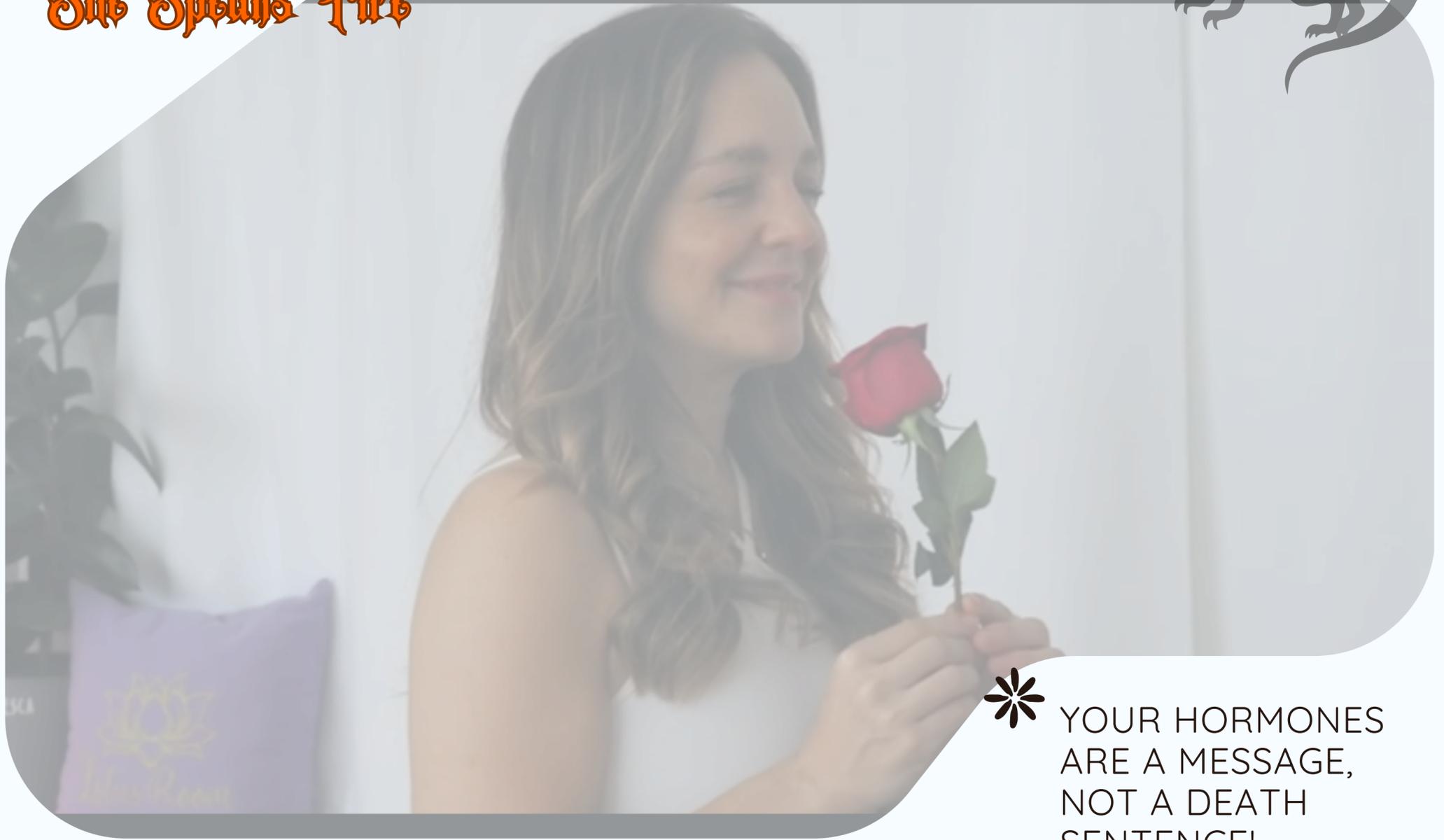


Support Your Hormone Health Naturally

She Speaks Fire



* YOUR HORMONES ARE A MESSAGE, NOT A DEATH SENTENCE!

IN THIS PDF YOU'LL FIND:

FOODS TO ENJOY AND FOODS TO AVOID:

Specific foods to eat throughout your cycle!

SUPPLEMENTS TO TAKE THROUGHOUT YOUR CYCLE:

Vitamins play a key role in your hormone health!

EXERCISE FOR YOUR CYCLE:

Move WITH your body, not against it!

FOODS

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MENSTRUAL PHASE (DAYS 1-5). "THE BLEED"

YOUR BODY IS SHEDDING, **INFLAMMATION MARKERS RISE**, AND YOU NEED GROUNDING, MINERAL-RICH FOODS.

FOCUS ON: IRON, ZINC, MAGNESIUM, HYDRATION.

