

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)