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SEASONAL CYCLE PHASE GUIDE

Your Cycle, Season by Season

What to expect physically and emotionally in each phase, plus exercise and food ideas to support you.

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Menstruation Phase

INNER WINTER

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Parameters

- **3–7 days** of bleeding
- Fresh, red blood flow on **cycle days 1 and 2**
- Blood loss of **30–80ml** each period
- Comes every **25–35 days**

WHAT TO EXPECT

Physical

- Tired and fatigued
- Cramping or achy
- Food cravings or minimal appetite
- Bloating
- Lower back pain
- Headaches or migraines

WHAT TO EXPECT

Emotional

- Introverted
- Self-reflective
- A good time to evaluate the last month – intuition is strong
- Unmotivated with general tasks
- A good time for self-care practices

WHAT TO EXPECT

Exercise

- Lower exercise and weight tolerance
- Focus on rest
- Light exercise – walking, stretching

WHAT TO EXPECT

Food

- Limit sugar and processed carbs to reduce further inflammation
- Easy-to-cook, nutritious meals rich in iron and magnesium
- Soups, bone broths, stews
- Lots of veggies and fibre
- Stay well hydrated

PHASE 02 OF 04

Follicular Phase

INNER SPRING

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WHAT TO EXPECT

Physical

- Oestrogen and testosterone rising
- Cervical discharge becomes wetter
- Energy levels increase

WHAT TO EXPECT

Emotional

- More energy
- Ready to take on the day
- Desire for more socialising
- Wanting to start new projects

WHAT TO EXPECT

Exercise

- Feeling stronger and more active
- Challenge yourself
- High-intensity workouts

WHAT TO EXPECT

Food

- Protein and healthy fats to support oestrogen and progesterone production
- Complex carbs – a good energy source
- Sweet potato, rice, beans
- Lots of salads – you may feel less hungry as oestrogen begins to rise

PHASE 03 OF 04

Ovulation Phase

INNER SUMMER

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WHAT TO EXPECT

Physical

- Lots of energy and motivation
- Feeling more attractive and radiant
- Cervical discharge is watery and stretchy
- High sex drive
- Some people may experience ovulation pain
- Increase in basal body temperature

WHAT TO EXPECT

Emotional

- Higher stress tolerance
- Clear and sharp thinking
- Wanting to socialise and explore
- Feeling confident and good
- Some people, particularly those with hormonal imbalances, may still experience PMS-like symptoms

WHAT TO EXPECT

Exercise

- Strongest and most energetic
- More intense exercise
- Shorter recovery time

WHAT TO EXPECT

Food

- Antioxidant foods to help with oestrogen detoxification, such as:
  - Oily fish
  - Berries
  - Leafy greens
- Listen to your body and its cravings
- Complex carbs – sweet potato, rice

PHASE 04 OF 04

Luteal Phase

INNER AUTUMN

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WHAT TO EXPECT

Physical

- Oestrogen and testosterone drop quickly
- Progesterone increases in the first half and decreases in the second half
- May experience bloating, headaches and sugar cravings
- Cervical mucus becomes sticky and dry
- Increased appetite

WHAT TO EXPECT

Emotional

- More tired and withdrawn
- Less social
- Irritable, impatient, mood swings, sad, anxious
- Desire for release (second half)
- Contemplating life decisions

WHAT TO EXPECT

Exercise

- May still enjoy exercising in the first half of the luteal phase
- May want to slow down in the second half
- Less intense exercise will help with serotonin

WHAT TO EXPECT

Food

- High protein and healthy fats for progesterone production
- Reduce heavy carbs due to slow gut motility
- Cravings for sugar – avoid junk food
- Dark chocolate can help with cravings