- PROTEINS: WILD SALMON, SARDINES, ORGANIC CHICKEN, LENTILS, BLACK BEANS
- VEGGIES: BEETS, KALE, SPINACH, CHARD, MUSHROOMS, SEAWEED
- FRUITS: BLUEBERRIES, CHERRIES, ORANGES, FIGS
- CARBS: QUINOA, BROWN RICE, OATS, SWEET POTATO
- FATS: PUMPKIN SEEDS, WALNUTS, AVOCADO, OLIVE OIL
- EXTRAS: GINGER TEA, TURMERIC GOLDEN MILK, NETTLE TEA FOR IRON

FOODS

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FOLLICULAR PHASE (DAYS 6-13) "THE BUILD"

ESTROGEN IS RISING, ENERGY BUILDS, **INFLAMMATION TENDS TO BE LOWER**. TIME TO EAT LIGHT, FRESH, AND SUPPORTIVE OF OVULATION.

FOCUS ON: GUT HEALTH, ESTROGEN METABOLISM, ANTIOXIDANTS.

- PROTEINS: EGGS, WHITE FISH, ORGANIC TOFU, HEMP SEEDS
-
- VEGGIES: BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS (HELP CLEAR EXCESS ESTROGEN), CUCUMBER, ZUCCHINI
-
- FRUITS: STRAWBERRIES, KIWI, GRAPEFRUIT, POMEGRANATE
-
- CARBS: MILLET, AMARANTH, QUINOA, SPROUTED BREAD
-
- FATS: FLAXSEED, CHIA, ALMONDS, TAHINI
-
- EXTRAS: MATCHA, GREEN TEA, SPIRULINA, FERMENTED FOODS (SAUERKRAUT, KIMCHI, KEFIR IF TOLERATED)

FOODS

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OVULATORY PHASE (DAYS 14-16) "THE BEST"

ESTROGEN PEAKS, INFLAMMATION RISK SPIKES IF YOU'RE SENSITIVE (LIKE WITH PMDD OR ENDO/ADENOMYOSIS).

FOCUS ON: ANTI-INFLAMMATORY ANTIOXIDANTS, LIVER SUPPORT, BLOOD SUGAR BALANCE.

- PROTEINS: TURKEY, SALMON, TEMPEH, PASTURE-RAISED EGGS
- VEGGIES: ARUGULA, ASPARAGUS, BELL PEPPERS, ARTICHOKE, LEAFY GREENS
- FRUITS: RASPBERRIES, BLUEBERRIES, CHERRIES, PAPAYA
- CARBS: BROWN RICE, QUINOA, ROASTED ROOT VEGGIES
- FATS: OLIVE OIL, HEMP HEARTS, SUNFLOWER SEEDS
- EXTRAS: TURMERIC + BLACK PEPPER, DANDELION ROOT TEA, GREEN JUICE

FOODS

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LUTEAL PHASE (DAYS 17-28) “THE REST”

PROGESTERONE RISES, CRAVINGS HIT, **INFLAMMATION TENDS TO FLARE** (ESPECIALLY LATE LUTEAL). MOODS MAY CHANGE, ADHD MEDICATIONS’S MAY LOSE POTENCY.

FOCUS ON: MAGNESIUM, COMPLEX CARBS, CALMING FOODS, BLOOD SUGAR STABILITY.

- PROTEINS: SALMON, GRASS-FED BEEF, TURKEY, LENTILS, MUNG BEANS
- VEGGIES: SQUASH, CARROTS, KALE, SPINACH, CELERY, SWEET POTATO
- FRUITS: APPLES, PEARS, GRAPES, FIGS, PLUMS
- CARBS: BROWN RICE PASTA, QUINOA, OATS, ROASTED CHICKPEAS
- FATS: CASHEWS, ALMONDS, SESAME SEEDS, NUT BUTTERS (WITHOUT ADDED SUGAR)
- EXTRAS: CHAMOMILE TEA, CACAO (MAGNESIUM), CINNAMON, GINGER

FOODS: QUICK GUIDE

QUICK SWAP GUIDE FOR ANTI-INFLAMMATORY CYCLE SYNCING

- COFFEE → MATCHA OR TURMERIC LATTE
- DAIRY → ALMOND/CASHEW MILK OR GOAT CHEESE (IF TOLERATED), OR GHEE.
- REFINED SUGAR → RAW HONEY OR MONK FRUIT
- PROCESSED SNACKS → ROASTED CHICKPEAS, VEGGIE CHIPS, OR DARK CHOCOLATE (85%+)
- WHITE BREAD / PASTA → BROWN RICE PASTA, QUINOA PASTA, OR SPROUTED GRAIN BREAD
- CANOLA / VEGETABLE OIL → AVOCADO OIL, OLIVE OIL, COCONUT OIL
- MAYO → MASHED AVOCADO OR HUMMUS
- RANCH / CREAM-BASED DRESSING → TAHINI-LEMON DRESSING OR OLIVE OIL + BALSAMIC
- POTATO CHIPS → ROASTED CHICKPEAS, KALE CHIPS, SEAWEED SNACKS
- CANDY → DATES STUFFED WITH ALMOND BUTTER & CACAO NIBS
- ICE CREAM → COCONUT MILK “NICE CREAM” (BANANA BASE + BERRIES)

