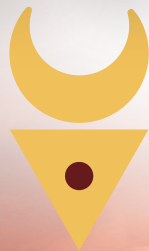


# CYCLE KEEPERS



A MENSTRUAL CYCLE WORKSHOP FOR  
ENERGY, INTUITION, & NOURISHMENT



# RECLAIMING OUR LOST WISDOM

What did you learn about your cycle growing up? How were menstrual cycles modeled for you?

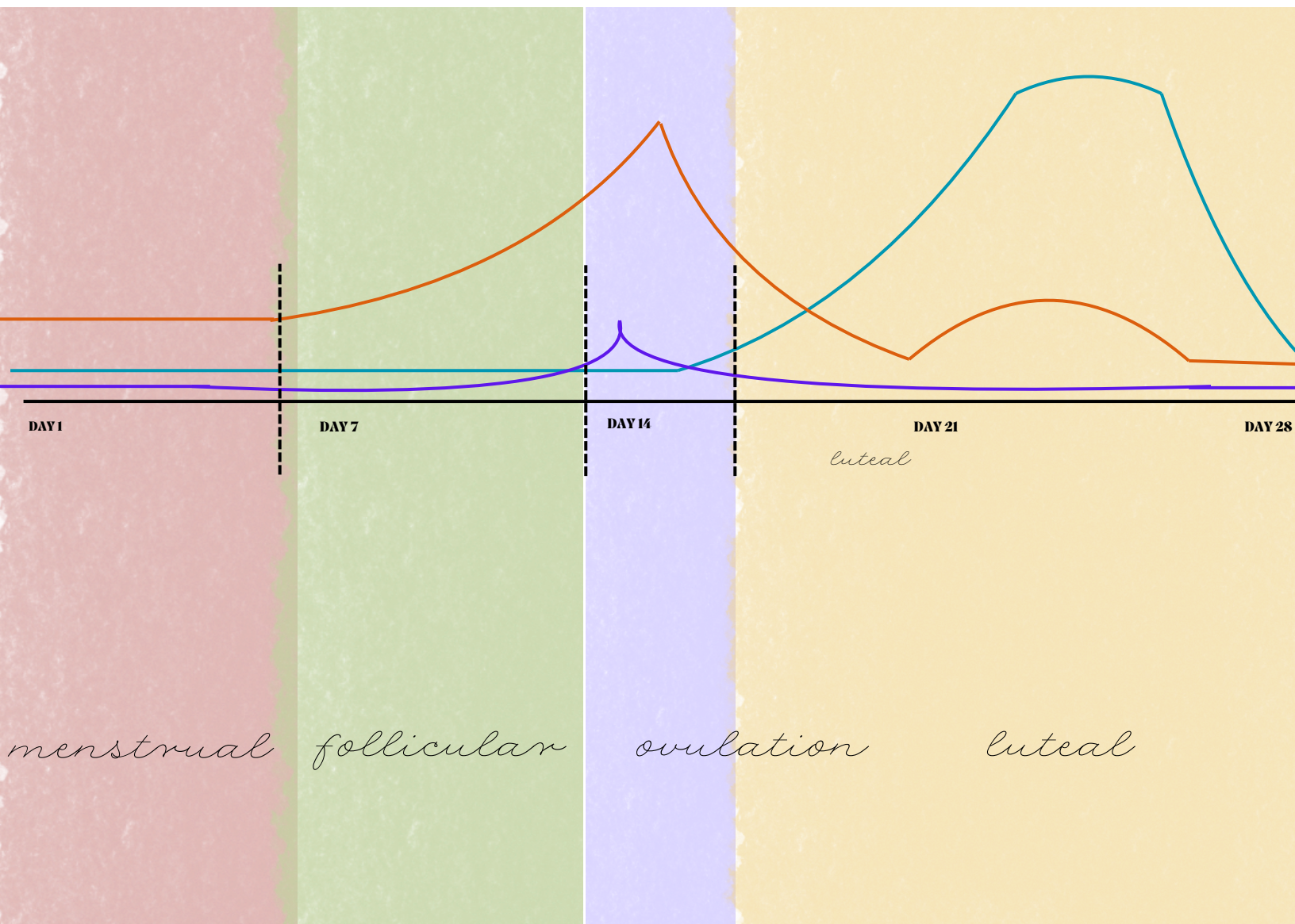
What words/feelings do you associate with your menstrual cycle today?

