

A decorative border made of watercolor brushstrokes in shades of orange, green, and blue, framing the central text.

# CYCLE SYNCING

Fierce Grace Consulting

# Objectives

01.

Identify your unique needs, challenges and opportunities to harmonize with your feminine cycle

02.

Learn about how our override of our rhythms has created imbalance, protocols and phases of our cycles

03.

Create your own unique plan to better harmonize with your cycle and use it as the superpower it is




# Sharing our Stories

What is your motivation to do  
this work?



# What Imbalance can look like




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**PMS**  
Fatigue,  
anxiety,  
mood  
swings, low  
libido,  
insomnia

**Cysts, fibroids**  
endometriosis  
cystic breasts


**Irregular  
cycles**  
heavy,  
missing  
periods







# What got us here?



**Misinformation  
about  
hormones**

**Cultural  
conditioning**

**Toxic  
exposure  
and  
lifestyles**

**Modern  
diet and  
quick-fix  
solutions**

# Underlying Causes

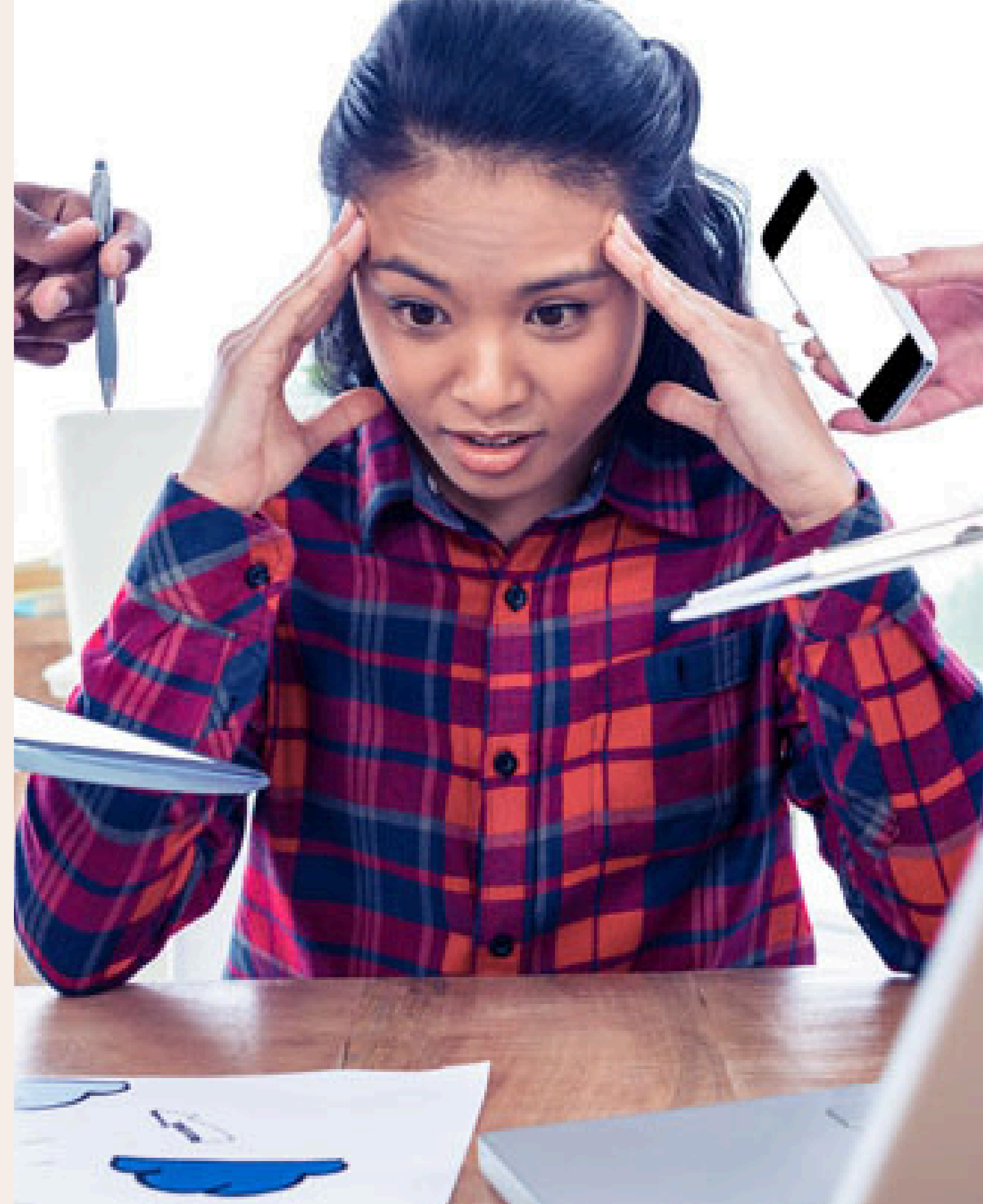
Mismanaged Blood Sugar

Overexertion of the adrenal glands

Congestion throughout the pathways of elimination

A lifestyle that works against the patterns of your menstrual cycle

Separation from your feminine energy





# Woman Code Protocol

## Stabilize Blood Sugar

Stabilizing your intake throughout the day  
hydration  
Eat within 90 mins of waking  
Protein-rich foods, minimize carbs  
Eat at regular intervals, including lunch, midafternoon and dinner (3-4 hours before bedtime)

