LINDGREN
functional medicine

Cycle Syncing

making lifestyle choices to support your monthly hormone cycle

MENSTRUAL
not pregnant

ENERGY: *low*
EAT: *red meat, fatty fish, shellfish, beets, mushrooms, greens, seaweed (reduce caffeine, alcohol, greasy & processed foods)*
MOVE: *low intensity (stretch, walk, yoga, rest)*
FOCUS: *shedding lining = detox phase*

FOLLICULAR
preparing for pregnancy

ENERGY: *higher, less appetite*
EAT: *light meals or fasting, raw fruit & veggies, lean protein, fermented foods, flax, pepitas*
MOVE: *high intensity (intervals, jogging, hiking, cardio, heavy strength training)*
FOCUS: *productivity phase*

OVULATORY
likely to become pregnant

ENERGY: *highest, outgoing & confident*
EAT: *colorful fruits & veggies, broccoli, cauliflower, cabbage, kale, nuts, avocado*
MOVE: *highest intensity & stamina (intervals, running, cycling, sprinting)*
FOCUS: *"magnetic" phase*

LUTEAL
potentially pregnant

ENERGY: *lower, more cravings*
EAT: *regular balanced meals, healthy fat, protein, sweet potato, greens, sunflower seeds, sesame seeds (reduce added sugar, greasy foods, alcohol, dairy)*
MOVE: *moderate intensity (pilates, yoga, light cardio, light strength training)*
FOCUS: *nurture & rest phase*

DAY
1-5
6-14
15-17
18-28