# MEET YOUR CYCLE

Estrogen

Progesterone

Testosterone




DAY 5-13

# FOLLICULAR PHASE

## INNER SPRING

### WAXING MOON



WHAT'S HAPPENING

- Multiple follicles (the egg's home) begin growing because of Follicle Stimulating Hormone (FSH)
  - Estrogen rising, dominant hormone
  - Testosterone begins rising, increasing libido
  - Very low progesterone (possibly anxious / overdrive)
  - Brain changes to activate openness to new things
  - Metabolism is the lowest
  - Better insulin sensitivity
  - More resilient to stress
- 

EXERCISE

- Cardio
  - Running
  - Dancing
  - Cycling
  - Hiking
  - Power yoga
- 

ENERGY


- Playful, creative
- Excited about visioning, new beginnings
- Motivated and optimistic
- Time for collaboration and teamwork
- Adventure and excitement
- Learning new things

DAY 5-12

# FOLLICULAR PHASE

## INNER SPRING

### WAXING MOON



NOURISHMENT

- Light, energizing foods
  - Fermented foods
  - Cooling foods
  - Healthy fats (egg development)
  - Support liver detox pathways (high estrogen)
  - Phytoestrogens
- 

FOODS

- Avocado
  - Cruciferous vegetables
  - Flaxseeds
  - Chickpeas
  - Tofu / tempeh
  - Pumpkin seeds
  - Brazil nuts
  - Berries
  - Fresh fruit/veg juice
  - Smoothies
  - Grapefruit
  - Eggs
  - Kimchi/ sauerkraut
  - Kombucha
- 

HERBS

- Burdock root (liver detox)
- Red clover (estrogen support)
- Maca (ovulation / egg support)
- Shatavari (estrogen support)
- *If anxious-* Ashwagandha, Tulsi

DAY 13-16

## OVULATION PHASE



INNER SUMMER

FULL MOON

WHAT'S HAPPENING

- Luteinizing Hormone (LH) helps one dominant follicle mature and release into fallopian tube
  - Uterine lining has begun to thicken so the egg can implant
  - Hormonal and energy peak- estrogen and testosterone high
  - Verbal and social centers of the brain activated
  - High energy, confidence, desire to connect with others
  - Most stress resistant
  - Pheromones make us more attractive to others- most magnetic during this phase
- 

EXERCISE

- HIIT
  - Dance class
  - Boot camp
  - Cardio
  - Strength building
  - Hot yoga
- 

ENERGY

- Confident, magnetic
- Being in charge, in the spotlight
- Social gatherings
- Date night
- Collaborations, teamwork
- Speak, write, share ideas

DAY 13-16

# OVULATION PHASE

## INNER SUMMER

### FULL MOON



NOURISHMENT

- Light, energizing foods
  - Fermented foods
  - Cooling foods
  - Antioxidants (protect egg health)
  - Support liver detox pathways (high estrogen)
- 

FOODS

- Avocado
  - Cruciferous vegetables
  - Flaxseeds
  - Chickpeas
  - Brazil nuts
  - Bell pepper
  - Tomato
  - Berries
  - Fresh fruit/veg juice
  - Smoothies
  - Grapefruit
  - Eggs
  - Salads
  - Raw vegetables
- 

HERBS

- Burdock root (liver detox)
- Dandelion root (liver detox)
- Red clover (estrogen support)
- Maca (ovulation / egg support)
- *If anxious-* Ashwagandha, Tulsi

DAY 17-28

## LUTEAL PHASE



## INNER AUTUMN WANING MOON

WHAT'S HAPPENING

- Estrogen & Testosterone decline
  - Progesterone rises, dominant hormone
  - Follicle that released egg turns into corpus luteum, produces progesterone (no ovulation, no progesterone!)
  - Progesterone keeps uterine lining thick for egg
  - If progesterone is low (or estrogen is high), PMS symptoms
  - Lower serotonin because of dropping progesterone = pleasure seeking, cravings
  - Very sensitive to stress
  - Faster metabolism, need more food
- 

