

# Moon Cycling

Many traditions believe that a woman's rhythm is aligned with the rhythm of the moon. Women with regular cycles typically ovulate around the full moon, when their bodies are feeling plump and juicy, and menstruate around new moon when their bodies are ready to expel unused fertility juices.

When you follow the rhythm of your cycle you can use hacks and tools to support this relationship. By encouraging estrogen rich foods, and behaviors from new moon to full moon, it will create a juicy, expansive, and energetic environment in the body. When you encourage the use of progesterone and even GABA promoting foods from full moon to new moon, you will encourage a cozy, nourishing, and accepting environment in your body and mind. For those women whose cycle is not in sync with the moon they will still experience the effect to some degree.

Your emotions, energy levels, sleeping patterns and your ability to follow specific diets gets influenced by the moon. For example it's common to feel stressed and overly sensitive during the new moon, and at this time more calming activities and meditations are suggested. Start noticing how you feel around the different moons and journal, see your cycle is synced to it.

For those in menopause you can still use this guideline to sync your rhythm with the moon. By using certain oils, seeds, and nutrition, you can encourage these hormones to support your hormonal health.



## Days 14-28

Full Moon -> New Moon

### Progesterone Sources:

- Walnuts
- Broccoli
- Pumpkin
- Cabbage

### GABA Sources:

- Beans and lentils
- Fermented Foods (sauerkraut, kimchi, etc)
- Berries
- Oolong Tea
- Tomatoes
- Shellfish



## Days 1-14

New Moon -> Full Moon

### Estrogen Sources:

- Flax Seeds
- Cauliflower
- Garlic
- Sesame Seeds