

In Harmony

Menstrual Cycle Syncing Guide



Welcome to your In Harmony Cycle Guide!

Here at Organifi, we are committed to empowering you to live a happier, healthier, comfortable life. So, we went and created this guide with our strong and fearless females in mind. While women and men are equals, they are, however, very different, hormonally. A simple way to view this differing journey between women and men is by using the analogy of the sun and the moon.

Men mirror the sun.

Men's hormones reset overnight, and thus (hormonally, at least) every day is like starting on a blank slate.

Women mirror the moon.

Women go through a series of hormonal changes over a 30-day span. Each day is different, just like the various phases the moon goes through.

If you're like most women, you may have not discussed the topic of your period since the 5th grade, when your Health Teacher handed you a package of sanitary pads and discussed the “birds and the bees.” It was probably uninteresting at the least, and heavily embarrassing at the time. But if you think about it, from the time women have their first period until the age of menopause (the end of a woman's period), there's not a whole lot of cycle/period education going on...and that's over a 40 year span!

The period has commonly become something to dread every 30 days or so. Rightfully so with Premenstrual Syndrome (PMS) bringing you symptoms like bloating, moodiness, and/or cramping...to name just a few. But what if we told you that PMS isn't required to have a period? That by making lifestyle shifts that sync to your hormonal phases, your period could flow harmoniously through your body and allow you to live a more pain-free life.

Sound good? We think so too!

Welcome body bliss with these mantras...



I am committed to releasing the stigma around bleeding and the effects of having a cycle as a woman.

I vow to have more inviting conversations around my menstrual cycle; releasing the shame, guilt, or embarrassment that has polluted important conversations for way too long.

I am committed to understanding my body with patience and compassion, while also being open to viewing my body with its natural, cyclical nature in mind.

I vow to be loving and curious on this journey so that I feel empowered during my hormonal shifts, rather than a victim to them.



What's Cycle Syncing?

The term itself (“Cycle Syncing”) was coined by Functional Nutritionist, Alissa Vitti.

It’s a practice in which women align their nutrition, fitness, wellness habits, and general lifestyle with the flow of their hormones. It’s relatively new in practice, with the earliest study related to this revolutionary phenomena conducted in 2008.

The Phases of the Cycle:

Menstruation (days 1-7):

Estrogen and progesterone are low. The lining of the uterus, called the endometrium, is shed, causing bleeding.

Follicular (days 8-14):

Estrogen and progesterone are on the rise.

Ovulatory (days 15-20):

Estrogen peaks. Testosterone and progesterone rise.

Pre-Menstruation (days 21-28)

Estrogen and progesterone levels are high. If the egg isn’t fertilized, hormone levels decrease and the menstrual cycle starts again.

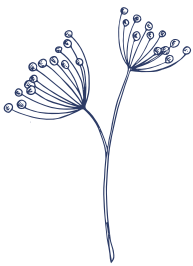
Your cycle mirrors the seasons...

Menstrual Phase, days 1-7: Your Inner Winter



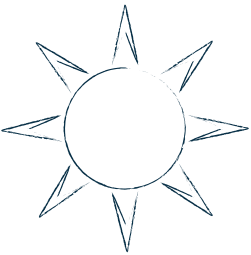
Just like the winter season shows us, the menstrual phase is a time to slow down, rest, and be reflective. Your intuition is heightened during this time so this is a great time to take a step back from life and be introspective.

Follicular Phase, days 8-14: Your Inner Spring



As the liveliness in spring blooms, so does your energy during your follicular phase. Your physical vitality is increasing so you will naturally want to be more active and social. Life will feel easier and more in flow, especially if you honored your body and self during your winter phase.

Ovulatory Phase, days 15-21: Your Inner Summer



Summer is a high energy time and so is your ovulatory phase! Your willpower, confidence, and endurance has you feeling like a social butterfly and feeling high on life. You might notice that this is where high energy activities and events are most appealing to you.

Pre-Menstruation, days 22-30: Your Inner Fall



It's as if the fall season brings HD vision and a crispness that we, too, experience at the end of our Luteal Phase. It's commonly referred to as "PMS week" or Pre-menstruation. This heightened sense of awareness will increase your sensitivities, instincts, and overall sensory abilities. Slowing down during this phase will support a healthy menstruation and more comfortable lifestyle.

How do I begin Cycle Syncing?

You might be wondering, “Okay! So how do I get started?” and that’s a valid question!

We want to encourage you to be patient during this process. As we mentioned, Cycle Syncing is syncing self-care/lifestyle activities, nutrition, and fitness to your menstrual cycle. To do all of it at once could cause some overwhelm, especially if this is brand new information for you.

