

MOON CYCLE



The female cycle: Past vs Present

Women today menstruate 300 - 500 times in a lifespan vs 100 times in the past.

In ancient times, it was believed that women bled on a new moon and ovulated on a full moon.

An occurrence due to the lack of artificial light of today. It was believed that the moon's energy was aligned with the energy of their spirit, hence the term moon cycles.

Today, girls are starting to menstruate earlier; women die at a later age; they have fewer children and therefore menstruating more.



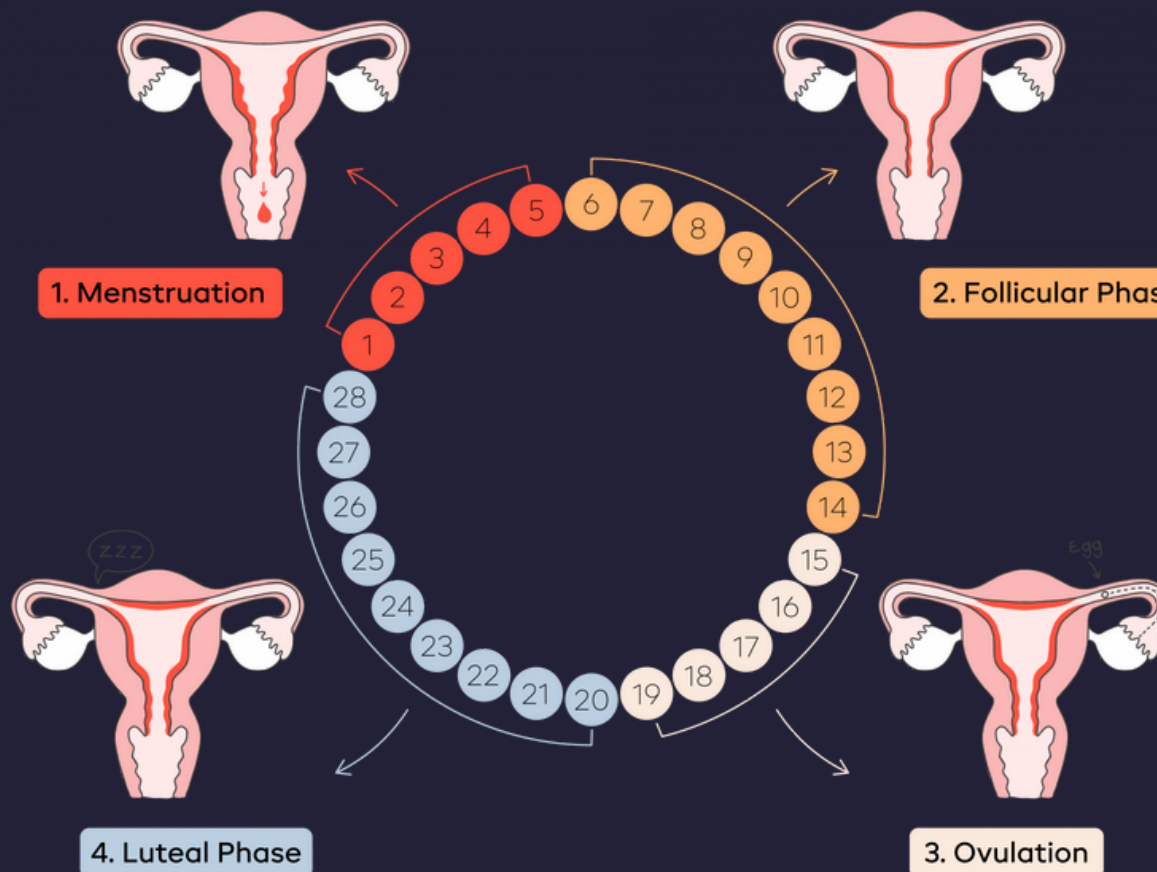
The menstrual cycle phases

On average a menstrual cycle lasts 28 days, but the range tends to be around 24 to 35 days.

The menstrual cycle consists of four phases:

Your uterus lining sheds and flows out of your vagina. Your period contains blood, mucus and some cells from the lining of your uterus.

If pregnancy does not occur, the corpus luteum dies, the uterus lining sheds and the period begins again. Otherwise, uterus thickens, preparing for pregnancy.



Your uterus lining thickens in preparation for pregnancy. A follicle in the ovary starts developing to release an egg from the ovary.

