



# Understanding your inner seasons

Gentle guidance for the phases and seasons of your menstrual cycle.

## Winter

Menstruation

**Hormones:** Lowest hormone levels at this stage of your cycle.

**Brain/Focus:** Creates great communication between both sides of the brain so you are able to synthesise how you feel about things. Analyse and journal at this stage.

**Exercise:** Low energy: yoga, walking, pilates etc

**Food:** Low GI and water-rich fruits and veg. Seafood and sea-based veggies with zinc and iron (you lose these during menstruation), warming foods (restorative to blood and kidneys).

**Supportive Essential Oils:** Clary Sage, Geranium, Whisper, Ylang Ylang

## Spring

Follicular Phase

**Hormones:** FSH and Oestrogen increase to stimulate follicles and prepare to release an egg.

**Brain/Focus:**

Brainstorming and creativity are high. Set intentions at this stage.

Open to new things.

**Exercise:** Change it up and try something new.

**Food:** Fresh, light and vibrant.

**Supportive Essential Oils:**

Clary Sage, Peppermint, Lemon, Litsea, Patchouli

## Summer

Ovulation

**Hormones:** FSH, LH, oestrogen and testosterone all peak.

**Brain/Focus:** Connect with others, social, collaboration, negotiate, pitch ideas, sell your ideas, be seen in the world.

**Exercise:** High impact due to maximum energy, dancing, HIIT, running, power walking etc.

**Food:** Raw veg to help metabolise excess oestrogen. Light grains, lower carbohydrate intake.

**Supportive Essential Oils:**

Lavender, Cedarwood, Spearmint, Citrus Oils, Peppermint, Passion, Ylang Ylang, Balance, Fir oils

## Autumn

Luteal Phase

**Hormones:** Oestrogen and Testosterone begin dropping off and progesterone peaks.

**Brain/Focus:** Task and detail oriented, edit projects during this phase. Say no more often, set firm boundaries, organisation during this stage is a strength. Desire to 'nest' and turn inward and separate yourself from others.

**Exercise:** High energy training at beginning of this stage but may need to slowly scale back as menstruation nears.

**Food:** Rich in B vitamins to stave off sugar cravings. Leafy greens for calcium and magnesium to mitigate the effects of fluid retention, root vegetables for liver and large intestine support, complex carbs for mood swings.

**Supportive Essential Oils:** On Guard, Tea Tree, Easy Air, Digestzen (to help Liver and Large Intestine excrete oestrogen), Peace, Console.