

# LUNACEPTION CHEATSHEET



Louise Lacey wrote a book called *Lunaception* in the 1970's. In it, she and 27 friends use the moon and the moon's light to regulate their menstrual cycles. Later, Katie Singer, in her book entitled *Honoring Our Cycles* expanded on his concept.

## Lunaception

### *Benefits*

- ▶ **Women with anovulatory cycles have become ovulatory**
- ▶ **Women with unclear mucus readings develop discernible healthy mucus build up**
- ▶ **Cycles that were very short or very long have become 27-31 days**
- ▶ **FSH levels become healthy**
- ▶ **Women with a history of miscarriages were able to sustain pregnancy**
- ▶ **Progesterone levels are strengthened**
- ▶ **Spotting at various times in the cycle is significantly reduced**
- ▶ **Premenstrual women noted that severity of their symptoms decreased, including a reduction of hot flashes, sleepiness and mood changes**

### *How to Practice Lunaception*

- 01** Cover your windows – Drapes or covers for windows must be thick enough so that no light comes in.
- 02** Change any lightbulbs that you need at night to a red bulb – Red doesn't signal your brain to ovulate like white does.
- 03** Reach Use a small white nightlight on Day 14-17 of your cycle – Put a 15-25 watt nightlight on the opposite side of the room and sleep with it on for 3 nights only, around the time of your ovulation

