



YOUR CYCLE SYNCING CHEAT SHEET

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Please keep in mind that I am a Nutritional Therapy Consultant, not a licensed medical doctor and make no claims to the contrary. Each individual's dietary and lifestyle needs are unique to the individual. You are ultimately responsible for all decisions pertaining to your health, but I am happy to guide you in how to feel your best, emotionally and physically, through nutrition and lifestyle advice.

THE GUIDE

& HOW TO USE IT

Welcome to the Cycle Syncing Cheat Sheet!

This cycle syncing guide is based on the research of Women's Hormonal Health Specialist Alisa Vitti, HHC, AADP. After becoming diagnosed with PCOS, I devoured Vitti's popular book, *WomanCode*. This is where I first learned the healing power of syncing my food, lifestyle habits, and exercise with the four phases of my cycle to better support my body's natural hormone balance.

Knowing that not everyone will want to invest the time to read her book (though I highly recommend it!), I wanted to create a simple cheat sheet highlighting Vitti's main recommendations for each phase and present those findings in one easy-to-digest PDF. I hope this helps on your journey to hormonal health!

TIP 01

Download this PDF to your phone (or screenshot each page) so that you'll have it with you whenever you need a reminder—for example, the grocery store, planning social events, making work commitments, etc.

TIP 02

Use me as a guide, but don't worry about being so strict with the recommendations. Take what works for you and leave the rest. Flexibility is better than stress!

FOLLICULAR

physical

FSH sent to ovaries in preparation to release egg + estrogen increases, giving you a natural energy boost

mental

outgoing, upbeat, revitalized

lifestyle focus

creative endeavors, stimulating projects, brainstorming sessions, challenging assignments, new experiences, social activities

fitness focus

the time to try something new & challenge yourself: swimming, dancing, spinning, etc.

food focus

veggies: artichoke, broccoli, carrot, romaine & Boston lettuce, parsley, green pea, rhubarb, string bean, zucchini **fruit:** avocado, grapefruit, lemon & lime, orange, plum, pomegranate, sour cherry **meat:** chicken, eggs **legumes:** black-eyed pea, green lentil, lima bean, mung bean, split pea **grains:** barley, oat, rye, wheat **nuts:** Brazil, cashew, lychee **seafood:** fresh-water clam, soft-shell crab, trout **other:** nut butter, olives, pickles, sauerkraut, vinegar

PHASE 1: 7-10 DAYS

OVULATORY

physical

FERTILE PHASE: estrogen peaks + sharp rise in FSH & increase in LH stimulate the release of an egg

mental

articulate, sensual, receptive

lifestyle focus

important conversations, first dates, girls' nights, work meetings, volunteer activities, relationship building

fitness focus

group classes or high-impact exercises like weight lifting, plyometrics, & running

food focus

veggies: asparagus, bell pepper (red), Brussels sprout, chard, chicory, chive, dandelion, eggplant, endive, escarole, okra, scallion, spinach, tomato **fruit:** apricot, cantaloupe, coconut, fig, guava, persimmon, raspberry, strawberry **meat:** lamb **legumes:** red lentil **grains:** amaranth, corn, quinoa **nuts:** almond, pecan, pistachio **seafood:** salmon, shrimp, tuna **other:** alcohol, chocolate, coffee, ketchup, turmeric

PHASE 2: 3-4 DAYS

LUTEAL

physical

estrogen decreases slowly as progesterone surges; physical energy declines & premenstrual symptoms may appear

mental

emotional, observant, organized

lifestyle focus

nesting, meal planning & prepping, domestic obligations, organizing & purging, self-care (hot baths, movie nights, etc.)

fitness focus

less intense activities like walking, Pilates, gyrotonic training, & vinyasa yoga

food focus

veggies: cabbage, cauliflower, celery, collard, cucumber, daikon, garlic, ginger, leek, mustard green, onion, parsnip, pumpkin, radish, squash, sweet potato, watercress **fruit:** apple, date, peach, pear, raisin **meat:** beef, turkey **legumes:** chickpea, great northern bean, navy bean **grains:** brown rice, millet **nuts:** hickory, pine nut, walnut **seafood:** cod, flounder, halibut **other:** mint, peppermint, spirulina

PHASE 3: 10-14 DAYS

MENSTRUAL

physical

PERIOD PHASE: progesterone plummets, triggering the shedding of your uterine lining + estrogen surges slightly & drops

mental

contemplative, instinctual, renewed

lifestyle focus

self-analysis & evaluation, introspection, meditation & journaling, course-correction, alone time, rest & relaxation

fitness focus

your recovery week: gentle walks, hatha yoga, & simple stretching

food focus

veggies: beet, burdock, dulse, hijiki, kale, kelp, kombu, mushroom (button & shitake), wakame, water chestnut **fruit:** blackberry, blueberry, concord grape, cranberry, watermelon **meat:** duck, pork **legumes:** adzuki, black soybean, black turtle, kidney **grains:** buckwheat (kasha), wild rice **nuts:** chestnut **seafood:** catfish, clam, crab, lobster, mussel, octopus, oyster, sardine, scallop, squid **other:** bancha tea, decaf coffee, miso, salt, tamari

PHASE 4: 3-7 DAYS



KEEP IN TOUCH

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