

Beginner's Guide to



Cycle Syncing



It's time to harness your true power...

If you don't know ... you need to know, that your body has the incredible ability to maximise productivity, creativity, performance and general wellness.

Girlfriend, your superpower is your menstrual cycle!

I know, I know, the very cycle which everyone is taught to dread. Well, not anymore baby! You're about to get a good insight as to how important it is to love, honour, respect and work with your cycle - which in turn will help you to succeed in all areas in your life!

In this easy to use guide you will be given some of the most game changing tools I have every used in my life!

You're about to learn how to eat, exercise, think and show up in each phase of your cycle, so that you work with your biology and not against it = WINNING!

Cycle Syncing is where it's at....

I hear youHormones got you feeling up or down, high vibe then low? ... seems like your mood is constantly changing?... Well, that's cause it is honey and it's totally normal!

Some good news though... When you choose to consciously cycle sync, you'll be much more in tune with your body, you'll feel more balanced and at peace with where you are within each phase of your cycle.

When you understand what's going on, when you know what to eat, how to exercise and how to show up for each phase, things change and for the better!

Which is why I am slightly obsessed with cycle syncing myself.

You see learning to work with your cycle has great positive effects on your mood, appetite, weight, mindset and energy.

Remember, this is all natural and normal and should be loved, honoured and respected, so that you feel your best in every phase.

4 Phases of your Cycle



Menstrual Phase

Due to the fact that both Estrogen and Progesterone are low, expect to feel energetically low as well. It's a good time to rest and restore in these first 6 days of the cycle.

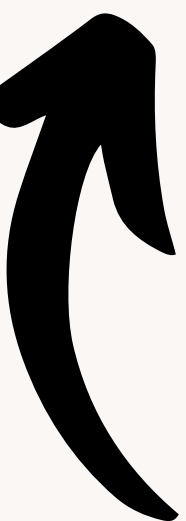
This is a good time to go inward and focus on yourself



Follicular Phase

Estrogen rises as the egg is being prepared. With this rise in estrogen you may feel inspired, energised and creative in days 6-12 of your cycle.

It's the perfect time to plan how you will achieve your goals



Luteal Phase

Progesterone is on the rise as Estrogen drops during days 19-28 of your cycle. Progesterone, once supported, helps you to feel calm. You'll start to feel like you're ready to be alone and want to finish up personal projects etc. It's in this phase where you can feel most of the PMS effects, especially if progesterone is not supported well enough here.



Ovulatory Phase

Estrogen is at its peak during days 12-19 of your cycle. There's also a spike in testosterone during this phase and you may feel like a super powered woman. Fully energized and ready to take on anything. You'll feel confident, strong and motivated.



What Happens When?

What happens in the
body during the
Hormonal Phases



**Menstrual
days 1-6**

Hormones are all low

**Follicular
days 7-12**

Estrogen is rising

**Ovulatory
days 13-20**

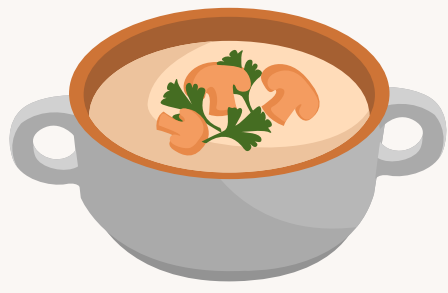
Spike in Testosterone
while Estrogen peaks

**Luteal
days 21-28**

Progesterone rises
then falls towards the
end of phase

Sync your Foods

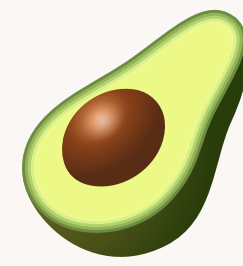
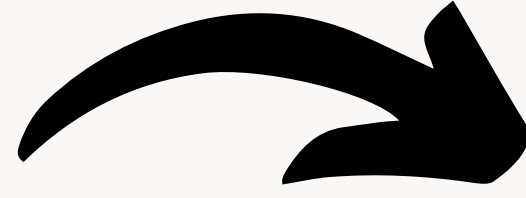
The aim is that you feed your beautiful body a wide variety of nutritious foods which will help to balance and detoxify the hormones in each phase.



Menstrual Phase

You want to remineralise and restore your blood with food. The foods in this phase are replenishing and rich in minerals like iron and zinc.

