
MENSTRUAL PHASE CHEATSHEET



The Menstrual Phase is the Winter of your cycle, as your energy is at its lowest point on the first day of your bleed, asking for you to slow down and listen. This phase also mimics the energy of the Sage archetype, as well as the New (or Dark) Moon that is darkest in the sky.

Menstrual Phase Winter/ Sage/ New Moon

Day 1-6

In this phase you will experience your feel-good hormones drop out and then slowly begin to rise with each passing day, you have a deep need to go inward as you are releasing and creating space for the new.

► **Physically**

Your uterus contracts to expel its lining, and prostaglandins increase, effecting bowels and triggering an increase in frequency to go, or for some women, constipation. During the first days of your bleed your feel-good hormones are at their lowest, but they begin to increase each day. The two hemispheres of your brain communicate most effectively, and your sense of smell decreases.

► **Emotionally**

Your body calls for slowing down and this is a great time for increased self-care. You are emotionally sensitive and intuitive. You are deeply in touch with your spirit. You experience heightened feelings and logic, and your energy steadily increases daily.

► **Food for Thought**

Eat plenty of healthy fats and root vegetables. Seafood, kelp and nori help to remineralize your body, and root vegetables like potatoes, pumpkin, squash and beets provide fiber and vitamin A.

► **At the Gym**

Take some days off, which can reduce stress on the body and help reduce period pain symptoms. As your energy increases, take it slow – doing some deep stretching or yin yoga until you're ready to kick it back into high gear.



Top Tips & Tricks

- 01 Stop fighting what comes up – Experience the emotions, feelings and pain that may be present. I hear you, I feel you, what are you here to tell me?
- 02 If you need alone time, take it – Tape a sign to your bedroom door that says “Mommy’s Time Out,” or “Mommy’s Moon Time Break.” Giving your body what it is asking for can relieve symptoms immediately!
- 03 Let your emotions go – Shedding both physically and emotionally is the path to freedom.
- 04 Take notice of your dreams – Write down any insights, visions or dream time messages you experienced. Ancient cultures revered the dream time visions of menstruating women!
- 05 Pay attention to your clitoris – Studies show it is more sensitive now than at any other time of your cycle.
- 06 Use your synced brain power – schedule time for analysis and review of your life. Notice, but don’t act on these insights until next phase!
- 07 Take notice of your blood – Is it as repulsive as you imagined it to be, or is it something else entirely? See it as a sign of health, healing, and infinite potential, you rebel you!
- 08 Put a drop of blood on your forehead – Wear it to bed to open up your third eye while you sleep. In this way, use your blood as a tool to expand your intuition.
- 09 Try a Castor Oil Pack a couple of times a week during each phase EXCEPT menstruation. **Never do a castor oil pack while you’re bleeding**, but you will reap all the benefits of a healthier flow in this phase because of the Castor Oil pack you use in the other phases!

