

The background is a solid light beige color. It is decorated with several faint, sketchy line drawings of flowers, likely tulips, in the corners. There are also two clusters of small, dark brown dots, resembling seeds or pollen, one above and one below the main title.

HOW TO SUPPORT YOUR CYCLE

Eating foods for each phase

@semilladeflor

FOODS BY PHASE

Menstruation

- Ginger
- Soups and stews
- Grass-fed protein: beef, lamb, pork, chicken
- Bone broth
- Steamed or sauteed vegetables
- Avocados
- Nuts and seeds
- Seaweed
- Adzuki and kidney beans
- Mushrooms
- Low Gi fruits
- Dark chocolate

Luteal

- Wild caught cold water fish
- Tofu and edamame
- Sesame seeds and sunflower seeds
- Quinoa and Buckwheat
- Aged cheese
- Cruciferous vegetables and dark leafy greens
- Garlic, onions
- Legumes
- Yams

Follicular

- Black chicken soup
- Grass fed beef or liver
- Eggs
- Seafood
- Dates, jujube dates
- Berries
- Leafy greens
- Flax seeds and pumpkin seeds
- Fermented foods
- Sprouts

Ovulation

- Colorful fresh fruits and vegetables
- Berries
- Chollard greens
- Lean grass fed protein
- White fish
- Whole Grains
- Sesame seeds and sunflower seeds
- Healthy fats (avo.oil, evoo, ghee)
- Cruciferous vegetables

