

# MENSTRUAL

-----Yin phase-----

## FOCUS

Uterine lining is shedding.  
Warming body & nourishing blood for smooth flow

## ENERGY

Energy at its lowest point of the cycle  
Permission to change work meetings, sleep & rest more.

## EAT

Incorporate Iron rich foods (Eg. red meat, lentils, dark leafy greens, bone broth)  
Dark chocolate in moderation.

## AVOID THESE FOODS

Raw foods or icy drinks (cold restricts blood flow & causes pain)  
Resist the urge to binge eat junk food.

## EXERCISE

Rest more but still continue with regular movement encourage healthy blood flow (especially if you get pain).  
Walking or restorative practices like yin yoga or breathwork.  
Avoid intense exercise.

## BEST TCM HERBS FOR TEA

Ginger  
Rose  
Hawthorn Berry  
Red dates & Goji Berries

# FOLLICULAR

## FOCUS

Uterine lining starts rebuilding.  
Rebuild depleted blood & nourish yin.

## ENERGY

Energy is moderate.

## EAT

Incorporate warm, cooked foods (Eg. stews, soups, slow cooked meats, cooked root vegetables, bone broth, black sesame, kidney/black beans, eggs, salmon, avocado)

## AVOID THESE FOODS

Raw foods or icy drinks, sugar & alcohol

## EXERCISE

Moderate exercise is okay but still rebuilding after blood loss so moderation is key.

## BEST TCM HERBS FOR TEA

Goji berries  
Red dates  
Angelica root (avoid if on warfarin or pregnant)

# TCM CYCLE SYNC

# OVULATION

-----Yang phase-----

## FOCUS

The movement of the egg from the ovaries to the fallopian tube.  
Yin cycle stage moves into a yang state, focus on qi & blood flow to allow this egg movement.

## ENERGY

Energy is at its highest point of the month.  
Start new projects, more socialising, increased libido.

## EAT

Okay to incorporate slightly cooling & hydrating foods to balance the yang energy - Cucumbers, leafy greens, berries, citrus, blueberries  
Zinc rich foods - seeds & nuts, oysters

## AVOID THESE FOODS

Raw foods or icy drinks.

## EXERCISE

This is the time for the more high intensity workouts and your energy is at its highest.  
Still maintain a balance of yin and yang activities as usual though - ie slow movement (walking, yoga, breathwork, qigong) balanced with more intense exercise.

## BEST TCM HERBS FOR TEA

Green tea  
Cinnamon  
Ginger

# LUTEAL

## FOCUS

Preparing the body for the menstrual phase.  
The liver needs to be able to move to prevent stagnation--> calms PMS.  
Nourish kidney & spleen yang to produce good quality, healthy blood from the food you eat

## ENERGY

Ranges between moderate to low. Can start to dip straight after ovulation, but usually dips 5-7 days before menstruation.

## EAT

Warm, cooked foods - soups, stews, slow cooked meats, cooked root vegetables, congees, bone broth, ginger, walnuts.  
Liver supporting foods - apple cider vinegar in water, dark leafy greens, Cruciferous foods-kale, broccoli, cauliflower, brussel sprouts

## AVOID THESE FOODS

Raw foods or icy drinks.  
Dairy, greasy, fatty, and spicy foods & alcohol.

## EXERCISE

Consistent movement most important --->directly affects the flow & quality of blood during upcoming menstruation.  
Still maintain a balance of yin and yang activities as usual though - ie slow movement (yoga, breathwork, qigong) balanced with more intense exercise.

## BEST TCM HERBS FOR TEA

Dandelion  
Licorice Root  
Bupleurum root  
Chrysanthemum  
White peony & Angelica root (avoid if on warfarin or pregnant)