



# Cycle Syncing

*made easy*

A GUIDE TO LIVING IN HARMONY WITH  
YOUR HORMONES

@JAZZYWELLNESSVIBES

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WELCOME

# Hi, I'm Jasmine.

I'm on a journey to live a natural, low-tox life, rebalance my hormones, and reconnect with my body. Along the way, I've become passionate about helping others do the same.

That's why I created this guide. What began as a personal project, a way to gather everything I'd learned about cycle syncing for myself and my friends, soon turned into something more. I realised this information could support so many others, and now I'm excited to share it with you.

In this guide, I'll walk you through the purpose of cycle syncing, why it's essential for hormonal health, and how to begin integrating it into your life. We'll explore how to support your body through each phase of your cycle, focusing on nutrition, movement, and herbal support.

I hope this guide will help you on your journey to living in harmony with your hormones. Remember, this is a journey, not a destination. Be gentle with yourself as you learn, grow and become more aligned with your natural cycle. Practice makes progress!

*Jasmine Elena*

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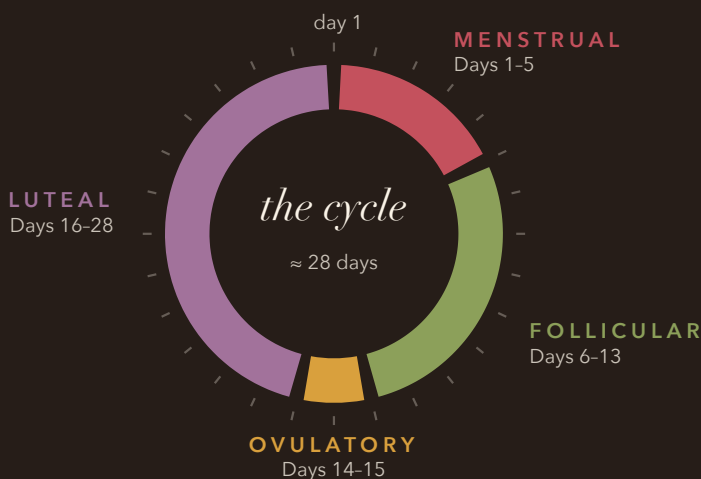
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# Cycle Syncing 101

Ladies, we're not built on a 24-hour reset like men, our bodies follow a beautiful, rhythmic 28-day-ish cycle. Throughout the month, our hormones shift, and with them, so do our energy levels, focus, moods, and even how social or introspective we feel.

When we ignore these natural ebbs and flows, it's easy to end up feeling drained, overwhelmed, and out of balance, hello mood swings, anxiety, fatigue, and irregular periods.

But here's the good news: when we learn to **work with** our cycle instead of against it, everything changes. Life begins to feel more aligned, and we can move through each phase with more ease, energy, and confidence. So, let's sync up and thrive!



Each of the four phases brings its own unique strengths (and challenges), and understanding them is the first step to feeling your best all month long.

BEFORE WE BEGIN

# A Note on Seed Cycling

Seed cycling is a simple, cost-effective way to support hormonal balance throughout your cycle, two tablespoons of seeds a day, rotated with your phases.

## Days 1–14

MENSTRUAL + FOLLICULAR

**1 tbsp pumpkin seeds** and **1 tbsp flaxseeds** daily.

These support rising oestrogen levels.

## Days 15–28

OVULATORY + LUTEAL

**1 tbsp sunflower seeds** and **1 tbsp sesame seeds** daily.

These support rising progesterone.

**Tip:** blend your seeds into a powder and sprinkle them on meals, smoothies, or porridge for easy absorption.

# The Menstrual Phase

*Typically days 1-4/7 of your cycle*

01



This is the beginning of your cycle, a time for **rest, reflection, and recovery**. Your hormones are at their lowest, so this is your body's natural reset. Prioritise sleep, reduce stress, and honour the need for slowness.

