boost in energy. This phase is great for higher-intensity workouts (cardio, running, dancing, biking, or strength training). This is also a good time to try a new workout class because you are more open to trying something new during this time.

Follicular Phase Nutrition

GRAINS.

- Barley
- Oat
- Rye
- Wheat

VEGETABLES.

- Artichoke
- Broccoli
- Carrot
- Lettuce: Bibb, Boston, Romaine
- Parsley
- Pea: green
- Rhubarb
- String beans
- Zucchini

MEAT.

- Chicken
- Eggs

LEGUMES.

- Black-eyed pea
- Green Lentil
- Lima Bean
- Mung bean
- Split pea

FRUITS.

- Avocado
- Grapefruit
- Lemon
- Lime
- Orange
- Plum
- Pomegranate
- Sour Cherry

NUTS.

- Brazil
- Cashew
- Lychee

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SEAFOOD.

- Fresh-water clam
- Soft-shell crab
- Trout

OTHER.

- Nut
- butter
- Olives
- Pickles
- Sauer
- kraut
- Vinegar

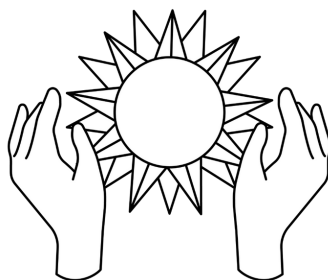
Ovulatory Phase

Ovulation is the release of a mature egg from the surface of the ovary. It usually occurs mid-cycle, around two weeks or so

before menstruation starts. This phase is known as your Summer because it is the peak moment of a woman's cycle. Your estrogen and luteinizing hormone reach their peak, and with it, your mood. The ovulatory phase may have us feeling like our boldest, bravest, most confident selves, so make the most of it! It is the best moment for high-energy activities, socializing, and getting things done. It is easier for you to express your thoughts and feelings, and you're more receptive to new ideas. You look and feel more attractive and confident, and your libido is high. You are at your most fertile moment this week, and your chance of getting pregnant is at its peak for the month.

Journal Prompts for the Ovulatory Phase

- What can I celebrate right now?
- I am grateful for...
- What do I desire right now?
- What did you achieve in this cycle that you are proud of, and what is left to accomplish?



Cycle Syncing: Ovulatory Phase

Exercise

High intensity workouts are ideal because your energy and motivation are at its peak in this phase. Things to try:

- Strength Training
- Hiit
- Running

Nutrition

Eat light and easily digestible foods

- Sauteing
- Steaming
- Stir-fry
- Salads
- Smoothies
- Juices
- Fresh fruit
- Leafy greens
- Sulfur-rich vegetables



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Social

During this phase, your communication skills will be high, you are confident, and it is easy to verbalize your thoughts and feelings. It is the best time to ask for what you want (so this is the best moment to ask for a raise at work!). Remember that while your sexual drive is higher at this time, so is your fertility, so use protection if you aren't looking to get pregnant.

Productivity

It is the best time for work that needs strong communication and social skills. So schedule networking events, speeches, or work meetings. It is also a great time to pitch ideas, write, and attend group classes. Since your collaboration skills peak and you are more receptive to new ideas, it is an excellent time to work with others on a big project.

Ovulatory Phase Nutrition

GRAINS.

- Amaranth
- Corn
- Quinoa

VEGETABLES

- Asparagus
- Bell
- Pepper,
- red Brussels
- Sprout Chard
- Chicory
- Chive
- Dandelion
- Eggplant
- Endive
- Escarole
- Okra
- Scallion
- Spinach
- Tomato

MEAT.

- Lamb

LEGUMES.

- Red Lentil

FRUIT.

- Apricot
- Cantaloupe
- Coconut
- Fig
- Guava
- Persimmon
- Raspberry
- Strawberry

NUTS.

- Almond
- Pecan
- Pistachio

SEAFOOD.

- Salmon
- Shrimp
- Tuna

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OTHER.

