

FLOWING IN

*feminine*

ALIGNMENT

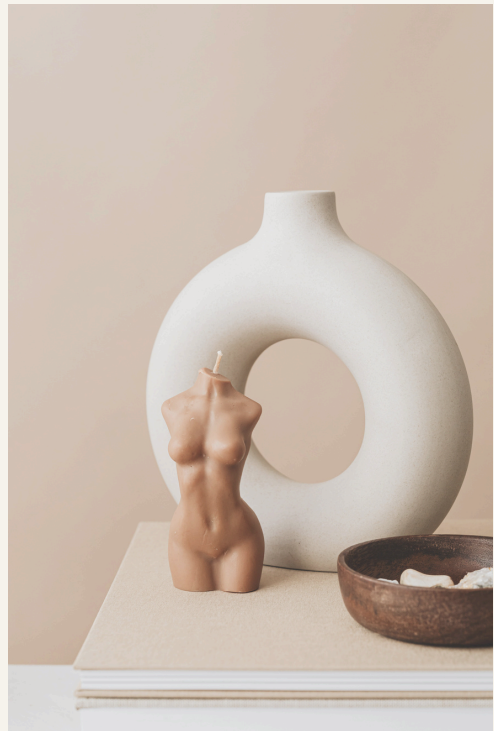


INTIMATE WOMBAN  
BY INTIMATE MAMA



# LIVING IN FLOW

Throughout the month, our bodies experience various hormonal shifts and understanding these fluctuations can help us make empowered choices in aligning with the natural rhythms of our cycle. Whether it's nourishing the body with supportive foods or intuitively listening to the needs of the body, syncing with our cycle is a powerful practice to optimize reproductive health, increase productivity, decrease stress, and live more embodied.



*aligning with the natural  
rhythms of your cycle*



# MENSTRUAL PHASE



## ENERGY & PRACTICES

Bleed begins. Estrogen and progesterone are low. Energy is low, fatigue, calmness, relaxation, decreased libido. Feeling introspective, reflective, needing more rest. New moon energy.

Self-care. Meditation. Journaling.  
Intention Setting. Emotional healing.

## NOURISHMENT

Warm, grounding, mineral rich foods like bone broth-based soups for their nutrient density, stews, and root vegetables provide comfort and replenish lost nutrients. Iron-rich foods like dark leafy greens, lentils, and lean meats support blood replenishment. Include vitamin C-rich foods to enhance iron absorption. Foods rich in Vitamin B12 like eggs and fish can help combat fatigue.

## HERBS & OILS

Chamomile and lavender promote relaxation and ease menstrual discomfort.

## MOVEMENT

Gentle, low-intensity workouts.  
Restorative yoga or movement to ease cramps and promote relaxation. Walks in nature.

# FOLLICULAR PHASE

## ENERGY & PRACTICES

Menstruation ends. Estrogen and testosterone levels rise leading to a sense of renewal, optimism, creativity, and heightened energy, motivation, and libido. Progesterone stays low with feelings of calmness and relaxation. Waxing moon energy.

Gather. Plan. Start a project. Engage in a hobby.

## NOURISHMENT

Fresh, light foods like leafy greens, sprouts, and berries support the body's natural detoxification process and provide essential nutrients. Omega-3 fatty acids found in fish, flaxseeds, and walnuts support mood regulation. Our metabolic rate starts to increase, so a slight calorie adjustment can support rising energy levels.

## HERBS & OILS

Red clover and licorice root can provide gentle support for hormonal balance. Peppermint and rosemary promote mental clarity.

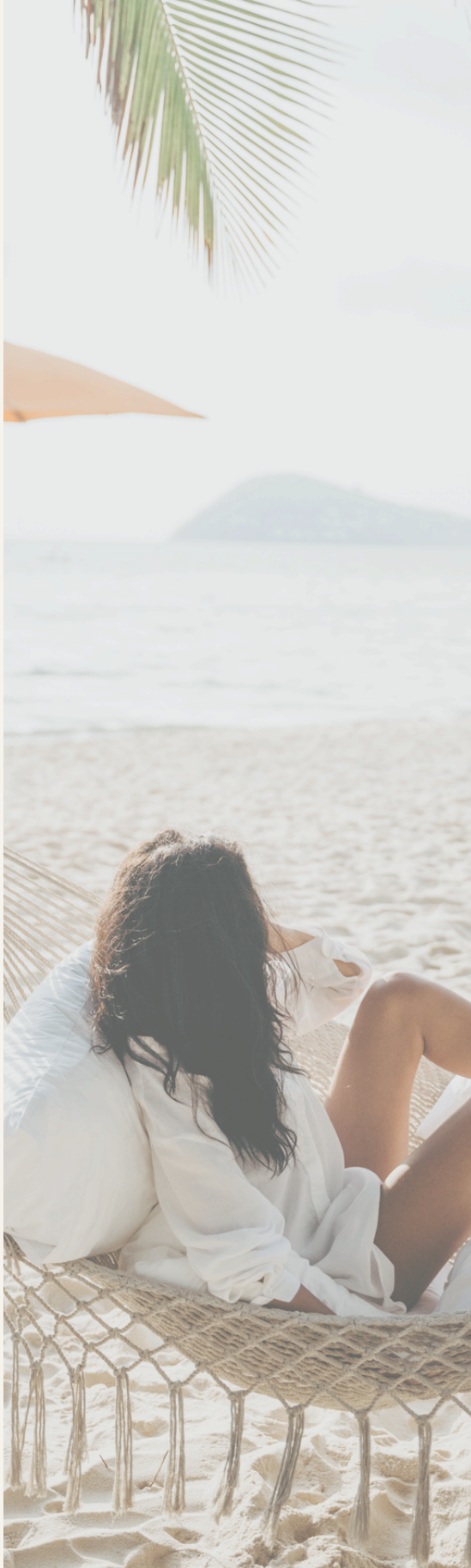
## MOVEMENT

Cardiovascular & moderate-intensity exercises.