EXERCISE

- Yoga
  - Walking
  - Pilates
  - Hiking
  - Swimming
  - Elliptical
- 

ENERGY

- Brain chemistry aligned for task and detailed oriented work
- Drop in estrogen means less energy, less confidence
- Less social, more inward
- Discernment- what IS and ISN'T working?
- Extremely direct and honest
- Ideal for independent work, tying up loose ends
- Need for **strong boundaries**

DAY 17-28

# LUTEAL PHASE

## INNER AUTUMN

### WANING MOON



NOURISHMENT

- Need *more* calories than any other phase- eat more!
  - Focus on blood sugar balance
  - Warming foods
  - Slow-burning carbs
  - High fiber
  - Lots of minerals
  - Limit caffeine/alcohol/sugar
- 

FOODS

- Dark chocolate
  - Leafy greens
  - Pumpkin seeds
  - Sweet potato
  - Quinoa
  - Beets
  - Oats
  - Lentils
  - Brown rice
  - Chickpeas
  - Apples
  - Walnuts
  - Sesame seeds
  - Sunflower seeds
  - Beef
  - Spirulina
- 

HERBS

- Cacao
- Ashwagandha 1200mg (lower cortisol)
- Milk thistle
- Turmeric
- Ginger
- Peppermint

DAY 1-4

# MENSTRUAL PHASE



WHAT'S HAPPENING

- Progesterone and estrogen drop sharply, uterus lining begins to shed
  - Bleed for 3-5 days, bright red blood, no clots
  - Time of release, rest, reflection
  - Hemispheres of the brain have the most neural connections, best able to synthesize how we feel, get downloads, open channel
- 

EXERCISE

- Walking
  - Yoga
  - Breathwork
  - Rest
- 

ENERGY

- Reflection, evaluation, intentions
- Time in nature
- Magnesium baths
- Journaling
- Highly intuitive

# MENSTRUAL PHASE



## INNER WINTER NEW MOON

DAY 1-4

NOURISHMENT

- Warming, nutrient-dense foods
- Emphasize protein & healthy fats
- Iron-rich foods
- Magnesium-rich foods
- Limit caffeine / alcohol

FOODS

- 
- Lentils
  - Leafy greens
  - Salmon
  - Beef
  - Tuna
  - Oysters
  - Edamame
  - Sesame seeds
  - Sunflower seeds
  - Dark chocolate
  - Beets
  - Seaweed
  - Mushrooms
  - Cinnamon

HERBS

- 
- *If cramps-* red raspberry leaf, turmeric
  - *If tired-* ginger, red raspberry leaf, green tea, nettles
  - *If grumpy/blah-* hibiscus, shatavari, rose, ashwagandha

# REFLECTIONS & INTENTIONS

Which phase feels the most challenging, disconnected, or out of alignment for you right now? Why do you think that is?

Which phase feels the most familiar or aligned to how I already live?

What aligned action(s) do you think would make the biggest difference for your energy & hormones?

# Menstrual

Bleeding- beginning (and end) of the cycle

Progesterone + Estrogen drop- generally lower energy, need more rest

Brain hemispheres connected- insight, intuition, processing, clarity, visioning

Time of going inward, reflecting, Inner Winter

Day 17-28 (after ovulation, before the bleed)

Hormones beginning to decrease, especially estrogen

High progesterone- more calming, relaxing, lower energy

Typically more sensitive and more internally focused, more honest- less filter

Time of focus, detail-oriented, productivity- need energy boundaries- Inner Autumn

# Energy Map

3-5 days around ovulation (usually day 13-16)

Time of peak hormones and energy

Most fertile window, egg white cervical mucus

Energy, mood, social connections, magnetism, libido at its peak

Time of connection, being visible, creative fire, communication- Inner Summer

Hormones are rising - high estrogen phase (energy, confidence, motivation, creativity)

High(er) testosterone (often higher libido)

Low progesterone (sometimes more anxiety / overdrive)

