

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?

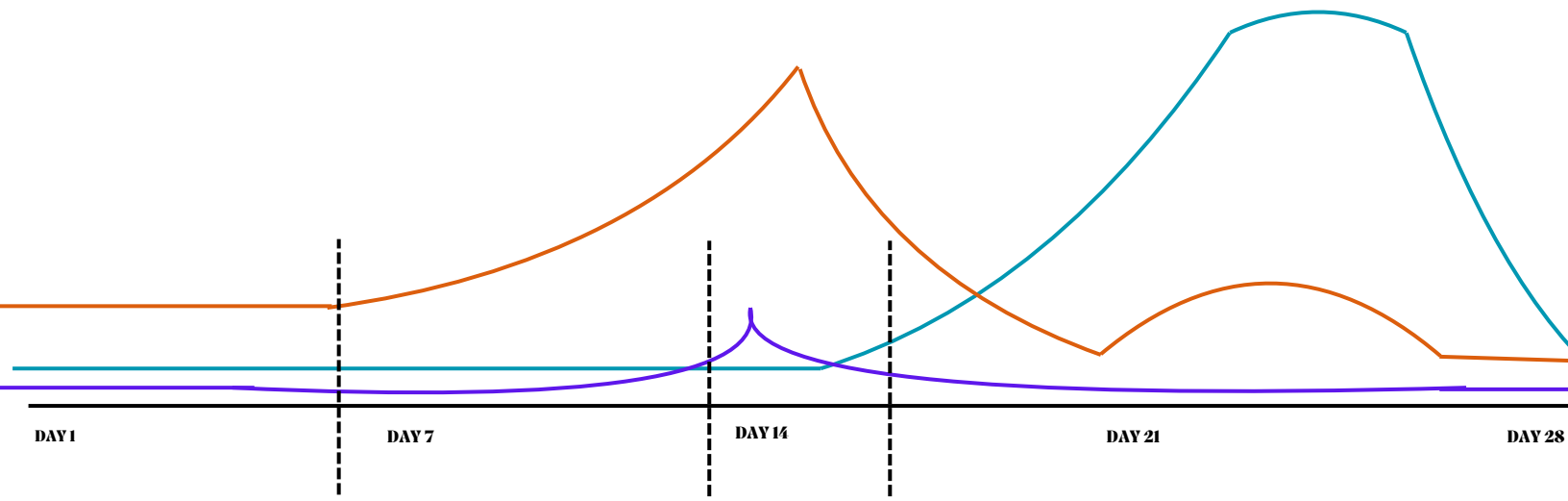
What words/feelings do you associate with your menstrual cycle today?

MEET YOUR CYCLE

Estrogen

Progesterone

Testosterone



menstrual follicular

ovulation

luteal

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 | • Berries |
| • Cruciferous vegetables | • Fresh fruit/veg juice |
| • Flaxseeds | • Smoothies |
| • Chickpeas | • Grapefruit |
| • Brazil nuts | • Eggs |
| • Bell pepper | • Salads |
| • Tomato | • 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
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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
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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
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EXERCISE

- Walking
 - Yoga
 - Breathwork
 - Rest
-

ENERGY

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

DAY 1-4

MENSTRUAL PHASE



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

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

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

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

Eggs
 Kimchi
 Sauerkraut
 Kombucha

Grapefruit
 Nettle
 Shatavari
 Burdock root
 Red clover
 Maca

Follicular

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
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NEXT STEPS

MENSTRUAL MAPPING WORKSHOP

[LEARN MORE](#)

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

LUNAR LIVING

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

Starting June 25th!

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