⊘ ABSOLUTE MUST-AVOIDS ⊘

- REFINED SUGARS → WHITE SUGAR, CORN SYRUP, CANDY, PASTRIES, SODA
 - REFINED CARBS → WHITE BREAD, WHITE PASTA, WHITE RICE, BAKED GOODS
 - INDUSTRIAL SEED OILS → CANOLA, SOYBEAN, SUNFLOWER, SAFFLOWER, CORN OIL
 - PROCESSED MEATS → BACON, SAUSAGE, DELI MEATS, HOT DOGS, PEPPERONI
 - FRIED/FAST FOOD → DEEP FRIED ANYTHING, DRIVE-THRU MEALS
 - DAIRY (CONVENTIONAL) → MILK, CHEESE, ICE CREAM (INFLAMMATORY FOR HORMONES AND GUT)
 - EXCESS CAFFEINE → COFFEE OVERLOAD, ENERGY DRINKS, PRE-WORKOUT JUNK
 - ALCOHOL → WINE, BEER, LIQUOR (ALWAYS SPIKES INFLAMMATION, HORMONE CHAOS)
 - ARTIFICIAL SWEETENERS → ASPARTAME, SUCRALOSE, SACCHARIN (GUT DISRUPTORS)
 - ULTRA-PROCESSED PACKAGED FOOD → CHIPS, INSTANT NOODLES, FROZEN MEALS, PROTEIN BARS WITH LONG INGREDIENT LISTS
- ⚠️ LIMIT OR ONLY CHOOSE CLEAN VERSIONS
- GLUTEN-HEAVY PRODUCTS → BREADS, PASTRIES, PASTA (UNLESS SPROUTED/ANCIENT GRAINS)
 - FARMED FISH → OFTEN HIGH IN TOXINS, SWAP FOR WILD-CAUGHT
 - CONVENTIONAL RED MEAT → OPT GRASS-FED IF YOU KEEP IT
 - SOY → AVOID PROCESSED SOY (SOY PROTEIN ISOLATE); WHOLE/FERMENTED IS OK IN MODERATION

RULE OF THUMB

IF IT:

- COMES IN A CRINKLY BAG WITH 40 INGREDIENTS YOU CAN'T PRONOUNCE
- SPIKES YOUR BLOOD SUGAR INSTANTLY
- OR IS COOKED IN CHEAP OIL...

IT'S A NO-GO, EVERY PHASE, EVERY TIME.

IF YOU NEED A CHEAT DAY, CHEAT WHILE ON YOUR BLEED :)

SUPPLEMENTS

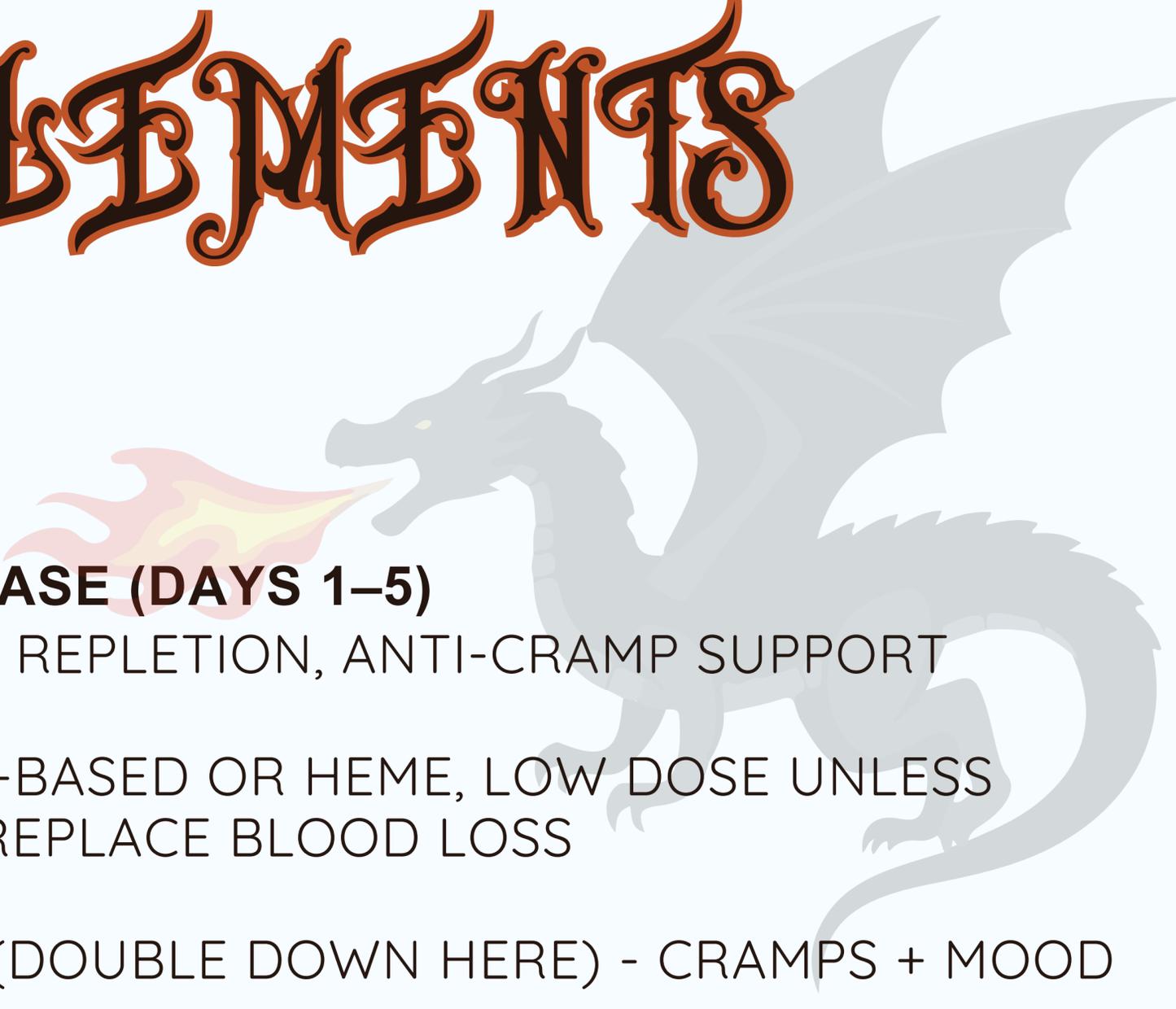
SUPPLEMENTS:

