



New Concept
For Tracking
Your Cycle

Let's Get Started

FLOWING WITH YOUR CYCLE

YOU ARE AN ANCIENT BEING!

THE FIRST HUNTERS AND GATHERERS CAME INTO EXISTENCE 2.5 MILLION YEARS AGO. MODERN MAN CAME INTO EXISTENCE 100,000 YEARS AGO.

FEMALES HAVE BEEN HAVING PERIODS FOR EVER!

FLOWING WITH THE RHYTHM OF YOUR CYCLE HAS HELPED WOMEN FOR MILLIONS OF YEARS. IT CAN EASILY HELP YOU TO!



МАРТ 2021 MARCH							
Понедельник	Вторник	Среда	Четверг	Пятница	Суббота	Воскресенье	
9	1	2	3	4	5	6	7
10	8	9	10	11	12	13	14
11	15	16	17	18	19	20	21
12	22	23	24	25	26	27	28
13	29	30	31	1	2	3	4
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

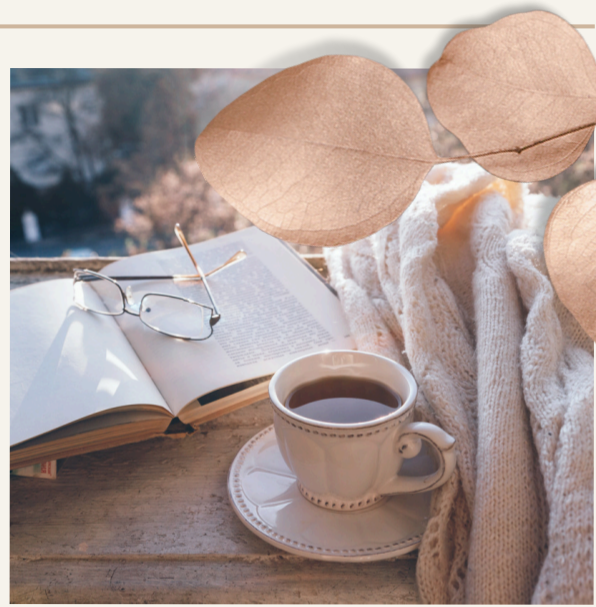


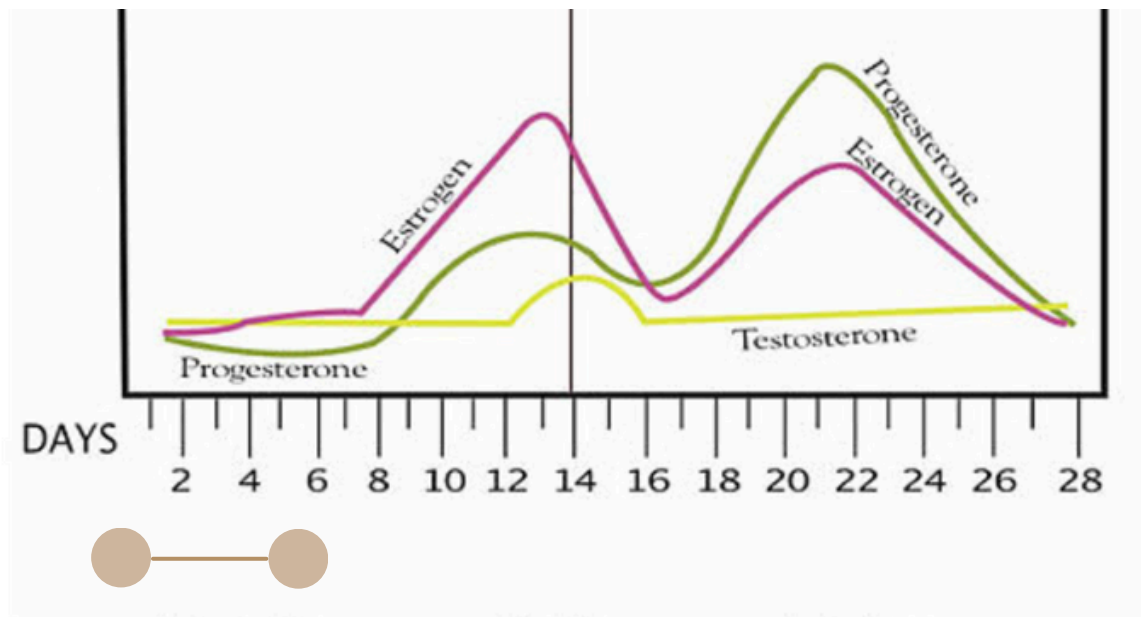


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PHASE 1: DAY 1-6



