

VOLUME 1

# IN THE FLOW *guidebook*

A practical guide to cycle syncing, hormone support, and feeling better throughout your cycle.

@THEDETOXDOCS

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# Hello!

Welcome to  
*In the Flow.*



This guide was thoughtfully created to help you better understand the rhythm of your cycle, recognize the patterns behind your symptoms, and support your hormones with more clarity and intention. Your cycle is more than a monthly event - it is one of the body's most revealing forms of communication, offering insight into energy, mood, metabolism, stress, and overall hormonal health. If you've been feeling out of sync in your body, these pages are here to help you reconnect through a more refined, grounded approach to cycle awareness, nourishment, and everyday hormone support.

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SECTION 1

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# Understand Your Cycle

# Your Cycle At A Glance

Your body moves through four beautifully distinct phases each month, and every one of them comes with its own hormonal shifts, energy patterns, and physical cues. Understanding them is the first step in learning how to work with your body instead of against it.

## Menstrual

**Rest • Replenish • Reset**

Your period begins, hormones are low, and your body may crave more rest, warmth, and nourishment.

## Follicular

**Build • Energize • Create**

Estrogen begins to rise, and with it often comes lighter energy, more motivation, and a sense of renewal.

## Ovulatory

**Glow • Connect • Express**

This phase often feels the most social, energized, and outward, with confidence and vitality tending to peak.

## Luteal

**Ground • Nourish • Soften**

Progesterone rises after ovulation, and the body often feels best with steadier meals, more sleep, and a slower pace.

# What a Healthy Cycle Can Look Like

**Not perfect - but supported, steady, and responsive.**

A healthy cycle doesn't mean zero symptoms or feeling the same every day. It's less about perfection, and more about rhythm, **how your body moves through each phase over time**. While every cycle is different, there are certain patterns that often reflect a more supported hormonal state.

**Your cycle may feel more balanced when...**

## **Your cycle has a natural rhythm**

It may not be identical each month, but it tends to fall within a consistent range and doesn't feel completely unpredictable.

## **You notice signs of ovulation**

Subtle changes like cervical mucus, a shift in energy, or mid-cycle awareness can be gentle indicators that ovulation is happening.

## **Your period feels manageable**

Your bleed lasts a few days, with a flow that feels steady but not overwhelming. Some discomfort may be present, but it doesn't feel disruptive to your daily life.

## **PMS feels mild or minimal**

You might notice subtle shifts in mood or energy, but not intense symptoms that feel difficult to manage or interfere with your routine.

## **Your cycle transitions feel clear**

There's little to no prolonged spotting, and each phase flows into the next without feeling drawn out or unclear.

# Hormone Foundations

core

**The daily inputs your hormones respond to most.**

Hormones don't need perfection - they respond to consistency. Before focusing on specific imbalances, these are the foundational patterns that shape how your body regulates, communicates, and recovers.

## BLOOD SUGAR STABILITY

**This is where hormone balance starts.**

When meals are inconsistent, too low in protein, or paired with caffeine alone, blood sugar tends to spike and crash, which can show up as cravings, energy dips, mood swings, and more intense PMS.

A simple place to start is building meals that actually keep you full.

**Think:** protein + something with substance (carbs), paired with something that slows it down (fats or fiber). Example: eggs and avocado toast, yogurt with berries and granola, and a ground beef bowl with sweet potatoes.

## EATING ENOUGH

**Under-eating is one of the most common hormone stressors.**

Even when food quality is "good," not eating enough (or skipping meals) can signal stress to the body, making it harder to support ovulation, progesterone, and steady energy.

Consistency matters just as much as what's on your plate.

**A helpful shift:** stop "getting by" on coffee and snacks, aim for real meals, regularly.

## STRESS & NERVOUS SYSTEM SUPPORT

**Your body can't prioritize hormone balance if it feels constantly overwhelmed.**

Chronic stress doesn't just affect mood, it directly impacts how your body produces and balances hormones.

This doesn't have to mean a full routine. Small moments count.

**Think:** stepping outside, slower mornings, walking without your phone, taking a breath before meals

## Sleep Quality

**This is where your hormones reset.**

Poor sleep or inconsistent schedules can disrupt cortisol, blood sugar, and reproductive hormones.

You don't need a perfect routine, but your body thrives on rhythm.

**A simple anchor:** going to bed and waking up around the same time most days

## Digestion & Elimination

**What your body doesn't eliminate, it holds onto.**

Hormones are processed and cleared through the gut. If digestion feels slow or irregular, it can affect how your body handles hormone balance.