CORE ANTI-INFLAMMATORY FOUNDATION:

THESE STAY CONSISTENT NO MATTER WHERE YOU ARE IN YOUR CYCLE.

- OMEGA-3 (KRILL OR FISH OIL) - FIGHTS INFLAMMATION, BALANCES PROSTAGLANDINS (PAIN + CRAMP REDUCERS)
- MAGNESIUM GLYCINATE / BISGLYCINATE - CALMS NERVOUS SYSTEM, REDUCES CRAMPS, EASES LUTEAL ANXIETY
- VITAMIN D3 + K2 - REGULATES HORMONES, LOWERS SYSTEMIC INFLAMMATION
- ZINC - IMMUNE SUPPORT + CYCLE REGULARITY
- DIGESTIVE ENZYMES (YOU ALREADY TAKE) - REDUCE BLOATING + SUPPORT ABSORPTION
- PROBIOTIC (CLEAN, DAIRY-FREE) - GUT-LINING PROTECTOR, CRUCIAL FOR HORMONE DETOX

SUPPLEMENTS



SUPPLEMENTS:

MENSTRUAL PHASE (DAYS 1–5)

FOCUS: MINERAL REPLETION, ANTI-CRAMP SUPPORT

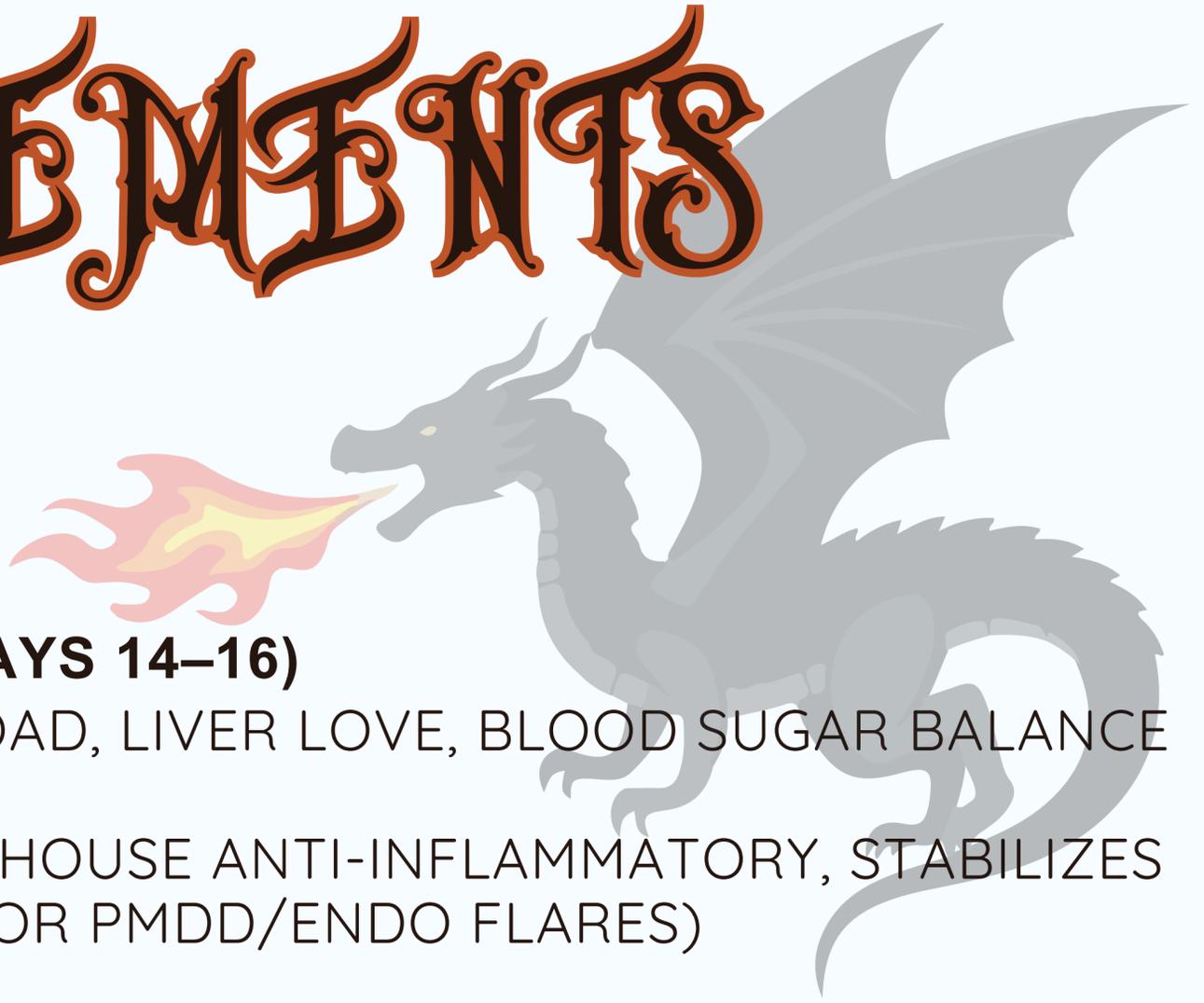
- IRON (PLANT-BASED OR HEME, LOW DOSE UNLESS DEFICIENT) REPLACE BLOOD LOSS
-
- MAGNESIUM (DOUBLE DOWN HERE) - CRAMPS + MOOD
-
- GINGER OR TURMERIC CAPSULES - STRONG ANTI-INFLAMMATORY FOR PAIN

FOLLICULAR PHASE (DAYS 6–13)

FOCUS: DETOX ESTROGEN, BOOST ENERGY

- BERBERINE - KEEPS BLOOD SUGAR STABLE WHILE ENERGY RISES
- I3C (INDOLE-3-CARBINOL) - SUPPORTS ESTROGEN METABOLISM
- B-COMPLEX - ENERGY, OVULATION SUPPORT, ESTROGEN CLEARANCE
- SPIRULINA OR CHLORELLA - EXTRA CHLOROPHYLL + MINERALS FOR CLEANSING