More physical activity- cardio, strength training

Time of creativity, adventure, fun, connection, energy, teamwork- Inner Spring

Luteal

Follicular

# Ovulation

# Menstrual

Lentils  
 Leafy greens  
 Salmon  
 Beef  
 Tuna  
 Oysters  
 Edamame

Beets  
 Seaweed  
 Mushrooms  
 Sesame seeds  
 Sunflower seeds

Dark chocolate  
 Ginger  
 Raspberry leaf  
 Turmeric  
 Ashwagandha  
 Cinnamon  
 Hibiscus  
 Rose

Limit caffeine/alcohol  
 Dark chocolate  
 Leafy greens  
 Pumpkin seeds  
 Sweet potato

Cacao  
 Ashwagandha  
 Milk thistle

Avocado  
 Cruciferous vegetables  
 Flaxseeds  
 Chickpeas  
 Tofu / tempeh  
 Pumpkin seeds  
 Brazil nuts  
 Berries  
 Fresh fruit/veg juice  
 Smoothies

# Luteal

Quinoa  
 Beets  
 Oats  
 Lentils  
 Brown rice  
 Chickpeas  
 Apples  
 Walnuts  
 Sesame seeds  
 Sunflower seeds  
 Beef  
 Spirulina

Turmeric  
 Ginger  
 Peppermint

\*more sensitive to carbs  
 \*need more calories

# Nourishment Map

Sunflower seeds  
 Sesame seeds  
 Brazil nuts

Smoothies  
 Fresh juices  
 Salads  
 Cacao  
 Chia seeds

Shatavari  
 Nettle  
 Red clover  
 Red raspberry leaf  
 Lemongrass

Green tea  
 Legumes  
 Colorful fruits/veg

# Follicular

Eggs  
 Kimchi  
 Sauerkraut  
 Kombucha

Grapefruit  
 Nettle  
 Shatavari  
 Burdock root  
 Red clover  
 Maca

# Ovulation

# EXAMPLE FLOW

## FOLLICULAR

- Berry smoothie w/ pumpkin seeds
- Creative play time
- Add sauerkraut to lunch
- Do one spontaneous thing, out of routine
- Swap meat for tempeh
- Go for a run
- Maca latte



## OVULATION

- Coffee date w/ a friend
- Dance fitness class
- Fresh fruit/veg juice
- Record a podcast
- Date night
- Raw veggie salad
- Dandelion tea before bed

## LUTEAL



- Clean out your car
- Lentil & sweet potato chili
- Sacred phone boundaries
- Deep work time, no interruptions
- Dark chocolate before bed
- Ashwagandha tincture
- Yoga flow outside

## THE BLEED

- Take a nap on day 1-2
- Beef + kale stew
- Reflect & journal on last month
- Long solo walk in nature
- Raspberry leaf tea
- Slow yoga flow
- Trust your instincts



# INTEGRATION



## CHOOSE YOUR STARTING PLACE:

- One cycle phase (perhaps your most challenging))
- Exercise
- Energy / Productivity
- Nutrition (choose 3 foods!)
- Herbs (choose 1!)

## TRACKING & AWARENESS




- Daily / weekly check in with cycle energy
- Set intention for the week in alignment with phase
- Menstrual Mapping monthly

## PRO-TIPS

- Create a place to capture tasks that you don't want to forget, but are better suited for a different phase
- Print Nourishment Map, use for weekly meal planning + grocery shopping
- Teach your partner, kids, friends your new flow and boundaries



# Daily Energy Tracker

New Moon		Full Moon	
Waxing		Waning Moon	

Date	Cycle Day	Moon Phase	Energy Level	Stress Level	Notes
	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
	17				
	18				
	19				
	20				
	21				
	22				
	23				
	24				
	25				
	26				
	27				
	28				
	29				
	30				
	31				
	32				



# NEXT STEPS



## MENSTRUAL MAPPING WORKSHOP

Learn the sacred system for planning, scheduling, and aligning your life with your cycles

[LEARN MORE](#)

## LUNAR LIVING

Sacred cycling syncing immersion-month long ceremony container for moon & menstrual cycle embodiment

Starting June 25th!

[LEARN MORE](#)

