



nourish your cycle

Spring

Pre-Ovulation

This week you start building your energy again. Vitamins C, D, and the Bs, along with capsaicin, isoflavones and L-arginine are great this week.

Examples include: eggs, grass-fed dairy, legumes, hot peppers, tempeh, miso, seafood, nuts, seeds, and wheat germ.

Summer

Ovulation

Now you are in full-energy mode! Focus on orange vegetables for beta-carotene, which helps create progesterone and protects cells from damage. Examples include: carrots, butternut squash, sweet potatoes. Kale, spinach, and collard greens are high in beta-carotene also!

Fall

Post-Ovulation

You may crave sweets as your hormone levels fall. Choose healthy options, such as: dark chocolate, natural licorice, berries, citrus fruits, or apples. Otherwise, maintain a healthy diet using whole, organic food from any of the other seasons - with an increase in healthy fats such as avocado, nuts, seeds & full-fat grass-fed dairy.

Winter

Menstruation

This week, it's important to rest. Warm foods are welcome, as are foods that build back up iron and energy sources such as B vitamins. Examples include: grass-fed meat, pumpkin seeds, dried apricots and raisins, dark green leafy vegetables, and whole grains.

Wild Potential

This is your most creative week.

Spring energy is of new beginnings, creative exploration, and pure possibility.

Feed your creative energy into what you wish to GROW.

Peak Vitality

This is your time to shine.

Summer energy is of focus, clarity and charisma.

Go for the gold this week. Make that presentation, call that big client, go on that date. You've got this.

Fierce & Magnetic

Be intentional with what you are attracting.

Fall energy attracts your dreams.

This week, get stuff done. Go over what is working & what is not. Create boundaries. Attract on purpose.

Renewal

Full permission to rest.

Winter energy is one of internal rest and renewal.

You are actually very powerful this week, but use your power to renew your body & soul, and you will be ready to rise in all other seasons.