*That’s why we’ve broken down everything into a recommended step-by-step process for you. We encourage you to focus on one aspect per cycle, building each habit upon another, but remember, only **you** know your body best.*

If it takes you a few cycles to master one step before moving to the next, that is okay! Every woman and her cycle is unique and our goal is to help you honor your individuality.

Step 1: Evaluate PMS Symptoms

We said it once already, but we'll say it again...

PMS is not required to have a period.

In fact, let's try to get in the practice of viewing PMS and the quality of your cycle as a "report card" from your body.

The Luteal Phase (the second part of your cycle) requires the bulk of our nutrients, so if things aren't up to par, you'll notice the bulk of your symptoms are reflected here.

This means that the monthly cramping, headaches, and/or your bloat can be prevented!

The following list is a breakdown of what your body might be trying to communicate to you. Of course, we always recommend consulting with your family doctor to ensure there aren't other health conditions at hand.



Bloating

Potential Causes:

- Gut Imbalance
- Excess estrogen or not enough progesterone
- Dehydration

Recommendations:

- High-water content foods like watermelon, cucumbers, oranges, blueberries, raspberries
- Increase your fiber with foods like avocado, pears, raspberries, blackberries, chia seeds
- Consume fermented foods like sauerkraut, kimchi, miso soup
- Drink more water (at least half of your body weight in ounces)



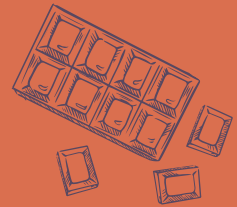
Cravings

It's actually quite normal to be presented with cravings during your pre-menstruation phase as your body goes through a lot of hormonal shifts. However, any intense cravings can be reflective of what nutrients you might be deficient in.

Chocolate

Possible Deficiencies: Magnesium and calcium

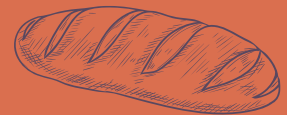
Recommendation: Consume more rich leafy greens, pumpkin seeds, and/or cashews



Carbohydrates

Possible Deficiencies: B vitamins (protein/whole grains)

Recommendation: Consume more protein or whole grains in foods like crackers, breads, oats



Fatty Foods

Possible Deficiencies: Fatty acids

Recommendation: Consume more omega-3 rich fats like walnuts, plant oils, flax or chia seeds



Cramps

Slight cramping is to be expected as your body is preparing to shed the lining of the uterine wall. Your muscles contract as a means to control the bleeding and thus, we experience cramping.

If your cramps are heavy and debilitating, it could be due to...

Potential Causes:

- Excess estrogen
- Fibroids
- Hormonal conditions like Endometriosis or PCOS

Recommendation:

Eat more vegetables and legumes to increase your fiber intake

Breast Tenderness

Potential Causes:

- Low levels of vitamins E
- Excess estrogen that has not been cleared out through the lymphatic system

Recommendations:

- Limit and/or eliminate caffeine, sugar, processed foods, and/or alcohol to prevent lymphatic blockages (These particular foods create stress on our bodies)
- Regular exercise to keep things in flow
- Breast and lymphatic massages



Long or Missed Cycle

Potential Causes:

- Elevated FSH (follicular stimulating hormone) levels that are preventing you from actually ovulating
- Low estrogen to build up lining of uterus
- Low body fat

Recommendation:

- Consistent bedtime to promote healthy melatonin and hormonal production

If you suspect high estrogen levels, you're not alone.

This is especially common among women due to high use of birth control, creating the perfect storm of hormonal imbalance. It essentially just stacks more estrogen on an estrogen dominance that was likely treated with birth control. Researching alternative birth control is a great option to find more hormonal balance.

Long or Missed Cycle (High Estrogen)

Another factor to consider is that non-toxic products matter.

Eating more organic foods, less dairy, filtering your water source, tending to your gut health, and managing your stress will greatly reduce your toxin intake.

At the end of the day, during your pre menstruation phase, **it's important to be mindful that your anxiety and sensitivities are expected to slightly increase**

This is due to the increase in progesterone interacting with amygdala so your attention to detail is heightened. Meditation, stress-relieving activities like yoga are an important part of you honoring your “Inner Fall.”



Honor your cycle with self care

It's time to become a Self-Care Queen! In addition to taking the steps to minimizing your PMS symptoms, the next great place to start is honoring your flow through self-care practices. Images of you getting your nails done and lying in a bubble bath might come to mind, but we're actually going to take this a step further. As our hormones fluctuate, so do our moods, interests, sociability levels, and strengths/weaknesses. We've gone ahead and done the work for you, breaking down each phase with self care suggestions that will support you being more in tune with your body.