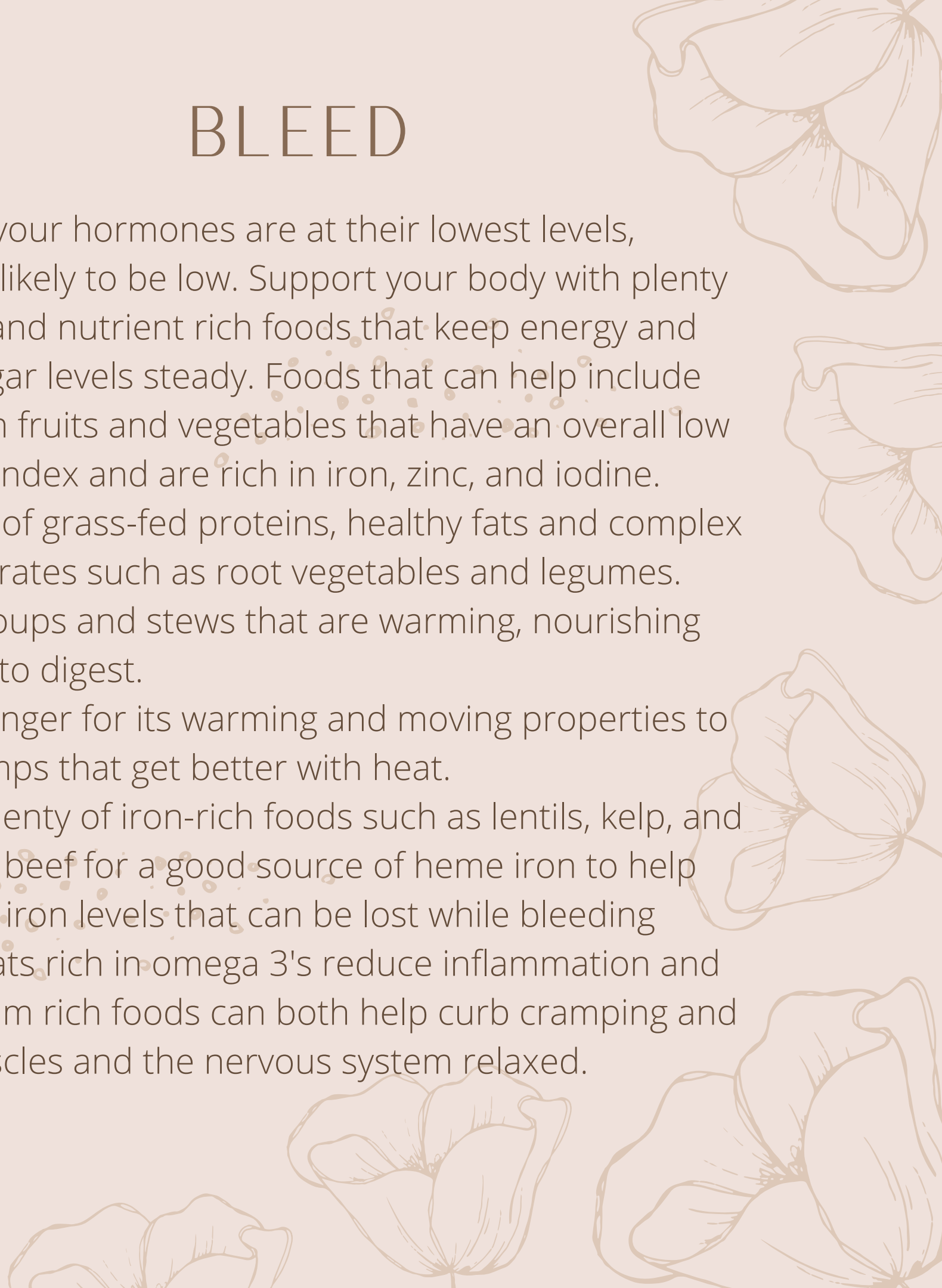
BLEED

Because your hormones are at their lowest levels, energy is likely to be low. Support your body with plenty of water and nutrient rich foods that keep energy and blood sugar levels steady. Foods that can help include water-rich fruits and vegetables that have an overall low glycemic index and are rich in iron, zinc, and iodine. Eat a mix of grass-fed proteins, healthy fats and complex carbohydrates such as root vegetables and legumes. Opt for soups and stews that are warming, nourishing and easy to digest.

Include ginger for its warming and moving properties to ease cramps that get better with heat.

Include plenty of iron-rich foods such as lentils, kelp, and grass-fed beef for a good source of heme iron to help replenish iron levels that can be lost while bleeding.

Healthy fats rich in omega 3's reduce inflammation and magnesium rich foods can both help curb cramping and keep muscles and the nervous system relaxed.



FOLLICULAR

Right after your bleed, continue to nourish your body back to strength with iron rich foods. In Chinese medicine and culture, a herbal soup made of black chicken (or regular chicken) and other qi and blood tonifying herbs is a staple post-bleed food. Nutrient dense foods such as liver and seafood are other great options to provide your body with vitamins and minerals to build back hormone levels. A proper amount of protein intake is also advised for hormone balance as they are the building blocks for hormones and bodily tissues.

Support estrogen production and metabolism through fermented foods, flax seeds and pumpkin seeds (which are also high in iron).

Always remember to include a wide variety of fruits and colourful vegetables necessary for a healthy gut and microbiome which is the basis of proper nutrient absorption and hormone balance. As you get closer to ovulation you can begin to choose fresh and energizing foods.

OVULATION

With rising estrogen, some people find that they have more energy, focus and willpower at this time, so it may also be an optimal time to begin your healthy eating or do a mild food cleanse. This is a good time to reduce carb intake and focus on lean proteins and healthy fats. Incorporate light, fresh and vibrant foods, such as salads and fermented foods like kefir, probiotic yoghurt or sauerkraut, which support gut health and detoxification.

With your estrogen at an all-time high, you should eat foods that support your liver. Include a good amount of cruciferous vegetables and fibre to begin hormone detox.

Sesame seeds and sunflower seeds help with progesterone production necessary through the following weeks. Opt for lean meats and white fish as sources of protein, or legumes, whole grains, tofu and nuts.

LUTEAL

Estrogen and progesterone both surge and then wane during this period and it is possible to help manage pre-menstrual symptoms through our food choices.

Eat foods that will produce serotonin, like leafy greens, quinoa, and buckwheat. You'll also want to focus on magnesium-rich foods that relax your muscles and nervous system, like dark chocolate, spinach, nuts and seeds and avocado.

Stable blood sugar is needed in this phase to avoid mood swings, ensure you are eating at regular intervals during the day (every 3–4 hours) and at the first indication of hunger.

Focus on small amounts of complex carbohydrates such as whole grains filled with stress- supporting B vitamins and fibre to help curb cravings and balance moods.

Focus on anti-inflammatory oils like those provided by wild-caught cold water fish and lower red meat consumption.

This is also a good time of the month to cut down on caffeine, sugar and alcohol, as they are stimulants and pro-inflammatory and can aggravate PMS- triggered anxiety and mood shifts.

They also can also interfere with the absorption of essential vitamins and minerals required for optimal menstrual health.