**Support this with:** fiber, hydration, and meals that your body digests well

## Movement & Recovery

**More is not always better.**

Exercise can support hormones, but constant high intensity without enough recovery can add stress instead of relieving it.

Your body responds best to a balance of movement and rest.

**Think:** strength training, walking, and allowing space for recovery - not pushing every day

SECTION 2

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# Sync Your Life



# Syncing Your Life to Your Cycle

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**Working with your body, instead of against it.**

**Your energy, mood, and capacity aren't meant to feel the same every day.**

As your hormones shift throughout the month, so do your needs - and learning to adjust your food, movement, and routines accordingly can make your cycle feel a lot more supportive.

**Rather than expecting consistency, cycle syncing allows you to respond to your body with more intention.**

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**What matters most:**

Cycle syncing isn't about doing more, it's about doing things at the right time for your body.

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**What this can look like:**

- Eating in a way that supports your energy and hunger cues throughout the month
- Adjusting workouts based on how your body feels, not forcing the same intensity daily
- Planning, socializing, or slowing down in alignment with your natural rhythm

**This doesn't have to be perfect or all-or-nothing. Small adjustments can make a meaningful difference over time.**

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# Menstrual Phase

Rest. Replenish. Slow Down.

This is your body's reset. Energy may feel lower, and your body often benefits from more rest, warmth, and nourishment.

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Focus on meals that feel grounding and easy to digest - things like soups, cooked meals, or anything warm and comforting. Hydration and minerals also matter more here.

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Movement can be lighter during this phase. Walking, stretching, or taking a few days off can feel more supportive than pushing through high intensity.

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**Support this phase by:** giving yourself permission to do less without feeling behind

# Follicular Phase

Build • energize • begin again

As your period ends, energy often starts to rise. This phase tends to feel lighter, more motivated, and more open to structure and routine.

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This is a great time to lean into balanced meals, try new recipes, or get back into a rhythm with eating and movement.

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Workouts may feel easier and more productive here - strength training, structured workouts, or trying something new can feel good.

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**Support this phase by:** using the natural momentum instead of forcing it

# Ovulatory Phase

Build • energize • begin again

**This is often your most outward phase. Energy, confidence, and sociability may feel higher, and many women feel more in sync with their body.**

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**Meals can stay consistent and balanced, with an emphasis on fiber and whole foods to support how your body processes hormones during this time.**

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**Workouts can feel strong here, this is often a phase where higher intensity or performance-based movement feels good, as long as recovery is still supported.**

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**Support this phase by:** leaning into connection, communication, and visibility

# Luteal Phase

Ground • nourish • stabilize

**After ovulation, your body shifts into a more grounded phase. You may feel more sensitive to stress, hunger, and changes in routine.**

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**This is where consistency matters most - regular meals, balanced blood sugar, and enough sleep can make a noticeable difference in how this phase feels. Cravings can increase here, which is often a sign your body needs more fuel, not more restriction.**

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**Movement may still feel good, but slightly lower intensity or more recovery tends to feel better than pushing hard every day.**

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**Support this phase by:** creating more structure, not more pressure

SECTION 3

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Support Your  
Hormones Naturally



# Supporting Healthy Estrogen

**Balance, not elimination.**

Estrogen isn't something to fear - *it's essential for your cycle, metabolism, bone health, and overall vitality.* The goal isn't to "lower" it, but to support how your body processes and clears it.

When estrogen builds up or isn't cleared efficiently, it can show up as heavier periods, bloating, breast tenderness, or more noticeable PMS.

## **Focus on fiber daily**

**Fiber helps bind and remove excess estrogen through digestion.**

Think: vegetables, berries, oats, chia, flax, whole grains

**Include cruciferous vegetables regularly**  
These support how your body metabolizes estrogen.

Examples: broccoli, cauliflower, Brussels sprouts, arugula

## **Support digestion + regularity**

**If digestion feels slow, hormones can recirculate instead of being eliminated.**

Simple focus: hydration, consistent meals, enough fiber

## **Limit constant stress + under-fueling**

**Both can impact how your body processes hormones over time.**

Consistency matters more than extremes.

**What matters most:** Supporting estrogen is less about restriction, and more about giving your body what it needs to process and clear it efficiently.

# Supporting Healthy Progesterone

The hormone of calm, stability, and balance

Progesterone rises after ovulation and plays a key role in mood, sleep, and how you feel during the second half of your cycle.