Grounding
Warming
Iron Rich Veggies
Soups
Teas
Stews



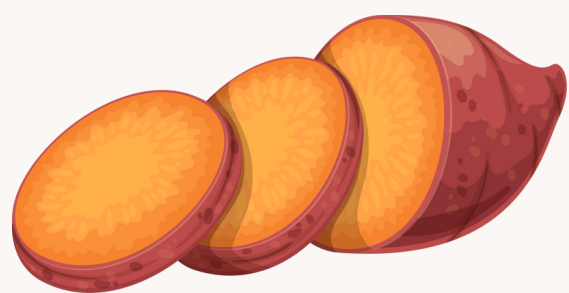
Follicular Phase

We want healthy maturing follicles.

Healthy fats!
Vitamin B6,
Potassium,
Vitamin A,
Vitamin C,

Monounsaturated Fats
Fiber.

Supplements to consider include zinc, iodine & selenium, vitamin B6 and probiotics.



Luteal Phase

The foods in this phase are Warming, Detoxifying and Grounding.

They include plenty of fiber and natural sugars to combat cravings.



Ovulatory Phase

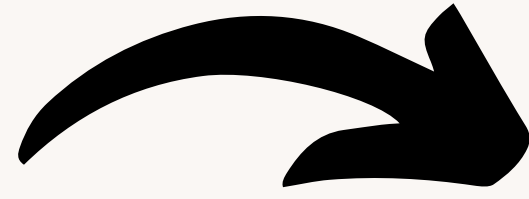
The foods in this phase are cleansing, full of fiber and anti-inflammatory.

Now is the time to focus on raw fruits and veggies.



*Food to Focus on

*These are foods to focus on and are not limited to.



Menstrual Phase



Foods to Focus on

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Days 01-07

Avocado	Kidney Beans
Beetroot	Lentils
Black Beans	Miso
Blackberries	Mushrooms
Blueberries	Sesame Seeds
Brown Rice	Sunflower Seeds
Buckwheat	Iron
Coconut Water	Magnesium
Dark Chocolate	Omegas
Extra Water	B Vitamins, B12
Kale	Warms Herbal Teas
	Vitamin C
	Zinc



Follicular Phase



Foods to Focus on

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Days 08-14

Avocado	Lychees
Black Eye Beans	Oats
Brazil Nuts	Plums
Broccoli	Pomegranate
Carrots	Pumpkin Seeds
Cherries	Quinoa
Flaxseeds	Sauerkraut
Grapefruit	Tofu
Lentils	Antioxidants
Lemons	Calcium
Lettuce	Selenium
Limes	Vitamin E
	Zinc



Luteal Phase



Foods to focus on

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Days 21-28

Apples	Peach
Brown Rice	Pear
Cauliflower	Pumpkin
Celery	Radish
Cucumber	Sesame Seeds
Dark Chocolate	Squash
Collards Greens	Sunflower Seeds
Mustard Greens	Sweet Potato
Millet	Iron
Onions	Magnesium
Pinenuts	Zinc
	Complex Carbs



Ovulatory Phase



Foods to focus on

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Days 13-20

Asparagus	Passionfruit
Bok Choy	Pineapple
Broccoli	Quinoa
Brussel Sprouts	Raspberries
Cauliflower	Red Bell Peppers
Cucumber	Red Lentils
Dark Chocolate	Strawberries
Dandelion Greens	Spinach
Figs	Sweet Potato
Flax Seeds	Turmeric
Kiwis	Tahini
Leafy Greens	



Sync your Movement

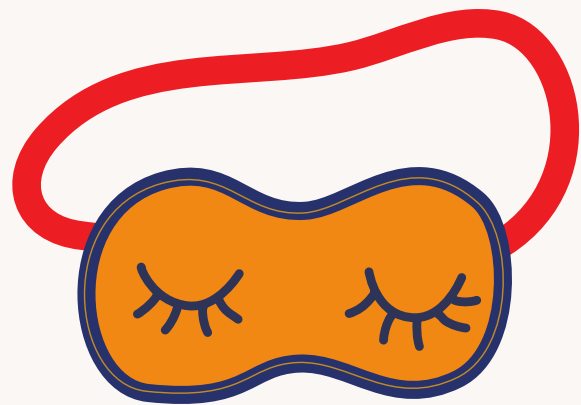
The aim is to ensure that your gorgeous body gets a chance to recover and perform at its best during all phases of your cycle .



Menstrual Phase

Rest and Recover is at the forefront here.

Think Yin Yoga and solo slower walks



Follicular Phase

You'll start to feel that spring in your step here.

EASE into higher intensity workouts

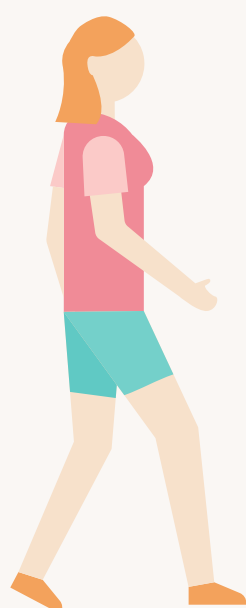
Think HIIT, Yoga, group classes



Luteal Phase

Start slowing things down. Slower paced workouts with lots of rest in between.