SUPPLEMENTS



SUPPLEMENTS:

OVULATORY PHASE (DAYS 14–16)

FOCUS: ANTIOXIDANT LOAD, LIVER LOVE, BLOOD SUGAR BALANCE

- QUERCETIN - POWERHOUSE ANTI-INFLAMMATORY, STABILIZES HISTAMINE (GREAT FOR PMDD/ENDO FLARES)
- MILK THISTLE OR DANDELION ROOT - SUPPORTS LIVER IN CLEARING EXCESS ESTROGEN
- EXTRA OMEGA-3S - COOL INFLAMMATION DURING ESTROGEN SPIKE

LUTEAL PHASE (DAYS 17–28)

FOCUS: CALM NERVOUS SYSTEM, STABILIZE MOOD, REDUCE CRAVINGS/INFLAMMATION

- MAGNESIUM (KEEP STEADY, HELPS PROGESTERONE WORK PROPERLY)
- VITEX (CHASTEBERRY) - OPTIONAL, ONLY IF CYCLES ARE IRREGULAR OR LOW PROGESTERONE CONFIRMED
- INOSITOL (MYO + D-CHIRO BLEND) - GREAT FOR CRAVINGS, MOOD SWINGS, BLOOD SUGAR (ESPECIALLY PCOS TENDENCIES) - **CHECK WITH YOUR DOC OR NATUROPATH BEFORE ADDING.**
- ADAPTOGEN OF CHOICE (ASHWAGANDHA OR HOLY BASIL) — BALANCES STRESS + CORTISOL THAT CAN WRECK LUTEAL PHASE - **AVOID ADAPTOGENS IF YOU'RE ON ADHD MEDICINES - CONSULT YOUR DOCTOR OR NATUROPATH.**

SUPPLEMENTS



⊘ WHAT TO SKIP / BE CAREFUL WITH: ⊘

- EXCESS IRON IF YOU'RE NOT DEFICIENT → CAN WORSEN INFLAMMATION
- DIM (YOU SWAPPED TO I3C, SMART) → DIM IS TOO HARSH FOR SOME
- TOO MUCH CAFFEINE OR PRE-WORKOUT STIMULANTS → CRASH YOUR ADRENALS + WORSEN PMS