## Nurture Adrenals

Plan your food to counter hypoglycemia  
Stabilize sleep  
Physical activity  
Orgasm more!  
Manage stress with systems  
Get your meditation on

## Support Organs of Elimination

Liver and large intestine- eliminating toxicity and clean eating, especially fiber, probiotics, and fermented foods  
pathways of elimination- trampolining, lymph drainage  
with steam rooms, dry brushing

## Lean into Rhythms

Track your cycle  
Create schedule and practices  
Be firm and gentle  
Self-care reset



# Phases of Menstrual Cycle

## **Follicular- 7-10 Days**

**Hormone focus-** Follicle stimulating hormone sends signal to ovaries to get ready to release egg

**Body focus-** physical energy increases, sometimes a little restless

**Lifestyle focus-** creativity and new beginnings- time to start new projects

**Food focus-** fresh, vibrant foods, body can handle lots of raw veggies and light cooking

**Exercise focus-** try something new, your body and brain are ready for it





# Ovulatory

## 3-4 Days

**Hormone focus-** sharp rise in follicle stimulating hormone followed by an increase in luteinizing hormone; stimulates one follicle to swell and burst, releasing an egg into the uterus

**Body focus-** vaginal discharge increases- slippery, stretchy- maybe pelvic pain

**Lifestyle focus-** connecting with community, heightened communication skills, outward, sexy, attraction time

**Food focus-** with so much estrogen, you should have stable energy, but make sure excess is being eliminated through veggies and antioxidants

**Exercise focus-** time for high-impact workouts, energy levels are at their max, so consider more strenuous exercise- with friends and groups



# Luteal

## 10-14 Days

**Hormone focus-** follicle from which egg bursts grows on the surface of the ovary, causing it to produce progesterone, which signals to keep the uterine lining in tact, estrogen continues to rise, if egg hasn't been fertilized, progesterone will soon halt to trigger your period

**Body focus-** physical energy declines and premenstrual symptoms may develop such as bloating, irritability, headache, mood swings and cravings

**Lifestyle focus-** awareness, attention and comfort, your energy turns inward, inclination to nest, clean, prioritize administrative detail-driven responsibilities, time to up self care regimen

**Food focus-** foods rich in vitamin B, calcium, magnesium and fiber to stave off sugar cravings, fiber helps flush the liver and estrogen dominance, ensure good complex carbs to stabilize dopamine and serotonin and prevent mood swings

**Exercise focus-** during the first half, your energy may be high, so continue with more strenuous exercise, then switch to a lighter, more gentle way with walking, pilates, vinyasa yoga



# Menstrual

## **3-7 Days**

**Hormone focus-** progesterone drops off as corpus luteum disappears to trigger the shedding of the uterine lining to trigger bleeding to occur, estrogen peaks, then drops to stimulate hypothalamus to prep for another cycle of ovulation

**Body focus-** combination of spotting and bleeding along with pelvic cramping, low backache, fatigue and cravings can happen along with a sense of relaxation and/or relief as peak estrogen passes

**Lifestyle focus-** self-analysis and course correction, communication between left and right hemispheres is more powerful to allow for more judicious evaluation of your life, you can receive clear and intuitive communication and direction

**Food focus-** foods with low glycemic index, sea-based veggies and other iron and zinc-rich foods, prepare food to be warming, not raw

**Exercise focus-** rest and recovery, including yoga, walks, stretching and gentleness



# Creating your personal cycle chart





# Stick with it!

Taking on a new way of organizing your life can feel daunting at first, but have fun with it as you integrate these ideas into your life

Consider apps or an integrative calendar as well as sharing with key people in your life to support these changes

Make small, consistent shifts and document how you feel- try journaling and regular reflection to see what's working, symptom reduction, energy levels, etc

Buddy up with a friend- it's always better when we can team up with others on this path to encourage our consistency





# THANK YOU VERY MUCH!

Special thanks to *The Woman Code*, by Alisa Vitti

[www.fiercegraceconsulting.com](http://www.fiercegraceconsulting.com)