

CYCLE MAPPING 101- HOW TO DETERMINE WHAT PHASE YOU ARE IN AND THE SEASON YOU ARE IN TODAY

Thank you for taking a step in understanding your body's innate wisdom as a woman. After reading the blog post, Essential Hormonal Wisdom for Women, you may have an idea of what season you are in. You have a notion that your body goes through ups and downs every month. If you are like most women, you may either have some idea of what is going on and have little time to actually stop and think about it or are so overwhelmed you can't see the light through the busy demands of each day. Mostly you just hope for the best, brace yourself for the worst and still have questions about what is going on every month. After many years of working with many different women and their health challenges, I began to understand more deeply that we are all so intricately connected and could use some clarity about our cycles and what hormones are dominant and prime for balancing. Too often I have had women show me what supplements they have been prescribed by well-meaning practitioners or themselves but little do they know they are doing more harm than good! These little supplements are subtly keeping them out of sync with their natural hormonal rhythms and sabotaging everything from their skin to their sanity and the aging process. Perhaps you were told your progesterone is low-now they take progesterone supplements daily. This will throw all hormones out of balance. Too much consistent progesterone can cause gallbladder dysfunction and circulatory issues. In general we should be taking the right supplements at the right time to support each hormone. These unique opportunities happen naturally during the 4 parts of your cycle. I call these the 4 seasons of a cycle.

It is my intention that after reading this you know 2 foundational concepts. First, how to map your cycle to know "what day you are on" and second have a general idea about how to approach care for yourself during each phase to support healthy hormone synthesis.

The hormones I am referring to primarily are your 1st, 2nd chakra hormones, estrogen, testosterone and progesterone.

Estrogen-the yin hormone that keeps women juicy and supple and soft.

Testosterone-a yang hormone that gives us drive motivation.

Progesterone is the "pro gestation" hormone that gives us follow thru, balance and promotes a pregnancy. Once you understand these 3 you are on your way to a more balanced hormone picture.

Cortisol-the adrenal hormone that sets the foundation for all other hormones and thyroid-the metabolic activator that helps us unlock the energy potential in our cells will not be discussed here but they are the

FOUNDATION for all the above. In addition, DHEA and HGH, the essential master hormones that convert into to all other hormones and give us youth repair and resilience are also important. We will go into this another time. For now let's focus on Estrogen, testosterone and progesterone so you can start easily supporting them during each phase. Each of these hormones can be balanced by nourishing with certain foods; Thoughts, Herbs, Supplements, Essential oils and self-care practices such as sleep, massage and rest.

4 PHASES 4 SEASONS

So what are the cycles? We have 4 phases or seasons of our menses:

Phase 1 is the bleeding phase. I call this the inner winter. Like winter, our second chakra or sex hormones go into a sort of hibernation. This is the window to focus on cleansing hormone imbalance and clearing out the past month. It is a time to fully allow cortisol to balance.

Phase 2 is our post menses phase or Follicular phase. I call this the inner spring. Just as spring offers a new beginning and surge of growth, so to does do our sex hormones in particular estrogen. We want to focus on estrogen, adrenal health and thyroid hormones at this time.

Phase 3 is the ripening and egg, releasing phase known as ovulation. This is when testosterone spikes and thyroid and adrenal hormones need to be optimal. This is considered our inner summer when we produce a fruit that is ripe.

Phase 4 is the luteal phase or pre menses phase when either conception does or does not happen. The phase after ovulation is considered the inner autumn. A woman either does or does not harvest a pregnancy. This is when progesterone levels now should be higher than estrogen. This is an important time to support the liver and gallbladder and supporting their ability to cleanse optimally. This is often when women have the most hormonal challenges.

When each phase of the cycle is in balance or allowed to "be" what it is yearning to be all it can be, it sets the stage for balance in the next phase. For example, if you really get a chance to rest during your period it is more likely that you will have a predictable ovulation and may even feel less PMS. If not, you might just have felt a bit more unhinged all month like you have not had any time to "catch up". Another example is during phase 2 if you can build your blood and nourish your estrogen synthesis you will have a healthier egg release or ovulation. This ultimately will increase your chances for conception to occur or decrease PMS symptoms overall. If you are not trying to conceive, cycle mapping will help you with fertility planning.

WHERE ARE YOU-WHAT DAY AND PHASE ARE YOU IN?

Lets establish what day you are on. Charting your cycle is the best way to help you get a plan for your hormonal balance. Lets figure out where you are.

Day one is the first day you start to bleed. Even if it is a small amount of blood. Charting your cycle is the best way to help you get a plan for your hormonal balance. To figure out where you are:

1. Mark the 1st day your period starts on the calendar. This is DAY 1
2. Circle days 5-10 and mark this as Phase 2 your nourishing time.
3. Count to 10 days after your first day of your cycle and mark day 10-16 as PHASE 3 Ovulation
4. If you know exactly when you ovulate mark that down. Once you start mapping you may become clearer on what day ovulation actually happens and how healthy it is.
5. Circle days 19, 20 and 21- 28 as "pre menses", PHASE 4. If you actually start your period the next month on day 26-or 30 then mark that down. It will help you the next month predict when you will have a period again.
6. REMEMBER ALL CYCLE DAYS START WITH THE FIRST DAY YOU START BLEEDING. THAT IS DAY 1

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SUMMARY OF EACH PHASE OR SEASON

Phase 1 Menses (Bleeding) Days 1-5 Your inner Winter. Releasing blood, rest and reset your nervous system. Treat yourself like you are in winter. Rest as much as possible and let the blood flow freely.

Phase 2 Post menses (stopping bleeding) Days 5-10 Your inner spring. Building/replenishing blood and yin. Treat yourself like a plant in the spring emerge a new and treat your self the best. Take supplements that support blood, nutrients that were lost during bleeding.

Phase 3 Ovulatory (ovulating) Days 11-18 Your inner Summer. Activate, blossoming and creating. Reap the fruits of a beautiful summer by having enough energy to ovulate and have sex drive, glowing skin and passion.

Phase 4 Pre menses (Progesterone phase) Days 19-28 Or 30 Cleansing the liver, balancing estrogen and progesterone. Your inner autumn. Harvest balance and keep things flowing. Have a balanced estrogen/progesterone ratio and navigate PMS gracefully.

So what day are you on? What phase are you in? Now that you know what hormone is most active now, want to know what you can be doing for body mind and spirit to stay in balance with your monthly seasons?

Women's bodies are wise. Women's bodies are unique and a mirror of nature, the earth and her cycles. Empowering women of all ages to connect to their innate wisdom is my passion and mission. The knowledge of self-care, cycle mapping and lunaception are a vital step in any successful healing plan. Now that you know what phase YOU are on and what hormones are at work from your free down load [how to determine what phase you are in and what hormone is](#). Discover even more about what you can be doing during each phase in regards to self-care, food and supplements with my detailed [tips for a balanced during the 4 seasons of your menstrual cycle](#).

Want to go deeper and get YOUR specific, guided, unique healing plan- consider a [3 month healing plan and coaching](#) as I guide you weekly, establish your specific herbal and supplement healing plan and keep you focused on your program. Start your journey by taking my [quiz The Feminine reconnection-](#) and watch my [YOU TUBE Video](#). Want to explore your results? [Schedule an initial session](#) or [sign up for a class with Dr. Deanine](#) to start your journey.