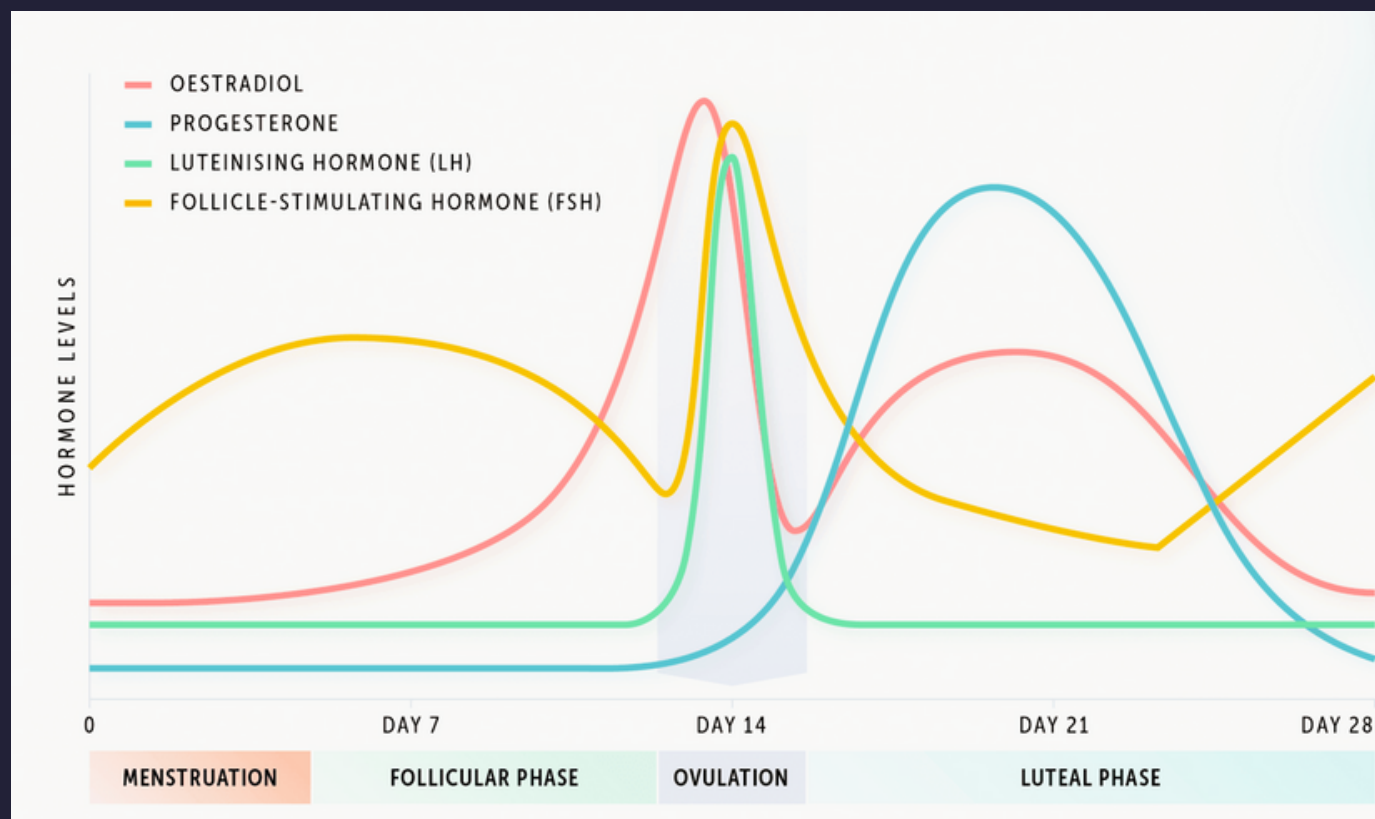
A mature egg is released from an ovary and moves along a fallopian tube towards your uterus.

Hormones in menstrual cycle

Four main hormones are responsible for the hormonal cycle:

- Follicle-stimulating hormone (FSH) & Luteinizing hormone (LH) (produced by the hypothalamus and pituitary glands)
- Estrogen & progesterone (produced by ovaries)

The hormones released in each phase of your cycle can affect your energy levels differently.



Hormonal imbalances

Many of the hormonal conditions as PCOS is caused by hormonal imbalances, as domination of estrogen over progesterone.

