



UNLEASH YOUR FEMININE POWER

Introduction: Cycle Phases

✚ Menstruation Phase:

- Duration: 2-7 days
- What happens in your body: uterus lining breaks down, causing your period
- Mood/energy: tired, introverted, more creative, high intuition
- Best for: visualization, planning, and creating

✚ Follicular Phase:

- Duration: 5-7 days
- What happens in your body: estrogen rises, uterus lining begins to build up
- Mood/energy: higher energy, extroverted, positive, confident
- Best for: meetings and networking, and starting projects

✚ Ovulation Phase:

- Duration: 4-8 days
- What happens in your body: estrogen peaks, ovulation occurs
- Mood/energy: energy peak, look and feel best, communication
- Best for: raising the prices, public speaking, doing videos and sales calls

✚ Luteal Phase:

- Duration: 7-12 days
- What happens in your body: uterus lining continues to thicken, and if ovum remains unfertilized, uterus contracts in readiness to shed the built-up layer
- Mood/energy: tired, sensitive and doubting, mood swings or pain
- Best for: connecting to nature, repetitive tasks such as admin and accounting

Part 1: Food, Exercise & Co.

+ Food = Digestive Stress:

- × Most fruits, especially citrus
- × Dairy
- × Processed sugar
- × Caffeine and energy drinks
- ✓ Vegetables and some fruits
- ✓ Iron-rich foods (legumes, spinach, eggs, potatoes) → [more here](#)
- ✓ Magnesium-rich foods (hemp seeds!!, bananas, dark chocolate, almonds) → [more here](#)
- ✓ Warm drinks and soups

+ Movement = Physical Stress:

- × High-intensity interval training (HIIT)
- × Running, biking, and other high-cardio activities
- × Ab workouts
- × Anything that moves your bowels extensively
- ✓ Yoga (ideally modified)
- ✓ Pilates without abs
- ✓ Light walking
- ✓ Stretching

+ Self-Care = Emotional Stress:

- × Negativity inside or outside
- × Overworking – especially the week before!
- × Lack of self-understanding
- × Any kind of stress
- ✓ Soothing music
- ✓ Heat – sunshine!, also hot water bottle or hand warmers
- ✓ Meditation – next time 😊
- ✓ Relaxation of any type

→ Your ACTION STEPS: Choose one to avoid and one to try out from each of the three categories.