

Menstrual Cycle Phases Chart

PHASE	DAYS	WHAT'S HAPPENING	NOURISHMENT	SUPPORTIVE HERBS	MOVEMENT & RITUALS
Menstrual Phase	1–6	The uterine lining sheds; hormone levels (progesterone and estrogen) drop. Energy levels are lower, and rest is key.	Focus on: Foods rich in iron, minerals, and vitamin C. Hydrate well. Avoid heavy, processed, or salty foods, alcohol, and caffeine. Examples: Bone/herb/vegetable broths, dark leafy greens (kale, spinach), beets, bananas, berries, dark chocolate, lentils, chia seeds, walnuts, and wild-caught fish.	Nettle leaf (iron-rich), <u>spirulina</u> (remineralization), ginger tea and turmeric (anti-inflammatory), <u>chrysanthemum tea</u> (pain relief), <u>chaga</u> (immune support and inflammation reduction).	Gentle movement: restorative yoga, stretching, light walking. Warm baths with magnesium, journaling, and rest. Use hot water bottles or womb massage for comfort.
Follicular Phase	1–13	Estrogen rises, preparing the body for ovulation. Energy, creativity, and vitality increase.	Focus on: Probiotic-rich foods, dietary fiber, vitamins E, B, and zinc. Support liver detox and estrogen elimination. Examples: Sprouted/fermented foods (broccoli sprouts, sauerkraut), citrus fruits, quinoa, pumpkin seeds, avocados, leafy greens (parsley, watercress), eggs, and coconut yogurt.	Nettle (replenishes iron), <u>schisandra</u> (post-menstruation support), <u>spirulina</u> (boosts energy and rebuilds red blood cells).	Flow yoga, dancing, hiking, or light jogging. Self-massage, gua sha, breathwork, and creative activities. This is also a great phase for fasting or trying the Advanced Reset Program.
Ovulatory Phase	14–18	Ovulation occurs as estrogen peaks, accompanied by a short spike in testosterone and heightened energy.	Focus on: Anti-inflammatory, high-fiber, and detox-supporting foods. Include probiotics for gut health. Examples: Asparagus, spinach, Brussels sprouts, fermented foods (kimchi, kefir), wild-caught salmon, figs, raspberries, turmeric, and sprouted nuts.	Dandelion and burdock root (liver detox), <u>maca</u> (energy and libido), <u>schisandra</u> and <u>reishi</u> (hormonal balance). <u>Passion Blend</u>	High-energy workouts like running or power yoga. Attend social events or workshops for connection. Explore group activities to align with heightened social and sexual vitality.
Luteal Phase	19–28	Progesterone peaks, preparing the body for potential pregnancy. Energy may dip, and introspection increases.	Focus on: Foods that support serotonin production, magnesium-rich options, and warm, grounding meals. Avoid excessive caffeine, alcohol, and dairy. Examples: Root vegetables (sweet potatoes, carrots), dark leafy greens, healthy fats (avocado, salmon), walnuts, bananas, and magnesium-rich foods like spinach and dark chocolate.	<u>Triphala</u> (supports digestion), <u>mucuna</u> (mental health), <u>reishi</u> and <u>ashwagandha</u> (stress and sleep support), <u>digestive support blend</u> (promote elimination and reduce dampness).	Pilates, strength training, and yoga (lighten intensity toward the end). Practice self-massage, womb massage, castor oil packs, and warm magnesium baths. Journaling, dreamwork, and relaxation rituals enhance intuition and self-connection.