When levels are lower or not well supported, it can show up as spotting, shorter cycles, trouble sleeping, or more intense PMS.

## Eating Enough - especially in the second half of your cycle

Progesterone is supported by adequate fuel. When the body feels underfed, it can shift away from prioritizing hormone balance.

This often matters more in the luteal phase, when your body naturally needs more.

## Blood Sugar Stability

Inconsistent meals, long gaps without food, or relying on caffeine can create added stress on the body.

More stable blood sugar helps support steady energy and a more balanced hormonal environment.

## Stress & Nervous System Support

When stress is high, the body tends to prioritize survival over hormone balance.

Small, consistent moments of slowing down can help support this over time.

## Key Nutrients

Certain nutrients play a supportive role in overall cycle health, including magnesium, vitamin B6, and zinc.

Examples: pumpkin seeds, dark chocolate, leafy greens, salmon

# Daily Hormone Habits

Small habits, meaningful impact.

Hormones respond most to what you do consistently. These daily habits may feel simple, but over time they support energy, mood, digestion, and overall cycle health. This isn't about perfection - it's about creating a steady rhythm your body can rely on.

## Get morning sunlight when you can

Early light helps regulate your circadian rhythm, which impacts sleep, cortisol, and hormone balance.

Even a few minutes outside can make a difference.

## Stay hydrated

Hydration supports digestion, energy, and hormone clearance.

Focus on steady intake throughout the day.

## Eat consistently throughout the day

Long gaps or relying on snacks can disrupt energy and hormone signaling.

Regular meals help stabilize blood sugar and may improve mood, PMS, and cravings.

## Start your day with a real meal

Coffee alone (or skipping food) can lead to energy crashes, cravings, and added stress on the body.

Eating within a few hours of waking supports blood sugar, cortisol balance, and more stable energy.

# Daily Hormone Habits

continued.

## **What matters most:**

You don't need more rules - you need consistent, supportive habits that fit your life.

## **Prioritize sleep**

Sleep is when much of your hormone regulation happens. Poor sleep can affect energy, appetite, stress, and cycle health.

**Even small improvements matter.**

## **Move your body in a supportive way**

Movement supports hormone health, but intensity isn't always the goal.

**Walking, strength training, and lower-intensity movement all have value.**

## **Create small moments to slow down**

Your body responds to ongoing stress. Without pauses, it stays more activated.

**Small moments of slowing down throughout the day can support your nervous system.**



SECTION 4

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# Hormone Support Tools

# Hormone-Supportive Grocery List

Simple foods to keep on hand for balanced, supportive meals.

Support hormone production, energy, and satiety

## PROTEIN

Eggs (pasture-raised)  
Wild-caught salmon  
Grass-fed beef

Organic chicken or turkey  
Collagen peptides  
Greek or coconut yogurt

Support energy, metabolism, and cycle health

## CARBS

Sweet potatoes  
Quinoa  
Buckwheat

White or jasmine rice  
Fruit (berries, apples,  
citrus, bananas)  
Squash

Support hormone balance and help keep meals satisfying

## FATS

Avocado  
Extra virgin olive oil  
Coconut oil

Nuts (almonds, walnuts,  
pecans)  
Seeds (chia, flax, pumpkin)  
Nut butters (almond, cashew)

# Hormone-Supportive Grocery List

continued.



## FIBER

### Support digestion and hormone clearance

- Leafy greens (spinach, arugula, romaine)
- Cruciferous veggies (broccoli, cauliflower, Brussels sprout's)
  - Cucumbers, zucchini, carrots
- Fermented foods (sauerkraut, kimchi)
  - Berries

## EXTRAS

### Small additions that make a big difference.

- Cinnamon
- Sea salt (unrefined)
- Raw honey or maple syrup (in moderation)
- Herbal teas (peppermint, ginger, chamomile)

- Choose organic when it matters most (Dirty Dozen)
  - Prioritize whole foods over packaged foods
- Don't stress about being perfect - consistency matters more than extremes

# Simple Meal Ideas

Easy, balanced meals without overthinking it.

You don't need complicated recipes - just meals that keep you full, energized, and supported.

