

CYCLE SYNCING

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Here's how you can support your body's
changing hormones all month long!

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	Happening Hormonally	Movement	Nutrition	Lifestyle
Follicular Begins after your period and goes into ovulation, typically 7-10 days*	FSH released by pituitary gland stimulates ovary follicles for egg maturation. Rise in estrogen and testosterone.	Higher intensity cardio and/ strength-training such as: running or a group fitness class.	Veggies, fermented foods, beans and broccoli sprouts, healthy fats: olive oil & avocado, non-glutinous grains like: barley, buckwheat & quinoa. Sweet potatoes, flax and pumpkin seeds.	Starting new projects, planning and brainstorming, more energy for social events
Ovulatory Typically 2-4 days* long after follicular phase	Progesterone is produced. Estrogen and testosterone peak. LH causes follicle to burst open and egg is released into fallopian tube.	Higher intensity cardio and/ strength-training, heavy lifting.	Dark leafy greens, eggplant, tomato, avocado, light grains like quinoa, lentils, flax and pumpkin seeds.	Higher energy for social events, work events, taking on bigger projects
Luteal Typically 10-14 days* long after ovulatory phase	FSH and LH levels drop. Estrogen and testosterone slowly decline and progesterone dominates.	Rest, walking, yoga, lower intensity strength/ cardio movement.	Foods rich in fiber, magnesium, calcium and B-Vitamins. Roasted veggies, legumes, brown rice, smoothies, oats (with nuts and berries), bitter greens like arugula, sunflower and sesame seeds.	More time for rest and reflection, take long walks, organize, self-care like massages,
Menstrual A healthy cycle lasts 3-7 days long*	LH, progesterone and estrogen drop to lowest point in the month. This causes the break down and shedding of the uterine lining.	Rest, walking, yoga, lower intensity strength/ cardio movement.	Water-rich fruits and veggies to keep hydrated. Iron and zinc rich foods. Kidney beans, kale, berries, smoothies, and sautéed veggies.	Journal, meditate, spend more time alone, rest and reflection

*This is a general timeline. Every women's cycle is different.