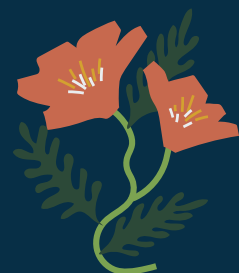


Week 1: Menstruation Self-Care (days 1-7)

- Wear comfy, loose fitting clothing
- Wear headphones to promote more introverted energy
- Pack a care package for work
- Keep your schedule as open as possible for extra downtime
- Nourish yourself with naps, gentle walks, and stretching

Week 2: Follicular Phase Self-Care (days 8-14)

- Try something new; go on a date, try out a workout class, apply to a new job, meet up with a new friend
- Add more movement, slowly with a run, yoga, or a hike
- Do something that honors your creative side
- Take it easy on yourself, you have more energy from last week, but your hormones aren't at their highest (This will avoid a mid-day energy slump)



Honor your cycle with self care

Week 3: Ovulation Self-Care (days 15-21)

- Trying to set a personal record with your fitness? This is the time to do it
- Honor your extroverted nature with social activities
- Schedule in time to get big projects complete
- A great time to do something out of your comfort zone
- Manifest your dreams; you most likely feel your best during this time of the month so it's really easy to step into a flow state of consciousness
- Your fertility is at its peak; if you're trying to conceive...now is the time!
- Make the big decisions you reflected on during the last two phases



Week 4: Pre-Menstruation Self-Care (days 22-30)

- Tap into your intuition
- *Feel* into any choices you have to make
- Journal down your thoughts/things you might need to say (Now is the time to Observe and reflect, rather than take action)
- Gentle activities like napping, reading, being in nature
- Order in your dinner if you don't have the energy to cook



Step 3: Exercise with your Cycle

Menstruation, Days 1-7:

During your period, it's really important to listen to your body. Some women may experience an increase in energy after their initial bleed, but others may swear off exercise during this time. We say, take it easy. Hormonally, your body can't support too much exercise so focus on lower impact activities.



Follicular Phase, Days 8-14:

Your hormone levels begin to rise and so does your energy! With an increase of estrogen, research has shown that the muscles around your hamstrings become more pliable. This means that while your energy is increasing, activities where there is a lot of jumping aren't ideal. Opt for modifications, invite increased mindfulness and don't skip those warm ups to prevent injuries. It's a great time in your cycle to try something new and creative in your fitness routine.



Step 3: Exercise with your Cycle

Ovulatory, Days 15-21:

This is the peak of your estrogen, FSH (Follicle Stimulating Hormone), LH (Luteinizing Hormone) which are all in support of maturing and releasing the egg. In simpler terms, this is your peak of energy so break a sweat and choose activities that have socialization and challenge at the forefront!



Luteal Phase, Days 22-30

Because your estrogen dips and progesterone increases, you might notice there are a lot of fluctuations with your energy and your mood. You'll notice that at the beginning of this phase, your energy is high at the beginning, but slowly wanes. At the beginning, focus on...



Toward the end, you can switch to gentler activities like pilates, yoga, easing yourself back into similar Week 1 activities.

At the end of the day, as you get acquainted with the practice of cycle syncing, the most important thing you can do in terms of exercise is to LISTEN to your body. Every cycle and woman is unique. You know your body best!

Step 4: Eat with your Cycle

Nutrition is important and keeping things whole and plant-based is our goal here at Organifi. In addition to the food fixes we introduced in our PMS section, there are specific nutrition goals that can support each phase.

During Menstruation (days 1-7), focus on...

- **High iron foods** like animal protein, seafood, spinach, beans and other legumes will replenish your body from any iron lost during the days you bleed.
- **Vitamin C rich foods** to support your immune system like lemons, oranges, and strawberries
Soups to jam pack nutrients in your meals.



During the second part of your Follicular Phase (days 8-14), focus on...

- Similar foods during menstruation +
- Foods rich in B12 like almonds, eggs, shellfish
- Think of keeping things “light” just like this phase of the cycle, spring

Step 4: Eat with your Cycle

During the Ovulatory Phase (days 15-21), focus on...

- Getting adequate protein, fats & fiber-rich carbs.
- Eating adequate fiber will especially support in preventing bloating during Pre-Menstruation



And lastly, during Pre-Menstruation, (days 22-30)...

- Eat light but often! (Foods rich in b-vitamins, calcium, magnesium, and fiber to prevent crazy cravings)
- Incorporate root veggies with protein to help keep you grounded

Organifi has your back with Harmony!

