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**Cycle Cheatsheet: Quick Reference for Bloat Relief**

**Your cycle-synced guide to understanding and managing hormonal bloating patterns**

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| **Phase** | **Days** | **Typical Symptoms** | **Food Focus** | **Movement/Self-Care** | **Quick SOS Protocol** |
| **MENSTRUAL** | Days 1-7 | • Cramps, low energy  • Possible bloating  • Mood dips | • Warm, nourishing foods (soups, stews)  • Iron-rich choices (leafy greens, beans)  • Omega-3s (salmon, flaxseed) | • Rest when needed  • Gentle yoga stretches  • Short walks  • Use heating pad for comfort | **Heat pad on abdomen**  + ginger or chamomile tea  + gentle belly massage |
| **FOLLICULAR** | Days 8-13 | • Rising energy & mood  • Minimal bloating  • Motivated feeling | • Lean protein & complex carbs  • Cruciferous vegetables (broccoli, kale)  • Fermented foods (yogurt, sauerkraut) | • Increase activity: light cardio  • Be social - energy is up  • Start new projects | **Peppermint tea** for digestion  + brisk walk to boost energy  + keep up water intake |
| **OVULATORY** | Days 14-15 | • Peak energy and mood  • Possible ovulation twinges  • Social confidence high | • Estrogen-balancing foods (leafy greens)  • Light, fresh meals  • Antioxidant-rich fruits | • High-intensity workouts (if desired)  • Enjoy outings and communication  • Get proper sleep | **Gentle yoga twists**  + extra glass of water  + healthy snacks (nuts, fruit) |
| **LUTEAL** | Days 16-28 | • PMS symptoms: bloating  • Breast tenderness, cravings  • Mood swings, lower energy | • Complex carbs (sweet potato, whole grains)  • Magnesium-rich foods (nuts, seeds)  • Limit excess salt and caffeine | • Moderate exercise (walking, yoga)  • Prioritize sleep and stress reduction  • Plan gentle activities | **Magnesium supplement**  + Epsom salt bath  + peppermint/fennel tea |

⚠️ **Education only, not medical advice** | 🔒 **Track privately** | 📱 **Get the full workbook:** [yourfitnature.com/workbook](https://yourfitnature.com/workbook)

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**Version & History**

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| --- | --- | --- | --- |
| Version | Date | Change | Reviewer |
| v1.0.0 | 2025-08-26 | Initial release combining evidence-based protocols | Medical + Editorial |