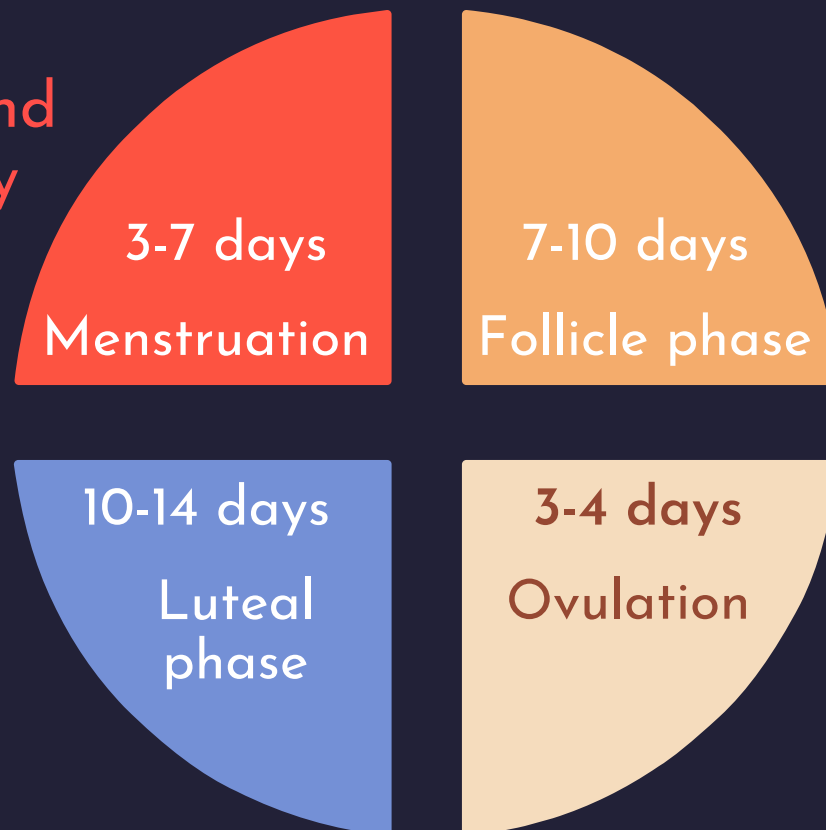


- Estrogen / Progesterone / Testosterone
- DHEA - adrenal glands health
- Thyroid-stimulating hormone (TSH) and thyroxine (T4) test
- Micronutrient test
- Inflammation C-reactive protein (CRP)

Metabolism & Menstruation

We need to support our body estrogen metabolism with cruciferous vegetables, low glycemic index carbohydrates, and anti-inflammatory fats.

During the follicular phase, we see a decrease in fat and protein oxidation and an increase in carbohydrate oxidation.



During the luteal phase fat and protein oxidation increases and carbohydrate oxidation decreases. Resting energy expenditure goes up as basal body temperature rises.

The body is less efficient at storing glycogen, so you need to pay extra attention to fueling with carbohydrates.

Nutrition for each phase

Menstrual phase

Replenish nutrients, especially iron, B12, and folate with organic meat, leafy greens, asparagus, and eggs. Adding vitamin C helps to enhance iron absorption.



Follicular phase

Lighter foods as fresh salads. Choose cooking methods as steaming or sautéing. Add foods that help metabolize estrogen, like broccoli sprouts and kimchi.



Luteal phase

To reduce PMS symptoms: consuming high quality omega-6 and omega-3 fats, oily fish, nuts, seeds, hemp oil. To support oestrogen metabolism cruciferous and root veggies and help with constipation.



Ovulation phase

Support your body detoxification of excess estrogen with cruciferous vegetables, leafy greens, sprouts. Choose raw foods to support energy production.



The moon, the seasons & the female energy



Winter

Menstruation

Reflection & rest, inward time, quiet time, nourish & nurture yourself

Spring

Follicular phase

Create, affirm intentions, get busy with your needs, set goals

Summer

Ovulation

Feel free, socialise, high energy & sexual activity

Autumn

Luteal phase

Feel gratitude, evaluate missed opportunities, finalise projects



Tracking your period

Cycle tracking is a powerful tool to increase self knowledge and feel more in control of your life.

- Feel prepared for hormonal fluctuations;
- Understand your menstrual cycle;
- Identify ovulation;
- Alert to potential health problems;



How to do it ???

Apps are user-friendly and generate automatic data on your cycles. Recommended apps: Clue, Flo Health, Clear Blue, etc.

This post is part of our **Women's Month**,
a whole month dedicated to female
health and women in agriculture.

For women by women



Coalition of Health Professionals
for Regenerative Agriculture