

A stylized illustration of a woman in a yoga pose, specifically a Warrior II (Virabhadrasana II). She is standing on her right leg, with her left leg extended back and parallel to the ground. Her arms are extended horizontally, one forward and one back, with her right hand reaching up towards the top of the frame. She is wearing a light-colored tank top and wide-leg pants. The background is a dark, muted landscape with rolling hills and a large, soft, light-colored circle in the sky, suggesting a sunset or sunrise. The overall tone is calm and focused.

Functional Medicine

Cycle-Synced Eating & Workout Plan for Women

Discover the power of aligning your nutrition, exercise, and supplements with your natural hormonal rhythms. This comprehensive guide combines functional medicine principles with seed cycling to optimize your health throughout every phase of your menstrual cycle.

Understanding Your Hormonal Journey

Your menstrual cycle is a powerful monthly rhythm that affects everything from energy levels to metabolism. By understanding these natural fluctuations, you can work *with* your body rather than against it.

Menstrual Phase

Days 1-5: Rest and restore with low estrogen and progesterone

Luteal Phase

Days 17-28: Preparation and balance with high progesterone



Follicular Phase

Days 6-13: Rising energy with increasing estrogen levels

Ovulatory Phase

Days 14-16: Peak performance with estrogen and LH surge

Menstrual Phase: Rest & Restore

Days 1-5 • Low Estrogen & Progesterone • Low Energy

Nourishing Foods for Your Period

During menstruation, your body needs gentle, warming foods that support blood loss recovery and provide comfort during this restorative phase.

- Warm, cooked vegetables like zucchini, squash, and carrots
- Nourishing bone broth and warming soups
- Iron-rich foods including spinach, lentils, and lean red meat
- Healthy fats from avocado, olive oil, and nuts
- Anti-inflammatory herbs like ginger and turmeric

📌 Essential Supplements: Magnesium for cramps, Vitamin C for iron absorption, milk thistle and dandelion for liver support, glutathione for detox, and fish oil for inflammation.



Gentle Movement

Honor your body's need for rest with gentle yoga, peaceful walks, light stretching, or complete rest days.

Pro Tips: Stay well-hydrated, use heat therapy for cramps, and minimize caffeine and sugar intake.

Follicular Phase: Rising Energy

Days 6-13 • Rising Estrogen • Increasing Energy

Liver-Supporting Foods

- Cruciferous vegetables: broccoli, kale, cauliflower
- Lean proteins: chicken, fish, eggs
- High-fiber fruits: berries, apples

Energy-Building Nutrition

- Healthy fats: avocado, olive oil, nuts
- Complex carbs: quinoa, sweet potato
- Antioxidant-rich foods

Optimal Supplements

- Milk thistle for liver support
- Omega-3s for inflammation
- B-complex and DIM

Workout Focus: Build Strength

Take advantage of rising energy levels with strength training, endurance workouts, and moderate to high-intensity exercises.

Wellness Tips

Support estrogen metabolism, maintain hydration, and consider gentle detox teas with milk thistle and dandelion root.

Ovulatory Phase: Peak Performance

Days 14-16 • Peak Estrogen & LH Surge • Maximum Energy



Pre-Workout Fuel

Combine lean protein with complex carbohydrates to maximize your workout potential during this high-energy phase.



Antioxidant Power

Load up on high-antioxidant vegetables like spinach, colorful peppers, and tomatoes to support peak performance.



Omega-3 Support

Include omega-3 rich foods like salmon and walnuts, plus anti-inflammatory herbs like turmeric and ginger.

Peak Performance Workouts

- High-Intensity Interval Training (HIIT)
- Heavy lifting and strength training
- Sprint intervals and cardio challenges
- Any peak performance activities

Optimization Strategy

Key Supplements: Magnesium and zinc for muscle function and recovery.

Wellness Focus: Optimize athletic performance, reduce exercise-induced inflammation, and practice mindfulness to stay centered during this energetic phase.

Luteal Phase: Balance & Preparation

Days 17-28 • High Progesterone • Declining Estrogen

Protein Priority

Include quality protein at each meal to support stable blood sugar and mood balance during hormonal fluctuations.

Serotonin Support

Choose complex carbohydrates like brown rice and oats to naturally boost serotonin production and improve mood.

Magnesium-Rich Foods

Incorporate pumpkin seeds, spinach, and other magnesium sources to reduce PMS symptoms and support relaxation.

Liver Detox Support

Include bitter greens and anti-inflammatory fats like avocado and olive oil to help process progesterone metabolites.

Gentle Movement Focus

Shift to low-intensity activities that support your body's natural preparation for the next cycle: yoga, Pilates, walking, and swimming.

Essential Support

Supplements: Magnesium, B-complex, DIM, liver-supportive herbs. Consider wild yam cream if progesterone is low.

Lifestyle: Reduce caffeine, alcohol, and refined sugar. Prioritize sleep and gut health.

