

# 4 habits for a healthy cycle

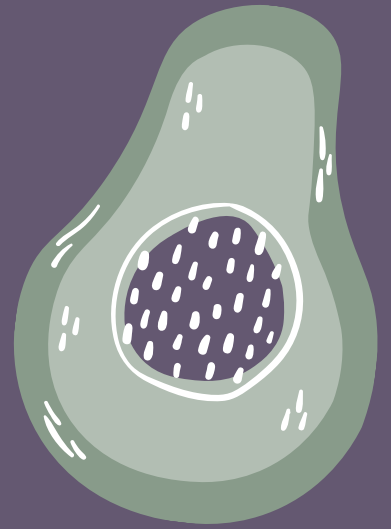
Your reproductive system is intricately entwined with the health of your whole self. Make it a habit to treat your cycle with loving care. This will make you healthier and happier – mentally, physically, and emotionally – throughout your reproductive years, and into menopause. It's a win-win for you and everyone who loves you.



## PRIORITIZE REAL NUTRITION

It really is true – food is medicine, and what we eat has a direct effect on our hormones. To maintain a healthy cycle, try consuming nutrient-dense foods to positively impact your cycle and fertility:

- grass-fed animal products
- full-fat dairy products
- bone broth and fermented foods
- eggs, liver, and organ meats
- cut out the sugar and processed food!
- build up your gut health with a quality probiotic



For a great list of cycle-supporting nutrition choices, visit <https://avivaromm.com/the-optimal-fertility-diet/> or <https://www.floliving.com/boost-fertility/>

## STEP UP YOUR SLEEP GAME



Sleep disruption is associated with hormone imbalance, increased PMS pain, cycle irregularities, and even infertility. How can you improve your sleep hygiene to help support your hormones? Try forming these habits:

- Go to bed 15 minutes earlier than you normally do every night this week. Then increase that time next week. Aim to get 7-9 hours of sleep per night.
- Turn off all screens at least 60 minutes before bed to limit your exposure to blue light.
- Create a restful nighttime routine, like a peaceful bath or a few minutes of prayer or reading. Make sure your room is a good environment for sleep. Think dark, calm, cool, and non-stimulating.

## MANAGE YOUR STRESS

Stress can cause "ovulatory disruptions, abnormal bleeding patterns, or shorten your luteal phase."\* It's impossible to eliminate all forms of stress (#thanksCovid19), but it's important to incorporate techniques to manage it on a daily basis. Your cycle will thank you for this! Here are some ideas:

- Practice mindfulness and gratitude, daily.
- Get outside! Spend time in nature and give yourself a fresh, new vantage point.
- Start your day in prayer. Studies show that stress is reduced (and even blood pressure!) by prayer and meditation, especially when it's done regularly. My fave prayer in times of stress is the Litany of Trust.



## SUPPORT YOUR LIVER

Your liver is a superstar in hormone regulation! It's responsible for processing toxins and excess hormones from the body. If it's sluggish or backed up, you'll have hormonal imbalance (such as estrogen dominance) and your cycle will suffer. Try these simple ways to support your liver so it can do its best job for you (taken from DrBrighten.com):

- Eat quality protein
  - Take a B complex
  - Eat a min. of 3 cups of cruciferous vegetables weekly
  - Consider a supplement with DIM, a nutrient that supports the liver in processing estrogen
- > Go here for a great (free) detox protocol: <https://www.floliving.com/detox/>



"YOUR MENSTRUAL CYCLE RESPONDS TO A WIDE VARIETY OF LIFESTYLE FACTORS. ... IT MAY FEEL DAUNTING AT FIRST, BUT THERE'S NO NEED TO CHANGE EVERYTHING AT ONCE. START WITH ONE SMALL CHANGE THIS WEEK AND GO FROM THERE."

-LISA HENDRICKSON-JACK, *THE FIFTH VITAL SIGN*\*



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