

Play With Your Cycle

Luteal Phase:

This is the longest phase, you will start with high energy and it will lower as your period comes. You require more nutrients now due to insulin sensitivity, so its normal to eat more if you can.



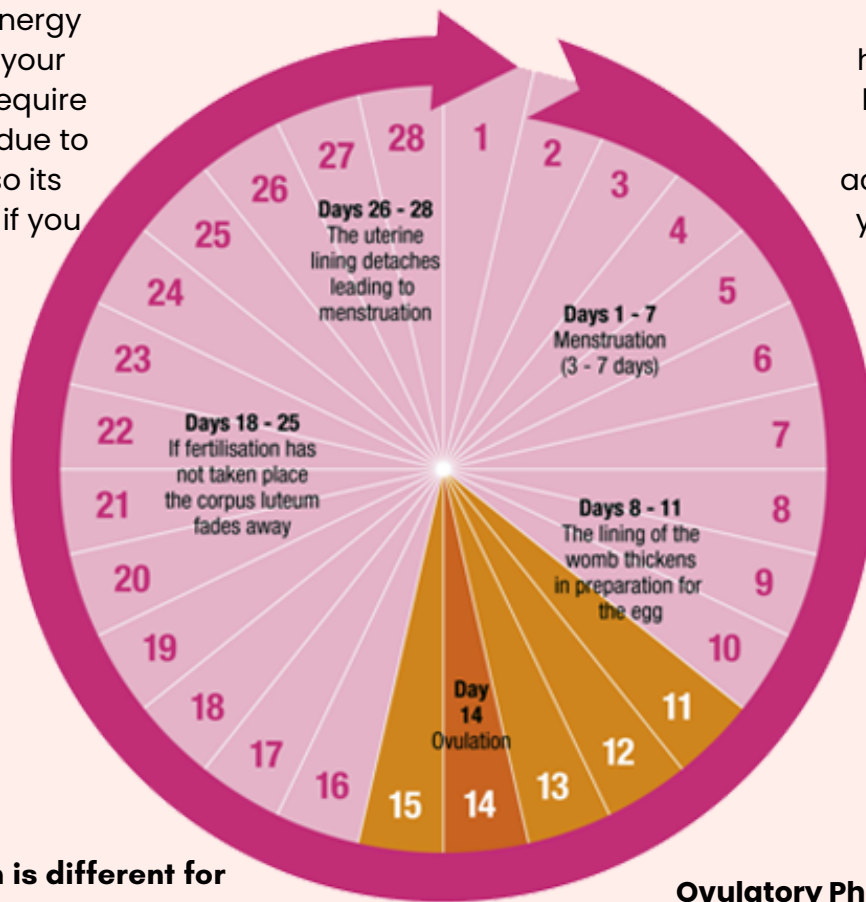
The time of ovulation is different for everyone. You will have a period essentially 14 days after you ovulate.

Menstruation:

During this time your hormones are at their lowest, energy will be low. If you are very active during this phase you will be working on cortisol (stress) hormones.

Follicular Phase:

This is a very playful time, its the birth of your spring. Hormones are rising. Great time to try a new position.

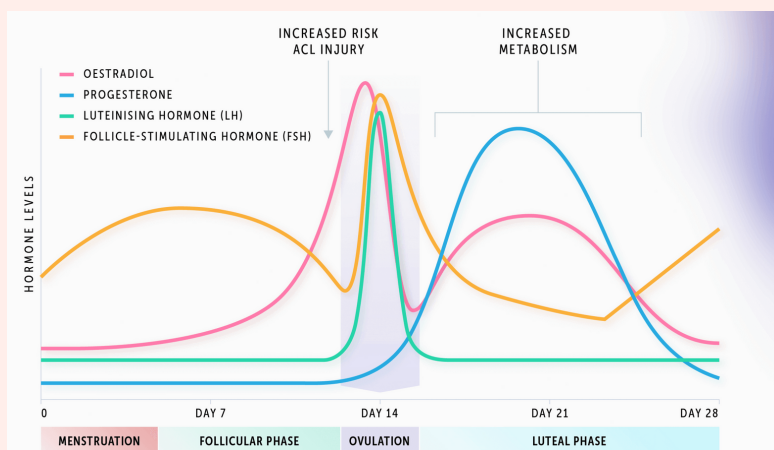
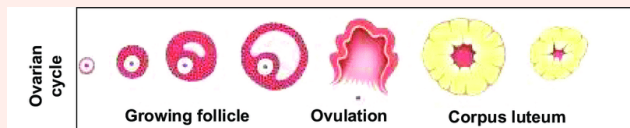


Ovulatory Phase:

Time when most hormones are their highest. Energy is elevated. Running speed and endurance will be increased. Great time to push your limits. This is also the window of time which **you can get pregnant**.

Tracking your cycle and good hygiene is important as an athlete.

It allows you to play with your body and understand its needs and changes. We all experience it, use it to your advantage.



To reduce odor from activity it's important to **wash your private parts with water daily**. As well as staying hydrated to dilute the toxins in your sweat. Use only dry clothing and pads. Remember odor is human, never try to cover it up by spraying scents on your private parts or inserting soap in your body parts.

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