Brisk walk. Run. Cycle. Dance. Strength training.



# OVULATION PHASE



## ENERGY & PRACTICES

Estrogen and testosterone peak. Peak energy, sociability, heightened libido, confidence, outgoing, expressive. Full moon energy,

Connect with others. Gratitude. Engage in pleasurable activities. Celebrate abundance & vitality. Maintain boundaries. Decision making.

## NOURISHMENT

Embrace antioxidant rich berries and enjoy protein-rich foods like lean meats, legumes, and nuts to support muscle repair and hormone balance. Foods rich in zinc like oysters, pumpkin seeds, and lentils support immune function and fertility. Your metabolic rate reaches its peak during this phase, so a slight calorie increase can sustain your heightened energy.

## HERBS & OILS

Clary sage and ylang-ylang promote hormonal balance and sensuality.

## MOVEMENT

Engage in activities that bring connection and joy.

Outdoor adventures. Cardio. Yoga. HIIT in moderation. Group fitness.

# LUTEAL PHASE

## ENERGY & PRACTICES

Energy levels dip and emotions may intensify as hormones begin to decline. Decreased energy, libido, and motivation. May experience physical sensitivities. Feeling reflective and in need of nurturing. Waning moon energy.

Complete tasks. Journal. Reflect. Wind down.

## NOURISHMENT

Focus on magnesium-rich foods like leafy greens, nuts, and seeds to promote relaxation and alleviate discomforts. Complex carbohydrates like oats, sweet potatoes, bananas, and brown rice can be supportive in blood sugar stabilization and reducing emotional lability. A slight calorie increase can help maintain mood and energy.

## HERBS & OILS

Geranium, clary sage, and bergamot for mood balancing and to soothe emotional tension.  
Lavender to promote relaxation.

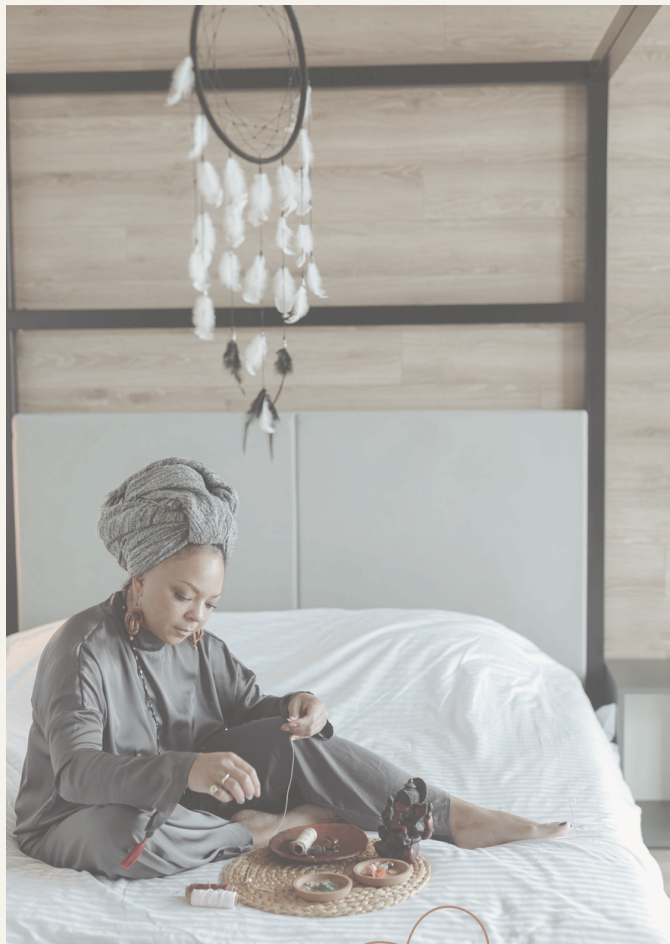
## MOVEMENT

Focus on gentle, stress-reducing exercises.

Restorative yoga. Meditation. Walk. Swim.



Integrating daily practices and syncing with your menstrual cycle is all about tuning into your body's signals and embracing a personalized, manageable, and feel-good approach to your month. It's about recognizing the days of peak energy and focusing on intuitive exercises, while also understanding when rest and self-compassion are essential during your cycle's low points.



Listening to your body means nourishing it with foods that align with your hormonal shifts and prioritizing relaxation methods that resonate with you. The journey to true alignment is not about following a rigid plan but rather about creating a harmonious and sustainable lifestyle that empowers you to be your best self throughout your unique cycle and throughout this beautiful life.

*Intimate mama*