Think Lower intensity weights, low impact exercises, walking, steady state cardio



Ovulatory Phase

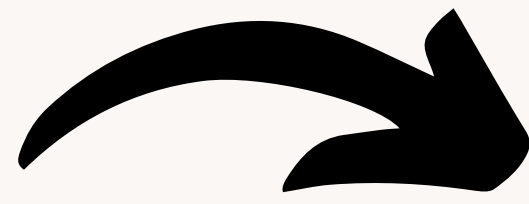
Embrace that Energy!! Go, Go, Go!

Go for your personal best. Give it everything you got!

Think Spin classes, heavy lifting, power yoga.



Movement to Focus on



Movement in Menstrual Phase

Rest



Light Weights



Stretching
Yin Yoga



Walking



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Movement in Follicular Phase

Cardio



Vinyasa Yoga



Running



Strength Training




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Movement in Luteal Phase


Casual Cycle




Yin Yoga



Strength Training



Walking Outdoors



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Movement in Ovulatory Phase

Spinning



Sculpt Yoga



Circuit



HIIT



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Sync your Mindset

The aim is know when you and how to show up in each phase so that your maximise, creativity, commuication and productivity.



Menstrual Phase

Time to Review goals/tasks

Solo time/Quiet time



Follicular Phase

Schedule things for next week

Plan ahead

Collaborate with others



Luteal Phase

Clean up your space

Plan your self care indulgence
for next week

Tidy up loose ends

Cancel anything that will require
you to performe at your best
next week



Ovulatory Phase

Time to shine

You best performances happen
here

Go out with friends

Do new and fun things



Mindset to Focus on



Mindset in Menstrual Phase

Restore

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Refuel

Reflect

Restful

Mindset in Follicular Phase

Fun Times

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Plan

Set Goals

Try New Things

Mindset in Luteal Phase

Complete Projects

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Create

Organised

Self-Care

Mindset in Ovulatory Phase

Expressive

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Social

Communicative



A woman with long brown hair, wearing a pink t-shirt and blue jeans, is sitting cross-legged in a field of purple flowers. She is holding an open book and looking down at it with a smile. The background is a soft-focus landscape with a body of water and trees under a warm, golden light.

It's time to *try it Out*

**Use the planner provided
to set up your winning
plan from your next
period.**



Menstrual Phase Planner

Foods to Focus on

-
-
-

Movement Goals

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-
-

Mindset Goals

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-
-

Notes



Follicular Phase Planner

Foods to Focus on

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Movement Goals

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Mindset Goals

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-
-

Notes



Ovulatory Phase Planner

Foods to Focus on

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Movement Goals

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Mindset Goals

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-
-

Notes



Luteal Phase Planner

Foods to Focus on

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Movement Goals

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Mindset Goals

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-
-

Notes

And here we have it...

with just a little more conscious love and attention towards your cycle, life could be just that little bit smoother and more joyful.

Start now, journal and track your periods while taking the suggested actions within this guide and see how you feel and what you notice about yourself ... It's truly amazing what you will discover and how much better you will feel - Don't just take my word for it, try it and see.

Remember your Cycle is unique to you. In just a few months of loving, honouring and respecting your cycle through syncing, you'll discover your own special needs and patterns.

**Enjoy getting to know your very special SUPER
POWER - your Cycle**

Meet Adele F. Smith



Adele F. Smith, is the one of most energetic and positive internationally accredited and certified Holistic Health Coaches, Motivational Speakers and Mindfulness Practitioners you'll ever meet. With over 18 years of professional and personal experience she is known to many of her clients as the true badass body, mind and soul transformer!

Her passions lie in educating, inspiring and empowering women globally, on how and why we must drop the diet culture and adopt healthy relationships with food and lifestyle.

Adele is committed to joy and plant-based living and while she does not believe in the "one plan for every man" approach, she does believe that we all hold the power within us, to be the best versions of ourselves, through intuition and holistic living. She believes everything is interconnected, what's goes on in your mind and in your life, matters just as much as what's going into your body.

These days, Adele has decided to fully devote the next few years to homeschooling her 2 boys. While this means she won't take on new clients, she is always passionate about sharing her wealth of knowledge via her instagram account @adelefsmith



Awaken your power within

UNLOCK YOUR TRUE POTENTIAL WITH

internationally accredited and certified

Adele F. Smith

intuitive health & master mindset coach

educate | inspire | empower

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