

# My cycle is my superpower.

## How is the cycle?

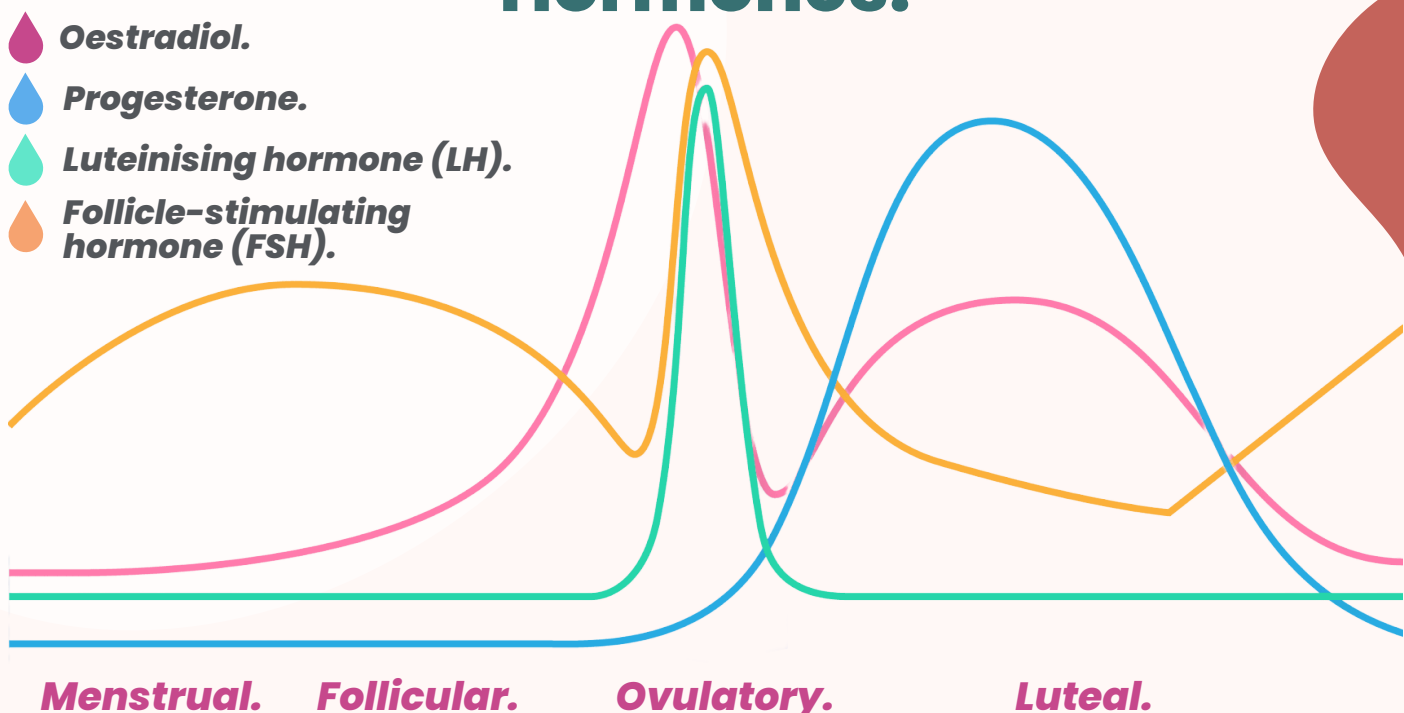
**Menstrual.**  
Days 1-7.  
New moon.

**Follicular.**  
Days 7-14.  
Waxing.

**Ovulatory.**  
Days 14-16.  
Full moon.

**Luteal.**  
Days 1-7.  
Waning.

## Hormones.



## My body talks in every phase

**Menstrual.**  
  
Presence of blood.

**Follicular.**  
White, cloudy and sticky discharge.

**Ovulatory.**  
wet, stretchy and slippery discharge.

**Luteal.**  
thick, dry and paste-like discharge.

**Fertility:**  
0-5%

**Fertility:**  
40-60%

**Fertility:**  
80%

**Fertility:**  
20%

## How should I eat?

Nutrient-dense foods that replenish your body with the iron and minerals being depleted during your bleed.

Fermented, light, and fresh foods. Steam or lightly sauté.

Liver supporting foods. Steam your veggies or eat raw.

High in B vitamins, magnesium, and serotonin-boosting foods. Roast and bake your foods.

**Eating is one of the most important parts while balancing hormones.**



## What about exercise?

Rest. Walk. Restorative yoga & stretching.

Try something new! Cardio-focused workouts.

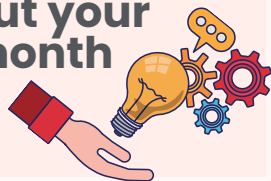
Your version of HIIT workouts.

Strength, Pilates, barre, and light cardio.

## Evaluate your energy

Your energy is at its lowest. This is a reflective and inward time.

Creative, imaginative, time to plan out your month



We have our most natural energy now. Be social, bold, and outgoing.

High energy towards the beginning which begins to decrease and self care increase, as we approach our period.

## Add in your grocery list:

Beet, Burdock, Button, mushroom, Dulse, Kale, Kelp, mushroom, Spinach, Blackberry, Blueberry, Cranberry, Watermelon, Concord grape

Amaranth, oat, Quinoa, Organic tofu, Wild salmon, Broccoli, carrot, Zucchini, Avocado, Cherry, Lemon, Lime, Orange, brazil nuts, Sugar-free yogurt, vinegar.

Amaranth, corn, cocoa, organic eggs, chicory, eggplant, scallion, spinach, tomato, kiwi, coconut, mango, melon, papaya, strawberry, pistachio, sesame, coffee, chocolate.

Brown rice, chickpea, cabbage, celery, cilantro, cucumber, jicama, onion, garlic, pumpkin, apple, banana, peach, peanut, cacao, mint, spirulina, cinnamon.

**DO YOU WANT MORE INFORMATION? CHECK OUR PLATFORMS!**