

Your Monthly Hormonal Cycle

HOW TO OPTIMIZE
YOUR LIFE

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Phase #1 Follicular 7-10 days

Begins directly after your period ends.

To do: Be creative, dream, brainstorm, prepare, plan, research, be curious, set your intentions for the day/week/year, fill your calendar, take course etc.

Diet: Intermittent Fasting, Calorie restriction – your appetite is surpassed, so it's easier for your body to handle a reduction in calories, which can help with weight loss in the first 1/2 of your cycle.

Cooking: Steaming, Sauté – as estrogen is on the rise, opt for light cooking methods

Workout: Cardio

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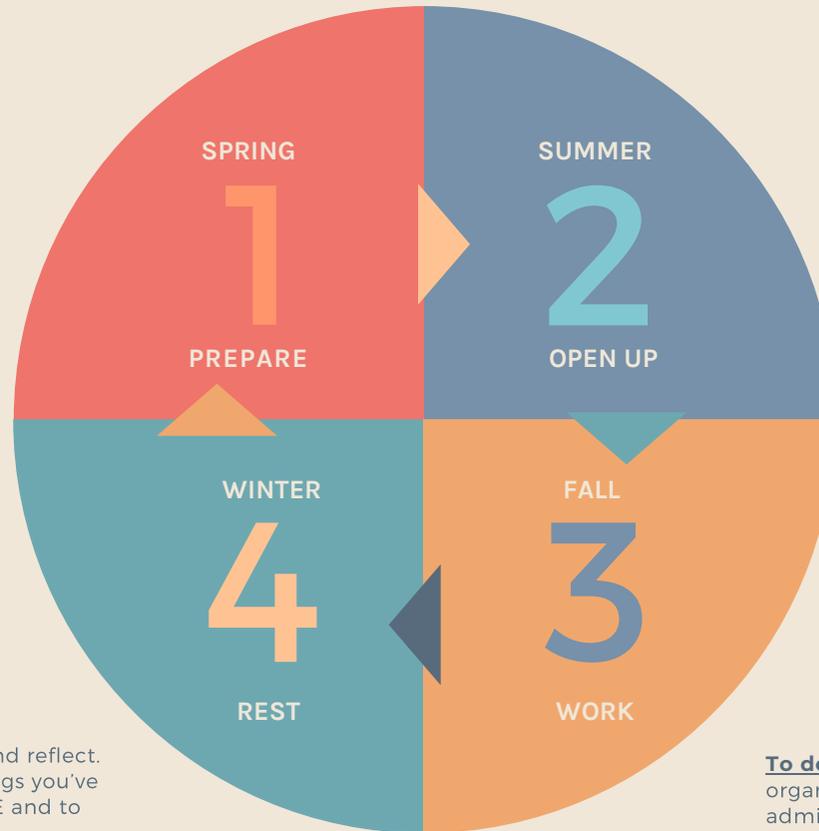
Phase #4 Mensural 3-7 days

To do: This is the time when it's best to relax and reflect. Be kind to yourself and review all the good things you've accomplished. This is a good time to EVALUATE and to TRUST your INTUITION --Trust your instincts!

Diet: Paleo/Grain free – as hormone levels and your body temp drop during this phase, skip the foods that promote estrogen metabolism and stick to warming foods. A kept, paleo, or grain free diet can give your body what it needs during your monthly bleed.

Cooking: Soups, stews – your body is at it's coolest – prepare warm, hearty foods

Workouts: Walking, foam rolling, yoga, rest/nap



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Phase #2 Ovulatory 3-4 days

To do: It's a great time to socialize, talk about plans, collaborate, schedule dates, meetings, interviews, connect, have important conversations.

Diet: Raw vegan – as estrogen peaks, vegetables aid in metabolizing the hormone to prevent an excessive build up and to avoid estrogen dominance. As your body temp rises, cooler foods are best.

Cooking: Raw, salads, smoothies, juices – estrogen is surging, your body is at it's warmest – enjoy fresh, raw, foods – veggies, fruits, salads – stick to lighter preparations

Workout: HIIT, Boot camps, kickboxing

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Phase #3 Luteal 10-14 days

To do: This is the time to tend to things, get it done! Get organized, accomplish goals. Tend to your home, finances, and admin stuff. Nurture, do deep work.

Diet: Complex carbs -- Your body needs more calories during tis phase, and slow-burning complex carbs and beans provide calories while stabilizing blood sugar.

Cooking: Roasting, Baking – estrogen levels are dipping

Workout: Weighs/Strength training (first 1/2)
Pilates/Barre (second 1/2)

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