The Science of Seed Cycling

Seed cycling is a gentle, food-based approach to supporting hormonal balance throughout your menstrual cycle. Different seeds contain specific nutrients and compounds that can help optimize estrogen and progesterone production naturally.

Flax Seeds

Rich in lignans that bind excess estrogen and support healthy detoxification pathways

Sunflower Seeds

Rich in selenium and vitamin E, supporting progesterone production and liver detox



Pumpkin Seeds

High in zinc, essential for follicle development and preparing for healthy ovulation

Sesame Seeds

Contain lignans that help balance estrogen levels during the luteal phase

"Seed cycling works by providing your body with the specific nutrients it needs during each phase of your cycle, supporting natural hormone production and metabolism."

Phase 1 Seed Cycling: Menstrual + Follicular

Days 1-14 • Supporting Healthy Estrogen Production & Detoxification



Your Daily Seed Blend



1 Tbsp Ground Flax Seeds

Lignans bind excess estrogen and support natural detoxification processes



1 Tbsp Ground Pumpkin Seeds

Rich in zinc to support follicle development and prepare for ovulation

✓ Pro Tips for Maximum Benefit

- **Always grind flax seeds fresh** to preserve their delicate omega-3 oils and maximize nutrient absorption
- **Easy incorporation:** Mix into smoothies, oatmeal, salads, or yogurt for seamless daily consumption
- **Hydration is key:** Drink plenty of water to support the fiber-driven detoxification process

Phase 2 Seed Cycling: Ovulatory + Luteal

Days 15-28 • Supporting Healthy Progesterone & Reducing PMS

Day 15 Transition

Switch to your luteal phase seed blend right after ovulation or at mid-cycle for optimal hormonal support.

Cycle Completion

Continue until menstruation begins, then seamlessly return to your flax and pumpkin seed blend.

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Daily Consistency

Take 1 tablespoon each of ground sesame and sunflower seeds every day through day 28 of your cycle.

Your Luteal Phase Seeds

- **1 Tbsp Ground Sesame Seeds:** Lignans help balance estrogen levels during the luteal phase
- **1 Tbsp Ground Sunflower Seeds:** Rich in selenium and vitamin E to support progesterone production and liver detoxification

Storage & Usage Tips

- Store seeds in airtight containers to preserve freshness and prevent rancidity
- Blend into energy balls, soups, or baked goods for variety
- Rotate seamlessly at mid-cycle based on ovulation signs

Your Journey to Hormonal Harmony

Embracing cycle-synced nutrition and seed cycling is a powerful step toward working *with* your body's natural rhythms rather than against them. This functional medicine approach honors your feminine physiology while providing practical tools for optimal health.

Listen to Your Body

Pay attention to your energy levels, cravings, and how different foods make you feel throughout your cycle.

Seek Support

Work with a functional medicine practitioner for personalized guidance and hormone testing.

Made Functional Health, LLC

Track Your Patterns

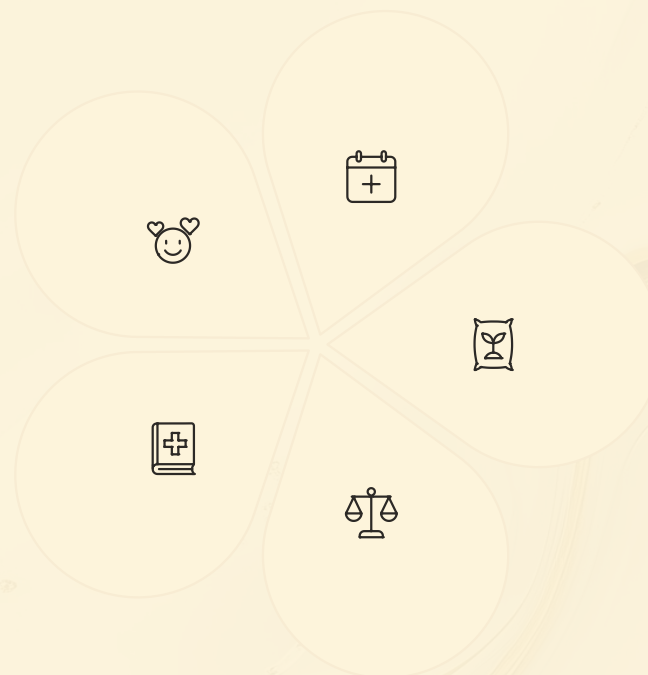
Keep a simple journal of your cycle, symptoms, and how you respond to different phases.

Be Patient

Hormonal changes take time - give yourself 3-6 months to see the full benefits of cycle syncing.

Find Your Balance

Adapt these guidelines to fit your unique body, lifestyle, and health needs.



"When we align our nutrition and lifestyle with our natural rhythms, we unlock our body's innate wisdom and capacity for healing."

Remember: You are not broken, and your cycle is not a burden. It's a monthly opportunity to tune into your body's needs and support your health in a deeply feminine, intuitive way.