WHAT TO INCLUDE:

- CREATINE IS GREAT FOR DAILY USE TO HELP WITH INSULIN AND GLUCOSE BALANCE!
- PLANT BASED PROTEIN POWDERS

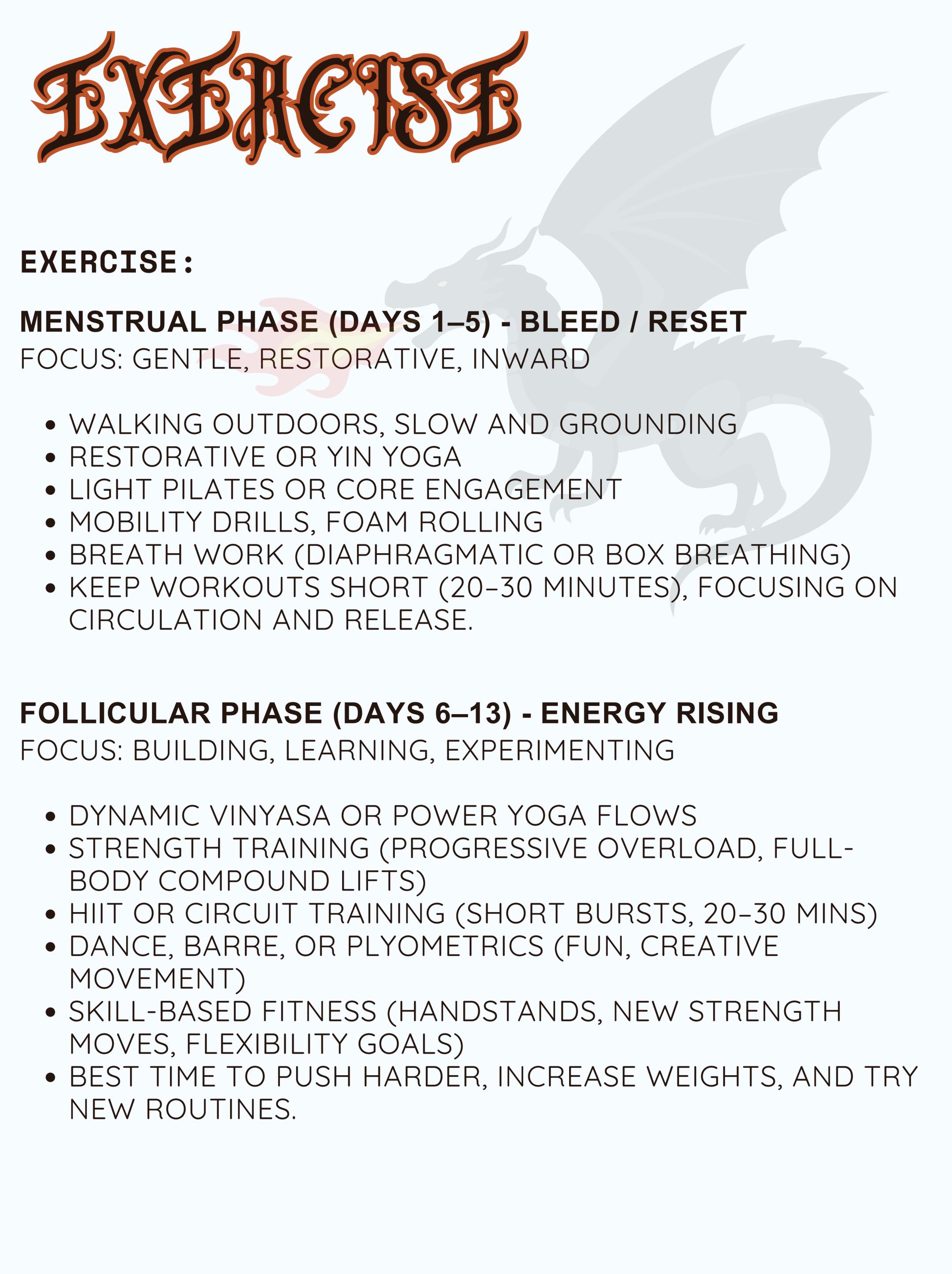



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Cycle-Synced Supplement Schedule

		Morning	Evening
1	Menstrual (Days 1–5)	['Vitamin D3 + K2', 'Omega-3', 'Iron (low dose if needed)', 'Probiotic',	['Magnesium', 'Turmeric/Ginger', 'Zinc']
2	Follicular (Days 6–13)	['Vitamin D3 + K2', 'Omega-3', 'Berberine', 'I3C (Indole-3-Carbinol)', 'Probiotic',	['Magnesium', 'B-complex', 'Spirulina/Chlorella', 'Zinc']
3	Ovulatory (Days 14–16)	['Vitamin D3 + K2', 'Omega-3 (extra dose)', 'Quercetin', 'Milk Thistle / Dandelion Root',	['Magnesium', 'Zinc']
4	Luteal (Days 17–28)	['Vitamin D3 + K2', 'Omega-3', 'Inositol (Myo + D-chiro)', 'Berberine',	['Magnesium', 'Vitex (optional if needed)', 'Adaptogen (Ashwagandha or