Harmony was designed with our women's hormonal health at the top of mind. We realized there was a deeper way we could support the women in our lives. With ingredients like cacao, maca, chaste tree, and shatavari (just to name a few).

Harmony combines powerful superfoods and adaptogens that have been used for centuries to support inner balance and bliss. With women in mind, this blend is designed so you can feel your best and experience daily harmony!

We recommend you take this daily for optimal hormonal support.

12 Superfood Ingredients



Criollo Cacao

Maca

Chaste Tree Berry

Shatavari

Stinging Nettle Leaf

Turmeric

Ginger

Cinnamon

Cacao

Acacia Powder

organifi®

Create a bundle with Harmony!

Organifi Balance

Organifi Balance is an organic blend of pre-and probiotics in convenient sticks. 5 resilient strains and the food they need to empower your gut. Improve digestion, absorb greater nutrition, and promote a strong immune system so that you can alleviate common PMS symptoms like cramping and bloat!

Organifi Complete Protein Powder:

An organic, vegan protein powder and multivitamin with digestive enzymes. 20 grams of protein all in one delicious, easy-to-mix shake! Our protein powder has added digestive enzymes and a multivitamin to ensure you're receiving adequate nutrition during all phases of your cycle.



Recipes to Keep you in Flow

Chocolate Smoothie Delight

Especially great during Menstruation (days 1-7)



Ingredients:

- 1 cup spinach or kale
- 1 scoop Gold, Chocolate or Harmony
- 1 tbsp chia seeds
- 1 serving chocolate protein powder (Organifi Complete Protein)
- ½ large banana or 1 whole small frozen banana
- A handful of ice (optional)
- 1 cup of water or plant-based milk

Instructions:

Place all ingredients in a blender.

Blend together and enjoy it!

That's it! Isn't that easy?

As a chocolate smoothie, it works really well cold or at room temperature; however, if you're craving hot cocoa and feel the protein is making it too thick, you can opt to skip the protein powder and use warm almond milk.

The greens will be well-hidden by the banana and cocoa powder, while the chia provides a small amount of protein and texture.

Recipes to Keep you in Flow

It's Easy Being Green Smoothie

Especially great during your Follicular Phase (days 8-14)

Ingredients:

- 1 frozen banana
- 1 scoop Organifi Complete Protein, vanilla
- Lots of spinach
- Splash of oat milk
- 1 scoop Organifi Green Juice
- Top with cacao nibs or your favorite toppings

Instructions:

Place all ingredients in a blender.

Blend together and enjoy it!

This smoothie is jam packed with greens and superfoods to support your body in building energy after menstruation.



Recipes to Keep you in Flow

Gut Health Smoothie Bowl

Especially great during your Ovulatory Phase (days 15-21)

Ingredients:

- 3 frozen bananas
- 1 cup frozen raspberries and blackberries
- 1 cup almond milk
- 1 packet Organifi Balance
- Top with your favorite granola (Optional)

Instructions:

Place all ingredients in a blender.

Blend together and enjoy it!

This smoothie bowl is perfect to support your high energy and is loaded with antioxidants, fiber, and gut health goodness!



Recipes to Keep you in Flow

Pumpkin Chocolate Brownies

Especially great during Pre Menstruation (days 22-30)

Ingredients:

- 1 cup pumpkin purée
- ½ cup coconut oil
- 1 cup almond flour
- ½ cup cacao powder
- 2 eggs (sub for flax egg for vegan recipe)
- ½ C coconut sugar
- 2 scoops @organifi Gold Chocolate or Harmony
- Chocolate Peanut Butter Cups
- 1 tsp baking powder
- 1 tsp vanilla extract
- ¼ tsp sea salt



Instructions:

Preheat oven to 350° & line an 8x5 dish with parchment paper

Melt the oil in a medium bowl & then whisk in the eggs, pumpkin & vanilla until combined.

Add the flour, cacao, sweetener, Organifi Gold Chocolate or Harmony, baking powder & salt & mix until there are no large clumps

Fold in the PB pieces (save a few for the top to add halfway through so they don't burn) then pour the batter & spread it evenly throughout the dish
Bake for 35-40 minutes or until a toothpick comes out clean & sprinkle with flaky sea salt.

Thank you for downloading our In Harmony Guide!

Want more Cycle Syncing Education?

Check out the Organifi Youtube for our
In Harmony Cycle Syncing Series with
Holistic Nutritionist, Nia Carrillo + 4 guided
workouts for each phase of your cycle!

Questions? Click to connect!