## HERBAL SUPPORT

### Raspberry leaf tea

- Eases cramping and heavy bleeding
- Rich in B vitamins and magnesium

### Ginger

- Helps with pain, digestion, and inflammation

## EXERCISE

Think: **gentle and grounding**.

- Low-rep weight training, yoga, or short walks
- As your period ends, gradually increase activity

# Replenish Minerals

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Your body needs mineral-rich foods to restore energy and support healing. Focus on **iron**, **vitamin C**, **magnesium** and **omega-3s**.

## IRON-RICH FOODS

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- Grass-fed beef (burgers, steak)
- Chicken
- Dark leafy greens (kale, spinach)
- Lentils, beans, legumes
- Shellfish
- Dried prunes, dates
- Eggs
- Organic raw dairy

## MAGNESIUM

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- Beans
- Tofu
- Dark chocolate
- Almonds
- Pumpkin seeds
- Whole grains
- Avocados
- Organic raw dairy
- Cacao

## VITAMIN C

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- Strawberries
- Bell peppers
- Citrus fruits
- Kiwi

## OMEGA-3S

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- Salmon
- Cod liver oil
- Walnuts
- Chia seeds
- Flaxseeds

# The Follicular Phase

*Starts once your period ends and lasts until ovulation, typically around 10-14 days*

02



The follicular phase is all about **renewal, growth, and rising energy**. Your oestrogen levels are beginning to climb, and you'll likely feel more outgoing, motivated, and ready to take on new challenges. This is a powerful time for goal-setting, creativity, and getting things done.

## HERBAL SUPPORT

**Peppermint tea:** time to swap out raspberry leaf.

- Helps with hormonal imbalances, especially symptoms of PCOS such as hormonal acne, excessive hair growth and insulin sensitivity

### Maca root

- Supports energy and hormone balance

## EXERCISE

This is your go-time! Push yourself, you'll likely feel stronger and more capable during this phase. Think: **high-energy movement**.

- Strength training
- HIIT
- Cardio bursts
- Try new fitness challenges or increasing weights/reps

## Light, Fresh, Antioxidant-Rich

Your body thrives on fresh fruits and veggies, lighter meals, and foods that are rich in antioxidants and supportive of oestrogen.

### ANTIOXIDANTS

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Pomegranate
- Cranberries
- Purple cabbage

### PROBIOTICS

- Kimchi
- Sauerkraut
- Kefir
- Yogurt
- Tempeh
- Miso

These support gut health, which is key for hormone metabolism and oestrogen balance.

### PREBIOTICS

- Green bananas
- Jicama
- Garlic
- Onions
- Oats
- Asparagus

Prebiotics feed the good bacteria in your gut and improve digestion and hormone processing.

### OESTROGEN-SUPPORTIVE FOODS

- Flaxseeds
- Edamame
- Tofu
- Broccoli
- Kale
- Pumpkin seeds

As oestrogen rises in this phase, these foods help support and metabolise it properly.

# The Ovulatory Phase

Typically a 1-2 day window around the middle of your cycle



This is your **superpower window**. Oestrogen surges, luteinising hormone spikes, and you're likely feeling your most magnetic, energetic, and confident. It's the perfect time to speak up, show up, and shine, whether it's scheduling important meetings, networking, filming content, or connecting socially.

## HERBAL SUPPORT

### Milk thistle tea

- Supports liver detoxification
- Helps your body clear out excess oestrogen
- Can reduce breast tenderness, bloating, mood swings, and PMS-related headaches or fibroid symptoms

**Bonus tip:** pair it with turmeric for extra anti-inflammatory and liver support.

## EXERCISE

Your strength and stamina are still running high. This is a great time to:

- Go for peak performance in your workouts
- Try group classes, dance, or any high-intensity movement you enjoy
- Challenge yourself with new goals or PBs (personal bests)

## BONUS LIFESTYLE TIPS

**Socialise:** your communication skills and confidence are at their best: great for public speaking, collaborations, and connection.

