

# MENSTRUAL PHASE CHEATSHEET

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The average adult menstrual cycle lasts 4-7 days. A healthy period is one with a strong flow without any clots and shouldn't be inconveniently heavy or painful. Hormones are at their lowest. The average flow amount should be about ~50 mL. Important factors to track are: regularity of period, length, amount of pain, and color and consistency of menstrual loss.

**mood:** This is a good time to slow down, relax, and reflect. Practice plenty of self care. Give yourself permission to do nothing if that's what you desire. You are allowed to turn inward for a few days and nurture yourself.

**food:** Foods with a low glycemic index help keep blood sugar steady. Seafood, kelp, nori can help remineralize your body with iron and zinc. Foods that support kidneys and help balance hormones. You can compensate for low hormone levels by increasing protein (protein is rich in amino acids which are involved in hormone synthesis). Wild rice, Beets, Kale, Mushrooms, Beans, Sesame and sunflower seeds, Pork, Miso, Soups and stews.

**movement:** Relax & do nothing. Or, try some yin yoga, gentle yoga, a relaxing walk outside or simply sit outside.

## **Interpreting your flow:**

**Cranberry/cherry red + no clots** = good hormonal health

**Dark red/purple/blue with clots or lumps** = estrogen levels are too high in proportion to progesterone.

**Brownish** = low progesterone

**Pink/pale pink** = estrogen is too low.

**Missed or irregular period** = hormones are way off balance/out of whack.

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*questions to ask:*

What is your relationship with your period like?

What's is one thing you can do this cycle to have a more enjoyable period?



Reflect on the good things that happened over the last month

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I release all that doesn't serve me.  
It's time to be the truth of who I am.

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