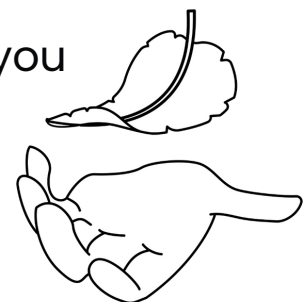
- Alcohol, moderate
- Chocolate
- Coffee
- Ketchup
- Turmeric

Luteal Phase

This stage is referred to as Autumn because it is the season of winding down and preparing for winter and is a time to release that which no longer serves us. And just like in Autumn, some days are warm, and some are cold. The first half of this phase may feel similar to the ovulation phase, so this is a great time to get things done. But the second half is when we will start to feel a more dramatic shift in our hormones, this is the time when you may experience PMS symptoms. Throughout our lives, we have been conditioned not to take our thoughts and emotions into account during that period, but to consciously choose to acknowledge this inward phase is an act of self-love. In this phase, we become more aware of our needs and the problems of our lives. Do not ignore what your body needs and, if possible, schedule some time off to dedicate time to your self-care rituals.

Journal Prompts for the Luteal Phase

- Autumn is a time to release that which no longer serves us. What remains to be released?
- What requires closure/completion?
- What fears or limiting beliefs am I holding?
- What open projects or conversations are draining my energy?
- What are the self-sabotaging behaviors you cannot get rid of?
- What are your needs? Which ones are yours and which are not yours?
- Where do you need to stand firm and set a boundary?
- What fears are you experiencing these days?



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Cycle Syncing: Luteal Phase

Social

As you get closer to your period, you are less social and outgoing. During this week, you will notice that you want to use your time and energy for yourself, and you are less interested in other people needs and demands.

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Productivity

The first half of the luteal phase is great for getting things done! You are most task-oriented and feel more satisfied when you complete projects. You might have a better focus for detail-oriented tasks as well. As you get closer to your period, is possible that you'll feel less motivated and inspired. It's best to focus on administrative tasks that don't require a ton of creativity.



Nutrition

During this phase your metabolism increases, so we need more calories. It's completely natural to feel extra hungry during this phase.

- Iron
- Zinc
- Complex carbs
- Healthy fats
- Leafy greens
- Vitamin B6
- Magnesium

Exercise

During this phase, you should transition from higher-intensity workouts to more strength-based workouts, like Pilates or weight lifting.

Towards the end of this phase you will likely have less energy, so listen to your body, if you're low on energy, drop the intensity of your workouts and do what feels good for you.

Luteal Phase Nutrition.

GRAINS.

- Brown rice
- Millet

VEGETABLES.

- Cabbage
- Cauliflower
- Celery
- Collard
- Cucumber
- Daikon
- Garlic
- Ginger
- Leek
- Mustard green
- Onion
- Parsnip
- Pumpkin
- Radish
- Squash
- Sweet potato
- Watercress

MEAT.

- Beef
- Turkey

LEGUMES.

- Chickpea
- Great northern navy beans

FRUIT.

- Apple
- Date
- Peach
- Pear
- Raisin

NUTS.

- Hickory
- Pine nut
- Walnut

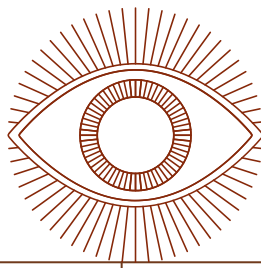
SEAFOOD.

- Cod
- Flounder
- Halibut

DIVINE
DROPS

OTHER.

- Mint
- Peppermint
- Spirulina



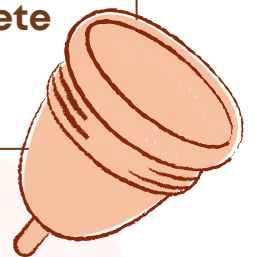
PITSTOP #1

DECODE

WHAT A HEALTHY FLOW LOOKS LIKE

Ready for your Period Health Check-up? Everything below is considered "optimal" for period & hormone health. Can you confidently check off each of the categories below? Why or why not?