**Flirt + date:** libido naturally rises here. It's a great time to deepen intimacy.

**Hydrate:** oestrogen spikes can cause fluid retention. Drink plenty of water or herbal infusions like dandelion root.

# Liver Support + Oestrogen Metabolism

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During ovulation, your body needs support to process and eliminate the surge in oestrogen efficiently. Focus on foods that support your liver and aid detoxification.

## LIVER-SUPPORTIVE FOODS

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- Milk thistle
- Turmeric
- Beets
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)

## OESTROGEN DETOXIFIERS

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- Broccoli
- Cauliflower
- Brussels sprouts
- Kale
- Cabbage
- Quinoa
- Sweet potatoes
- Avocado
- Berries
- Beans

These help your body metabolise and eliminate excess oestrogen.

## ANTIOXIDANTS

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- Blueberries
- Blackberries
- Cranberries
- Pomegranate
- Purple cabbage

Keep those antioxidants flowing to fight oxidative stress and support overall cellular health.

# The Luteal Phase

Starts after ovulation and ends when your period begins, typically around 12-14 days. For practical support, we split it into two parts.

04



Your body needs more calories and steady blood sugar to support progesterone production and help regulate mood and energy. Warm, grounding meals are best: **think soups, roasted veggies, stews, and fibre-rich complex carbs.**

## HERBAL SUPPORT

### Chamomile or lemon balm tea

- Helps calm your nervous system
- Improves sleep
- Reduces PMS symptoms like irritability, anxiety and cravings

## EXERCISE

Start lowering intensity: **lighter strength training, moderate cardio.**

- As you get closer to your period, shift into gentle movement like yoga, stretching, Pilates, or walking
- The key: preserve energy and avoid burnout

## PART 1 · THE EARLY LUTEAL PHASE

*Right after ovulation.* Your body is shifting from high energy to a more inward-focused, grounding state. Progesterone rises to prepare for a possible pregnancy, which naturally makes you feel calmer, but it can also lead to fatigue, bloating, cravings, and irritability. This is the time to **complete tasks, tie up loose ends**, and begin to wind down from the high-vibe ovulation phase.

## Right Before Your Period

This is the pre-menstrual zone, and it's crucial to **nourish deeply and rest intentionally**. Hormones are dropping, and you may feel more introverted, tired, sensitive, or emotional. Your body naturally needs more energy, cravings are real, and they're a signal, not a weakness.

### NUTRITION TIPS

- Increase calories: especially protein, healthy fats, and complex carbs
- In a fat-loss phase? Pause your deficit for 5-7 days and eat at maintenance to support hormone health and avoid major cravings
- Protein-rich comfort foods
- Hearty carbs like brown rice, sweet potatoes, lentils
- Omega-3s to fight inflammation (salmon, chia seeds)
- Calming herbal teas + magnesium-rich snacks

### LIFESTYLE TIPS

- Get more sleep
- Say no more often
- Prioritise slow, gentle mornings
- Practice grounding rituals: journaling, baths (with Epsom salts if you have them) and breathwork

### KEY NUTRIENTS FOR PMS + HORMONE BALANCE

**Zinc:** oysters, chickpeas, tofu, organ meats. Supports progesterone and immune health.

**Potassium:** bananas, avocado, potatoes, winter squash, beets. Helps reduce bloating and fluid retention.

**Magnesium:** beans, oats, dark chocolate, sesame & pumpkin seeds. Calms the nervous system and eases cramps.

**Anti-inflammatory foods:** salmon, ginger, turmeric, red raspberry leaf, dandelion root, saffron. Reduce pain, PMS symptoms, and support liver detox.

