



# References for Women's Lifestages

Use these references to guide you on your hormonal journey!

## The Four Phases of the Menstrual Cycle

Supporting Your Hormones Through Each Cycle Phase

| Menstrual Phase<br>Days 1-5                                 | Follicular Phase<br>Days 6-14                                    | Ovulation Phase<br>Days 15-17                                     | Luteal Phase<br>Days 18-28                                         |
|-------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>What Your Body Needs:</b><br>Rest & Renewal              | <b>What Your Body Needs:</b><br>Rejuvenation & Energy            | <b>What Your Body Needs:</b><br>Peak Energy & Connection          | <b>What Your Body Needs:</b><br>Comfort & Calm                     |
| <b>Supportive Habits:</b><br>Sleep, Gentle Yoga, Journaling | <b>Supportive Habits:</b><br>New Projects, Planning, Socializing | <b>Supportive Habits:</b><br>Social Events, Communicate, Intimacy | <b>Supportive Habits:</b><br>Nesting, Relaxation, Reflection       |
| <b>Best Foods:</b><br>Warming Soups, Leafy Greens, Red Meat | <b>Best Foods:</b><br>Fresh Vegetables, Eggs, Oats               | <b>Best Foods:</b><br>Salmon, Avocado, Berries                    | <b>Best Foods:</b><br>Sweet Potatoes, Nuts & Seeds, Dark Chocolate |
| <b>Exercise:</b><br>Light Movement, Stretching              | <b>Exercise:</b><br>Cardio, Strength Training                    | <b>Exercise:</b><br>HIIT, Dancing                                 | <b>Exercise:</b><br>Yoga, Walking                                  |
| <b>Energy Tips:</b><br>Slow Down, Practice Self-Care        | <b>Energy Tips:</b><br>Set Goals, Try Something New              | <b>Energy Tips:</b><br>Be Social, Embrace Confidence              | <b>Energy Tips:</b><br>Prioritize Rest, Reduce Stress              |

Listen to Your Body & Honor Your Cycle

## Perimenopause Wellness Guide

Supporting Balanced Hormones & Easing Symptoms

| What Your Body Needs                                                                                                                                                | Supportive Habits                                                                                                                                                                                               | Best Foods                                                                                                                                                                                                                                                                                  | Best Exercises                                                                                                                                                             | Symptom Relief Tips                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>✓ Restorative Sleep</li><li>✓ Stable Blood Sugar</li><li>✓ Stress Management</li><li>✓ Hormone-Supportive Nutrients</li></ul> | <ul style="list-style-type: none"><li>✓ Consistent Sleep Schedule</li><li>✓ Manage Stress (yoga, meditation, walks)</li><li>✓ Mindful Meals: balanced, regular</li><li>✓ Limit Caffeine &amp; Alcohol</li></ul> | <ul style="list-style-type: none"><li>✓ Protein (chicken, fish, eggs, lentils)</li><li>✓ Healthy Fats (avocado, nuts, olive oil)</li><li>✓ Cruciferous Veggies (broccoli, cauliflower)</li><li>✓ Leafy Greens + Berries</li><li>✓ Seed Cycling (flax, pumpkin, sesame, sunflower)</li></ul> | <ul style="list-style-type: none"><li>✓ Strength Training</li><li>✓ Walking or Hiking</li><li>✓ Yoga or Pilates</li><li>✓ Gentle Cardio (cycling, moderate HIIT)</li></ul> | <ul style="list-style-type: none"><li>✓ Magnesium (calming &amp; sleep support)</li><li>✓ Adaptogens (rhodiola, ashwagandha)</li><li>✓ Cruciferous Veggies + Flaxseed</li><li>✓ Deep, Slow Breathing</li><li>✓ Herbal Teas (peppermint, red clover, lemon balm)</li></ul> |

Take It One Day at a Time & Be Gentle with Yourself

## Menopause Wellness Guide

Supporting Balanced Hormones & Managing Symptoms

| What Your Body Needs                                                                                                                                           | Supportive Habits                                                                                                                                                                                                                                             | Best Foods                                                                                                                                                                                                                                                                        | Best Exercises                                                                                                                                                                                  | Symptom Relief Tips                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>✓ Metabolism &amp; Bone Support</li><li>✓ Heart Health</li><li>✓ Stress Reduction</li><li>✓ Stable Blood Sugar</li></ul> | <ul style="list-style-type: none"><li>✓ Daily Movement</li><li>✓ Quality Sleep Routine</li><li>✓ Mindful, Balanced Eating</li><li>✓ Stress Management (meditation, deep breathing or journaling)</li><li>✓ Limit Sugar, Refined Carbs &amp; Alcohol</li></ul> | <ul style="list-style-type: none"><li>✓ Protein (salmon, eggs, chicken, legumes)</li><li>✓ Healthy Fats (avocado, nuts, olive oil)</li><li>✓ Colorful Veggies (broccoli, bell peppers)</li><li>✓ Leafy Greens + Berries</li><li>✓ Calcium-Rich Foods (yogurt, sardines)</li></ul> | <ul style="list-style-type: none"><li>✓ Strength Training</li><li>✓ Weight-Bearing Cardio (walking, hiking)</li><li>✓ Yoga or Pilates</li><li>✓ Balance Exercises (single-leg stance)</li></ul> | <ul style="list-style-type: none"><li>✓ Magnesium (bone health &amp; sleep support)</li><li>✓ Omega-3s (fish oil, flaxseed)</li><li>✓ Adaptogens (ashwagandha, rhodiola)</li><li>✓ Phytoestrogen Foods (flax, soy, lentils)</li><li>✓ Manage Hot Flashes: Cool room, layers, herbal teas</li></ul> |

Nourish • Strengthen • Restore