Arrives every 25-35 days (average 28-30 days)	Bleeding lasts 3-7 days, without spotting before or after	Blood loss is on average 25-80 ml.
Pain-free. Nothing more than mild cramps on first day.	Bright, cranberry-colored blood	Blood clots are minimal & no bigger than a nickel.
Luteal phase is 10-16 days (ideally at least 12 days)	Headache-free periods!	Still able to work and complete tasks!



**How did you do on your menstrual report card?
Which categories were you unable to check off?**

YOUR 5TH VITAL SIGN

Think of your period as your 5th vital sign, just like other vitals like blood pressure, temperature, & pulse rate-your period is embedded with wisdom

Heavy or long period

Iron deficiency anemia, estrogen dominance, thyroid imbalance/disease, fibroids or polyps, copper IUD side effect, endometriosis, bleeding disorder

Painful Period

Infection, endometriosis, fibroids, ovarian cysts, increased inflammation, elevated prostaglandins

Light period

Low estrogen (possibly from eating a low-fat diet, overexercising, low body weight), Post-birth control effects, POI, or perimenopause

Late or irregular period

Pregnancy, stress (physical or mental trauma), PCOS, perimenopause, postpartum, diabetes, celiac disease, thyroid disease or imbalance

Short cycle

No ovulation or the corpus luteum didn't form correctly, elevated prolactin, obesity, endometriosis, PCOS, thyroid imbalances/disease, anorexia, POI, perimenopause

Missing period

Post-Birth Control effects, hypothalamic amenorrhea, pituitary dysfunction, ovarian dysfunction/POI, hypothyroidism, pregnancy, menopause

Mid-cycle pain

Ovulation (usually benign, but discuss any new onset of pain with your doctor)

Pre-menstrual spotting

fibroids, infection, endometriosis, cancer, pregnancy

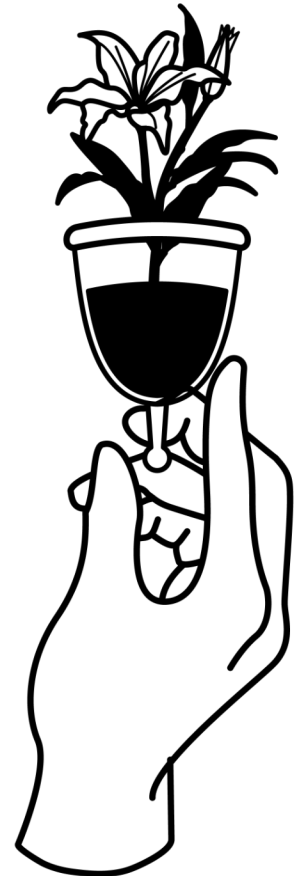
PMS

Hormonal imbalance (estrogen dominance, low progesterone), nutrient and mineral depletions, high levels of inflammation, poor diet, magnesium deficiencies.



PeriodTracker

	J	F	M	A	M	J	J	A	S	O	N	D
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30												
29												
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2												
1												



Menstrual Phase Planner

3 LESSONS I'VE LEARNED:

1

2

3

EXERCISE

HOW CAN I DO BETTER IN THE FUTURE?

SHOPPING LIST

SELF CARE ACTIVITIES

Luteal Phase Planner

3 THINGS I NEED TO LET GO:

1

2

3

WORKOUTS FOR GOOD DAYS

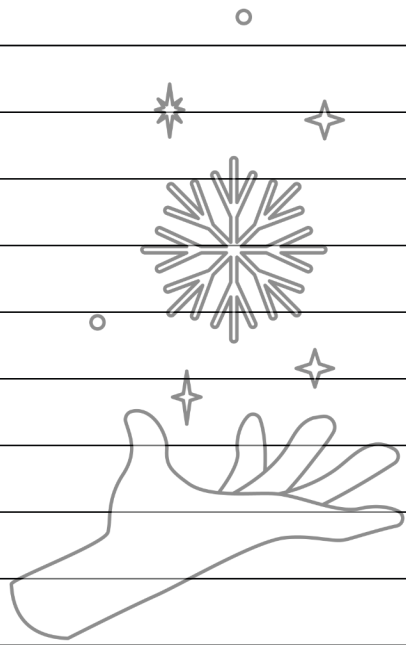
WHAT ARE YOUR NEEDS RIGHT NOW?