# The Cheat Sheet

## 01 Menstrual

### HORMONES

Low levels

### TIME FOR

Rest & reflection

### TEA

Raspberry leaf or  
turmeric

### NUTRITION

Replenish minerals: iron, vit C, magnesium, omega-3s

### EXERCISE

Easy does it! Think gentle  
and grounding

## 02 Follicular

### HORMONES

Oestrogen rises

### TIME FOR

Growth & creativity

### TEA

Peppermint

### NUTRITION

Light, fresh and antioxidant-rich

### EXERCISE

High-energy movement

## 03 Ovulatory

### HORMONES

Peak oestrogen & high  
LH

### TIME FOR

Superhero vibes!  
Anything goes

### TEA

Milk thistle

### NUTRITION

Liver support, oestrogen detoxifiers and antioxidants

### EXERCISE

Push the limits!

## 04 Luteal

### HORMONES

Progesterone rises

### TIME FOR

Winding down

### TEA

Chamomile or lemon  
balm

### NUTRITION

Warming, nourishing and hormone-supportive

### EXERCISE

Time to lower the  
intensity again!



## CONCLUSION

# Beyond the Cycle

Learning to live in sync with your cycle is an act of self-care, but it's not the whole picture. Here are six more ways to support your hormonal health:

## 01 Reduce your toxic load

Swap conventional cleaning products and personal care items for low-tox, natural alternatives. Many everyday products contain endocrine disruptors, especially those with synthetic fragrance or parabens.

## 03 Stay hydrated

Your hormones need water to function properly. Aim for at least 2 litres a day, and more if you're active or breastfeeding.

## 05 Manage stress

Chronic stress impacts every aspect of your cycle. Journaling, breathwork, nature walks, and slow movement help bring your nervous system back into balance.

## 02 Be mindful of fragrance

"Fragrance" on a label often hides a cocktail of hormone-disrupting chemicals. Opt for unscented or naturally scented options using essential oils.

## 04 Prioritise sleep

A consistent sleep schedule supports hormone regulation. Aim for 8-10 hours of good-quality rest, did you know women need more sleep than men?

## 06 Soak up the sun

Vitamin D plays a role in hormone production and immune function. A little daily sunlight (without overexposure) can go a long way.

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*This journey is about deepening your connection to your body and treating yourself with kindness. It's not about perfection. It's about awareness, balance, and joy. This is not the end. It's the beginning of a more aligned, more empowered version of you!*

# Seed Cycle Bliss Balls

12 SERVINGS · PREP 15 MINS · COOK 0 MINS



## INGREDIENTS

- 1 cup (65g) pumpkin seeds (*weeks 1+2*) or sunflower seeds (*weeks 3+4*)
- ¼ cup (40g) flax seeds (*weeks 1+2*) or sesame seeds (*weeks 3+4*)
- 1 cup (150g) pitted + coarsely chopped Medjool dates
- ¼ cup (60g) creamy cashew or almond butter
- ¼ cup (55ml) coconut oil, melted
- ¼ cup (20g) unsweetened coconut flakes
- 2 tbsp coconut flour
- ½ tsp sea salt

## INSTRUCTIONS

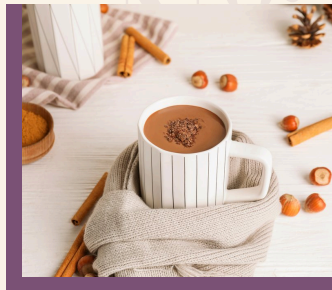
- 1 Add all of the nuts and seeds together in a food processor and mix until a flour-like mixture has formed. Remove and set aside.
- 2 Pulse the dates in the food processor until a sticky ball has formed. Add nut butter and melted coconut oil and continue to pulse until creamy.
- 3 Add back in the ground nut/seed flour and remaining ingredients, processing until well mixed.
- 4 Remove the dough and roll it into balls.
- 5 Store in the fridge for 2 weeks or in the freezer for up to 2 months.