EXERCISE



EXERCISE :

MENSTRUAL PHASE (DAYS 1–5) - BLEED / RESET

FOCUS: GENTLE, RESTORATIVE, INWARD

- WALKING OUTDOORS, SLOW AND GROUNDING
- RESTORATIVE OR YIN YOGA
- LIGHT PILATES OR CORE ENGAGEMENT
- MOBILITY DRILLS, FOAM ROLLING
- BREATH WORK (DIAPHRAGMATIC OR BOX BREATHING)
- KEEP WORKOUTS SHORT (20–30 MINUTES), FOCUSING ON CIRCULATION AND RELEASE.

FOLLICULAR PHASE (DAYS 6–13) - ENERGY RISING

FOCUS: BUILDING, LEARNING, EXPERIMENTING

- DYNAMIC VINYASA OR POWER YOGA FLOWS
- STRENGTH TRAINING (PROGRESSIVE OVERLOAD, FULL-BODY COMPOUND LIFTS)
- HIIT OR CIRCUIT TRAINING (SHORT BURSTS, 20–30 MINS)
- DANCE, BARRE, OR PLYOMETRICS (FUN, CREATIVE MOVEMENT)
- SKILL-BASED FITNESS (HANDSTANDS, NEW STRENGTH MOVES, FLEXIBILITY GOALS)
- BEST TIME TO PUSH HARDER, INCREASE WEIGHTS, AND TRY NEW ROUTINES.

EXERCISE

EXERCISE :

OVULATORY PHASE (DAYS 14–17) – PEAK ENERGY / GLOW FOCUS: INTENSITY, PERFORMANCE, CONNECTION

- HEAVY STRENGTH TRAINING (FOCUS ON PRS)
- CARDIO BURSTS (SPRINTS, SPIN, KICKBOXING)
- GROUP FITNESS OR PARTNER WORKOUTS (ENERGY IS SOCIAL!)
- HOT YOGA OR ADVANCED FLOWS
- ACTIVITIES THAT SHOWCASE STRENGTH + POWER (DANCE, CLIMBING, INTERVAL SPORTS)
- THIS IS YOUR SUPERWOMAN WINDOW - MAXIMIZE IT!

LUTEAL PHASE (DAYS 18–28) – SLOWDOWN / STABILIZE EARLY LUTEAL (DAYS 18–23):

- MODERATE STRENGTH TRAINING (MORE REPS, LIGHTER WEIGHT)
- LOW-IMPACT CARDIO (ELLIPTICAL, CYCLING, SWIMMING)
- PILATES OR YOGA SCULPT
- HIKING OR LONG WALKS

EXERCISE

EXERCISE:

LATE LUTEAL (DAYS 24–28):

- GENTLE FLOWS, HATHA YOGA (CAT/COW)
- BODYWEIGHT OR RESISTANCE BAND TRAINING
- CORE AND STABILITY WORK
- STRETCHING, FOAM ROLLING
- LIGHT WALKS, SLOWER TEMPO
- AS PROGESTERONE RISES, SHIFT FROM INTENSITY TO GROUNDING. REDUCE STRESS LOADS, FOCUS ON FORM, AND EMBRACE MIND-BODY MOVEMENT.

BONUS - GO FOR A WALK OUTSIDE, EVERY DAY OF YOUR CYCLE!!!

EXERCISE

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WHY?!

Menstrual Phase (Days 1–5) - Rest & Reset

- Why restorative/yin yoga & walks? Your body is using a lot of energy to shed the uterine lining. Estrogen and progesterone are both at their lowest, which makes recovery and inflammation support the priority. Gentle movement boosts circulation, reduces cramps, and lowers cortisol without draining your system.
- Why avoid intensity? Cortisol spikes hit harder here, and overtraining can increase cramps, fatigue, and bloating. Light movement keeps inflammation down and prevents that “depleted” feeling.