SHOPPING LIST

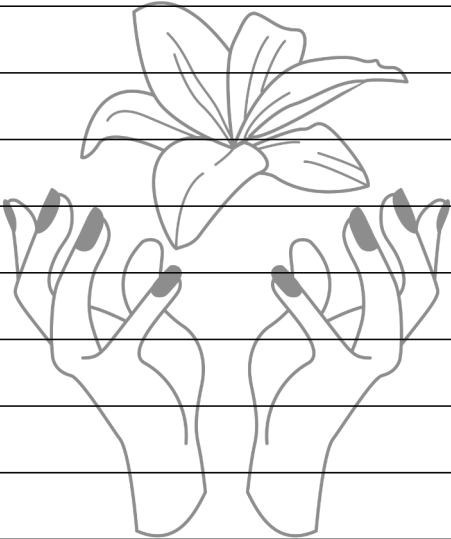
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WORKOUTS FOR BAD DAYS

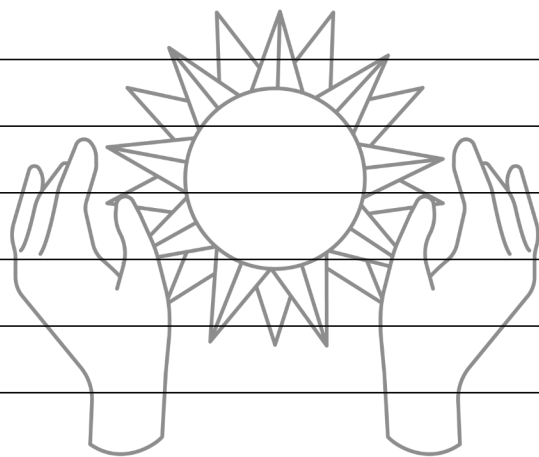
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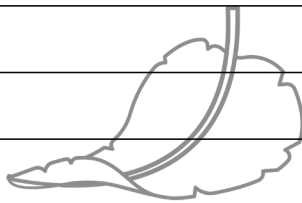
Lined writing area consisting of 25 horizontal lines.



A series of 28 horizontal lines, evenly spaced, filling the page from top to bottom. These lines provide a guide for handwriting practice.



Lined writing area with 20 horizontal lines.



PERIOD REPORT CARD



How long was your entire cycle? _____

(Day 1 of your bleed until day 1 of your next period)

TRACK YOUR SYMPTOMS FOR THREE MONTHS STRAIGHT. USE THIS AS A TOOL OF AWARENESS FOR YOUR LIFE AND THE IMPACT YOUR CYCLE CAN HAVE.

WHAT SYMPTOMS DO YOU EXPERIENCE? (CIRCLE ONE)

- Trouble Sleeping - Mood swings - Tired
- Low energy - Anxiety - Restless
- Painful cramps - Depression - Reactive
- Very tender breasts - Acne



Share this with your doctor as a tool to help better understand you body. Remember hormonal birth control is not a long term fix to period problems!

Rate 1-5 on how well your habits have been, 1 is poor and 5 is very well.

Habits	
Sleep Quality	
Hydration - good clean water	
Hydration and Nutrition Fruits and vegetables	
Characterstics	
Blood Loss (average pad 5-10ml you can measure easily with a menstrual cup. Healthy is 30-80ml.	
Most Intense Cramp pain (rate from 1-5) This pain should not be so bad it effects your life	
How many days does your bleeding last? (Average is 4-8 days)	
What color is your menstrual blood?	
Do you have large blood clots?	

Some of our top hormone tips.

- Stay away from cleaning chemicals (vinegar, lemon and essential oils do well)
- high amounts of sugar (its addicting)
- Replace vegetable oils with good fats like avocado, olive oil and butter.
- Be resting by 10pm
- Stay hydrated with clean water
- Use herbal teas as your natural medicine
- Wash you vagina with warm water only
- Drink small amount of apple cider vinegar in the morning

Moon

CYCLE CHART