## Breakfast

- Eggs and avocado toast
- Greek or coconut yogurt with berries and granola
- Chia pudding with fruit and nut butter
- Smoothie with protein, fruit, and healthy fats

## Lunch

- Ground beef bowl with sweet potatoes
- Chicken salad with rice or potatoes
- Salmon bowl with rice and avocado
  - Chicken wrap with veggies and a simple dressing
- Burrito bowl with steak or chicken
  - Greek-style bowl with chicken, cucumber, rice, and tzatziki
  - Quinoa bowl with roasted veggies and protein

## Dinner

- Salmon and roasted potatoes
  - Taco bowl with rice, meat, and toppings
- Steak with potatoes and a side salad
  - Ground turkey pasta with a simple tomato sauce
- Chicken thighs with rice and roasted vegetables
- Shrimp tacos with cabbage slaw and avocado

## Snacks

- Apple and nut butter
- Cheese and crackers
  - Yogurt or smoothie
- Dark chocolate and fruit
- Turkey slices and crackers
- Banana with peanut butter
- Protein shake or smoothie
  - Trail mix
- Hummus and carrots or crackers

# Cycle-Based Nutrition

Eat in a way that supports your energy.

**Simple rhythm:**  
Eat lighter when your  
body feels lighter  
Eat more when your  
body asks for more

## Menstrual

**Warm • Replenish**  
Soups and stews  
Cooked meals  
Iron-rich foods  
Warm drinks

## Ovulatory

**Support • Balance**  
Fiber-rich foods  
Vegetables  
Protein-forward meals  
Whole foods

## Follicular

**Light • Fresh**  
Balanced meals  
Lean protein  
Fruits and vegetables  
Fermented foods

## Luteal

**Ground • Satisfy**  
Carbs and protein  
Magnesium-rich foods  
More filling meals  
Something sweet if needed

# Cycle-Based Movement

Move with your energy, not against it.

Simple rhythm:  
Push when your energy is higher,  
support your body when it's not

## Menstrual

Rest • Reset  
Walking  
Stretching  
Rest

## Ovulatory

Peak • Perform  
Strength training  
Higher intensity  
Group workouts

## Follicular

Build • Energize  
Strength training  
Classes  
Trying new workouts

## Luteal

Support • Slow down  
Strength (lower intensity)  
Walking  
Pilates or low impact



SECTION 5

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# Continue Your Flow



# Continue Your Flow

Support your hormones in a way that actually lasts

Hormone health isn't built through extremes or short-term fixes. It's shaped by the small, consistent choices you make every day - **how you eat, how you move, how you rest, and how you respond to your body.**

The goal of this guide is to help you better understand your cycle and start supporting it in a way that feels realistic and sustainable.

But if you've been dealing with ongoing symptoms - **fatigue, bloating, irregular cycles, stubborn weight, or feeling "off" in your body** - there's often more beneath the surface.

**And that's where deeper support comes in.**

# When to Look Deeper

Your symptoms are information, not something to ignore.

If things don't feel like they're improving, or your symptoms feel persistent, it may be a sign your body needs more individualized support.

- Ongoing or severe PMS
- Painful or heavy periods
- Irregular or missing cycles
- Spotting between cycles
- Persistent fatigue or low
- Bloating or digestive discomfort that doesn't improve
- Skin changes that feel hormonal

These patterns can sometimes be connected to things like gut health, stress, thyroid function, or deeper hormone imbalances.

**A gentle reminder:**

**You don't need to overanalyze every symptom, but you also don't need to ignore what your body is telling you.**

# A Deeper Level of Support

If you're realizing there may be more going on beneath the surface - with your hormones, digestion, energy, or overall symptoms - deeper, individualized support can be helpful.

**This is where we move beyond general education and into a more personalized approach based on your body and your needs.**

Inside my **Shape Up Your Life** program, we focus on:  
*Root-cause* understanding and lab insights  
*Bio-individuality* (what your body specifically needs)  
*Nutrition* to support hormones, metabolism, and energy  
*Accountability* and structure so you're not navigating it alone

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**If you're not ready for a program, that's completely okay - there are still supportive next steps available.**

You can explore my **Follow Your Gut** guidebook if you want to focus more specifically on gut health, digestion, and bloating, and how it connects back to overall hormone balance.

Or, if you're unsure where to start, you can book a [consultation call](#) to get clarity on what your body may need next.

**Take what resonates, and leave what doesn't.  
There is no one right path - only what feels supportive for you.**

# Thank-you!

Thank you for being here.

I hope this guide supports you in finding your way back to your body - learning its rhythms, understanding its needs, and feeling more at home within yourself.

**You don't need to do everything at once.  
You don't need to get it perfect.**

**Small, consistent shifts are enough.**



Sending you love as  
you continue to  
support yourself in  
a way that feels  
aligned, sustainable,  
and your own .

*Dr. Austyn Garbrough*