WHAT IS HAPPENING: PERIOD & FOLLICULAR

- SHEDDING OF UTERAL LINING
- 11 - 20 EGGS BEGINS DEVELOPING
- EXTREMELY LOW LEVELS OF ESTROGEN, PROGESTERONE & TESTOSTERONE
- FEELINGS CAN BE INTENSE

DO:

- REST & REFLECTION
- PERFECT TIME TO JOURNAL
- SOCIAL BONDING (WITH WOMEN) IF YOU HAVE THE ENERGY

DON'T:

- GO ON DATES (ESPECIALLY FIRST ONES)
- HIGH INTENSITY EXERCISE

COUPLED:

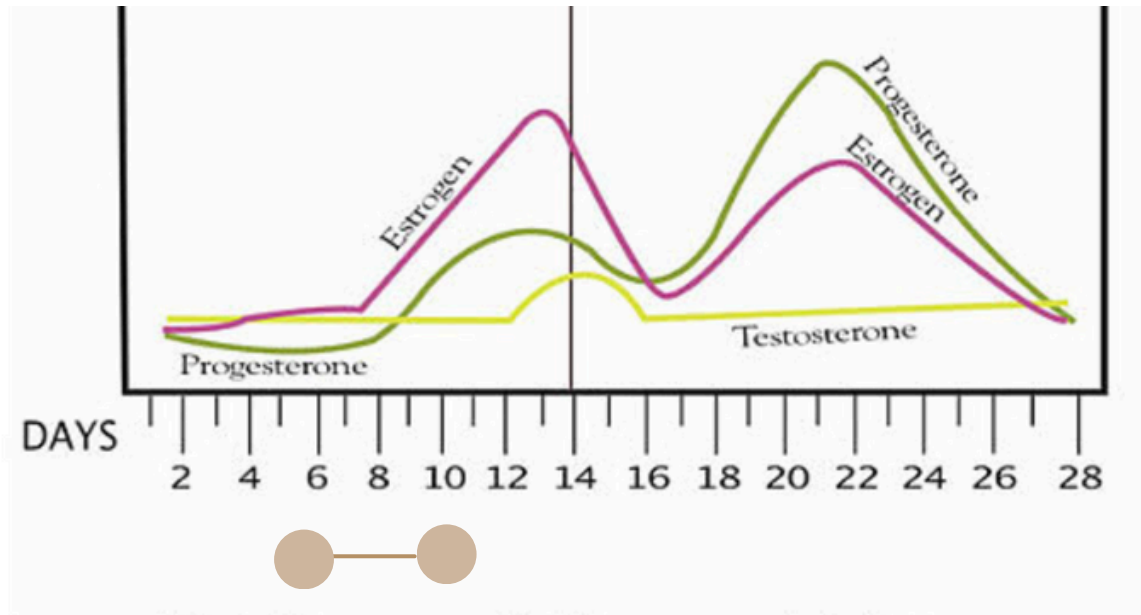
- MAN SHOULD NOT MAKE ANY DEMANDS OF HIS WOMAN
- MAN SHOULD RESPECT SHE NEEDS QUIET AND SELF NURTURING TIME AND BE SUPPORTIVE OF HER BEING SOCIAL WITH HER FRIENDS IF SHE HAS ENERGY

FERTILITY:

- VERY LOW CHANCE OF GETTING PREGNANT



PHASE 2 : DAY 6 - 10



WHAT IS HAPPENING: FOLLICULAR

- 1 EGG MATURES
- ESTROGEN LEVELS ARE RISING
- FEEL MORE ENERGIZED, INSPIRED, POSITIVE AND HAPPY

DO:

