



Cycle Syncing

Support your body and mind during your monthly cycle.

Cycle syncing was invented by functional nutritionist Alissa Vitti in her book WomanCode. Your monthly cycle consists of **four distinct phases: Menstrual, follicular, ovulatory, and luteal**. Find out how you're feeling and the best foods and exercise for each phase, according to Vitti.

1

Menstrual phase (Days 1 to 7)



Lowest energy levels. Slow down and look inward. Write down goals for month.

What to eat:

Warming foods like stews and blood-building red meat.

How to exercise:

Gentle yoga, pilates, and walking.

2

Follicular phase (Days 8 to 13)



More energy and brain power. Time to problem solve. Try a new social activity. Schedule work meetings.

What to eat:

Protein and vegetables for estrogen support. Foods high in vitamin E like sweet potatoes and leafy greens to nourish ovaries.

How to exercise:

Intense workouts like heavy weights and HIIT.

3

Ovulatory phase (Days 14 to 21)



You're feeling confident. Have that difficult conversation you've been avoiding. Peak sex drive. Schedule a date night.

What to eat:

Cruciferous vegetables like cauliflower and brussels sprouts to flush out excess estrogen.

How to exercise:

High-impact workouts and group classes like spinning.

4

Luteal phase (Days 22 to 28)



Attention turning inward. Time to nest and spend time at home. Check off to-do lists.

What to eat:

Grounding foods like soups and root vegetables. Organic berries to curb cravings.

How to exercise:

Stretching and restorative yoga.