

hormones peak followed by dramatic drop | you might feel emotional

clarify | release | forgive  
listen deeply | set boundaries  
inspire creativity | organise | detox

try low impact workouts

eat vitamin rich foods:  
sweet potato, squash, pumpkin,  
parsnips, bananas, figs

AUTUMN | LUTEAL

SUMMER | OVULATION

hormones are rising |  
you might feel powerful

explore | express | connect  
confidence | communication  
strength | abundance | celebration

try high intensity work outs

eat protein rich high fibre foods:  
flax/chia seeds, asparagus, chard  
guava, coconut

hormones are low | you might feel tired

rest | reflect | bleed |  
inner-processing | creative review |  
nourish | journal | meditate

try slow gentle exercise

eat iron rich and  
anti-inflammatory foods:  
spinach, avocado, berries,  
broccoli, grapes,

WINTER | MENSTRUATION

SPRING | FOLLICULAR

hormones begin to rise |  
you might feel awakened

plan | dance | play  
mental focus | new ideas  
| acknowledge | take action | experiment

try moderate exercise and strength  
training

eat lighter foods: salads, cacao,  
brussel sprouts, apples, carrots, eggs,  
walnuts