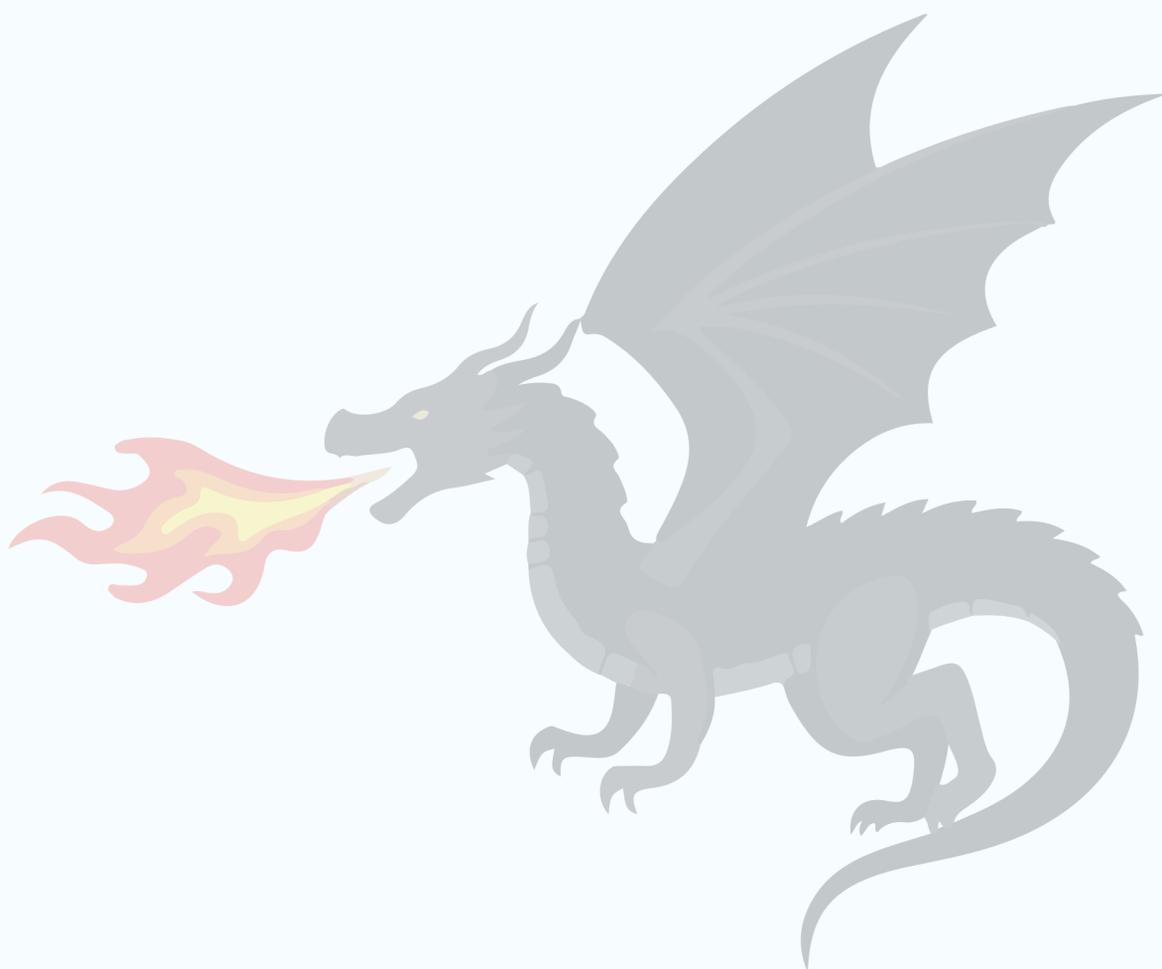
EXERCISE

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WHY?!

Follicular Phase (Days 6–13) — Build & Experiment

- Why strength training & progressive overload? Estrogen rises, which enhances muscle-building, recovery, and insulin sensitivity. Your body can handle heavier weights and adapt quickly.
- Why HIIT or circuits? Rising estrogen boosts your VO2 max and mitochondrial efficiency, meaning you can train harder with less fatigue.
- Why skill-based play? Neurological connections are sharper in this phase. Brain + body coordination is primed for learning new skills, inversions, or flexibility goals.



EXERCISE



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WHY?!

Ovulatory Phase (Days 14–17) — Peak & Perform

- Why go heavy on lifts or sprints? Estrogen peaks and testosterone is elevated, giving you explosive strength, endurance, and power. This is your “PR” window — your body recovers fastest and can handle max intensity.
- Why group/social workouts? Oxytocin and estrogen combine to make you feel more social and confident. Movement with others fuels your energy and mood even more.
- Why hot yoga or advanced flows? High estrogen makes joints more mobile. This is great for flexibility but risky for injury, so structured intensity (like advanced flows) is better than sloppy overstretching.



EXERCISE

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WHY?!

Luteal Phase (Days 18–28) — Stabilize & Soothe

Early Luteal (Days 18–23):

- Why moderate strength & steady cardio? Progesterone rises, which increases your core body temperature and can make you fatigue faster. Moderate weight training stabilizes hormones without overloading recovery.
- Why Pilates or yoga sculpt? These build stability and endurance, aligning with progesterone's calming, grounding effect.

Late Luteal (Days 24–28):

- Why lighter yoga & bodyweight work? Progesterone peaks and serotonin drops, which can trigger fatigue, cravings, and mood dips. Gentle movement lowers cortisol and eases PMS symptoms.
- Why breathwork, mobility, walking? These calm the nervous system, improve circulation, and reduce bloating by lowering stress and supporting digestion.

EXERCISE

WHY?

In short:

- Menstrual: Heal & restore
- Follicular: Build & experiment
- Ovulatory: Perform & push
- Luteal: Stabilize & ground



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