|          |     |          |           |       |       |       |         |
|----------|-----|----------|-----------|-------|-------|-------|---------|
| 160      | 11g | 4g       | 0g        | 15g   | 4g    | 9g    | 3.2g    |
| CALORIES | FAT | SAT. FAT | TRANS FAT | CARBS | FIBRE | SUGAR | PROTEIN |

BONUS · RECIPE N°2

# Hormone Helper Hot Chocolate

2 SERVINGS · PREP 5 MINS · COOK 5 MINS



## INGREDIENTS

- 1½ cups (360ml) unsweetened Brazil nut, cashew, coconut, or hemp milk
- 1 tbsp organic coconut oil
- 1 oz (28g) organic dark chocolate
- 1 date, pitted and chopped (or 1-2 tsp pure maple syrup)
- 1 heaping tbsp cacao powder
- 1 tsp organic maca root powder
- ½ tsp vanilla extract
- ½ tsp Ceylon cinnamon
- Sprinkle of sea salt
- Optional adaptogen boost such as reishi or chaga mushroom powder

## INSTRUCTIONS

- 1 Add the coconut oil and dark chocolate squares to a small stovetop pot over medium heat.
- 2 Once melted, add the remaining ingredients and heat through until steaming (not boiling), stirring frequently.
- 3 Pour into a high-speed blender and pulse until creamy and frothy.

|          |     |          |           |       |       |       |         |
|----------|-----|----------|-----------|-------|-------|-------|---------|
| 267      | 15g | 11g      | 0g        | 25g   | 2.5g  | 13g   | 7.7g    |
| CALORIES | FAT | SAT. FAT | TRANS FAT | CARBS | FIBRE | SUGAR | PROTEIN |

# Food Shopping List

## CRUCIFEROUS & DETOX-SUPPORTING VEGGIES

Support oestrogen metabolism, liver detox, and hormone clearance

- Broccoli
- Cauliflower
- Brussels sprouts
- Kale
- Cabbage
- Arugula
- Bok choy
- Swiss chard

## HEALTHY FATS & SEEDS

Support hormone production and reduce inflammation

- Extra virgin olive oil
- Avocado oil
- Raw nuts (almonds, walnuts, Brazil nuts)
- Flaxseeds (ground)
- Chia seeds
- Pumpkin seeds
- Hemp seeds
- Tahini (sesame seed paste)

## WHOLE GRAINS & FIBRE

Support gut health, oestrogen clearance, and stable energy

- Quinoa
- Buckwheat
- Oats (gluten-free if needed)
- Brown rice
- Millet
- Teff
- Amaranth
- Ground flaxseed (bonus for dual benefit!)

## HORMONE-LOVING FRUITS

Rich in antioxidants, fibre, and blood sugar-balancing compounds

- Blueberries
- Raspberries
- Cherries
- Pomegranate
- Apples
- Citrus fruits (lemon, orange, grapefruit)
- Avocado (also a healthy fat)

## CLEAN PROTEIN SOURCES

Essential for hormone synthesis, blood sugar balance, and tissue repair

- Organic chicken breast
- Turkey
- Wild-caught salmon
- Sardines
- Mackerel
- Eggs (preferably pasture-raised)
- Organic tempeh
- Lentils and legumes (soaked/sprouted if sensitive)

## ANTI-INFLAMMATORY & GUT-SUPPORTIVE

Reduce inflammation, support digestion and hormone detox

- Ginger
- Turmeric
- Fresh garlic
- Fermented foods (sauerkraut, kimchi, kefir, coconut yogurt)
- Bone broth
- Herbal teas (chamomile, dandelion, raspberry leaf)
- Apple cider vinegar (diluted)



STAY IN TOUCH

# Thank You!

Thank you so much for exploring the power of cycle syncing with me! I hope this guide empowers you to connect with your body's natural rhythm and feel your best throughout the month.

For more tips, inspiration, and wellness insights, be sure to follow me on Instagram.

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*"Your hormones are not the enemy. They are your body's way of asking for care, balance, and attention."*

*Jasmine Elena*

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