- DESIRE FOR WORK BONDING - HELPING OTHERS
- MORE CREATIVE AND INDEPENDENT
- NEED YOU TIME - HELPING OTHERS
- FULFILLMENT AT WORK ARE MORE IMPORTANT THAN HOME NEEDS

DON'T:

- REST AND BE LAZY

COUPLED

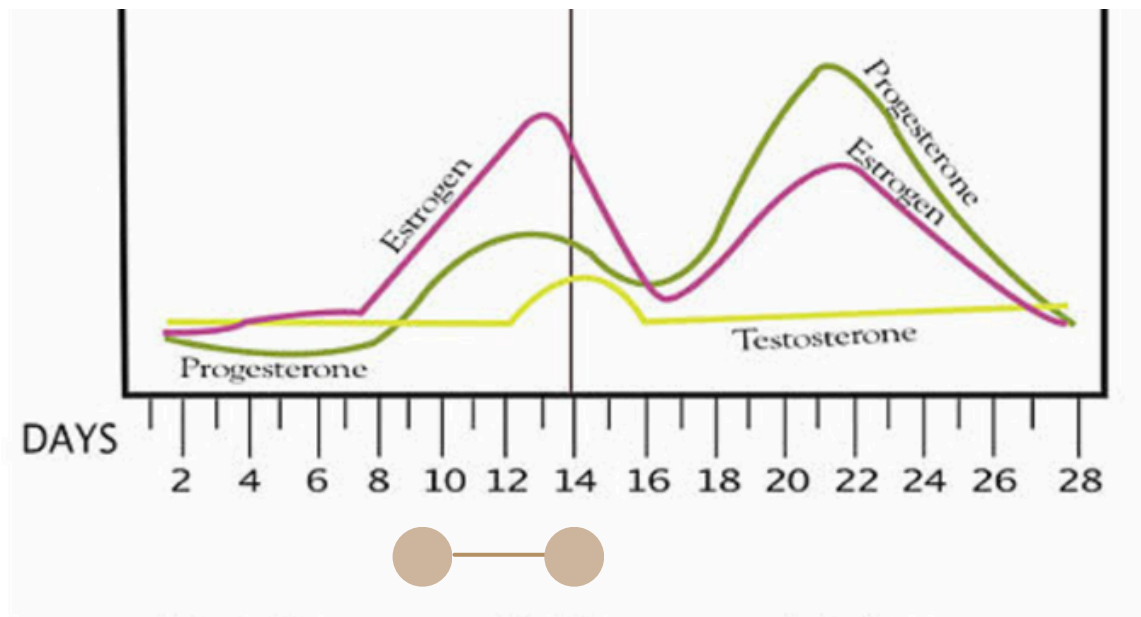
- NEED TO FEEL APPRECIATED AND ADMIRER FOR WHAT SHE CAN ACCOMPLISHED

FERTILITY:

- PRE OVULATION SO BE MINDFUL
- SPERM CAN LIVE UP TO 5 DAYS INSIDE.
- CHANCE OF GETTING PREGNANT



PHASE 3 – DAY 10-14



WHAT IS HAPPENING: OVULATING

- OVULATING (DAY 14 LASTS 16 TO 22 HOURS)
- EGG RELEASED INTO FALLOPIAN TUBE TOWARDS UTERUS
- ESTROGEN AT HIGHEST (ONLY IF... EXPRESSING FEMININE SIDE)
- OXYTOCIN IS HIGHEST AT THIS TIME (IF GETS SUPPORT SHE NEEDS)
- OXYTOCIN HAS GREATEST POWER TO BALANCE HORMONES & LOWER STRESS

DO:

- GO ON ROMANTIC DATES
- A MAN'S ROMANTIC EFFORTS HAVE BIGGEST IMPACT NOW
- SHARE FEELINGS
- GET EXCITED ABOUT SOMETHING
- EXPRESS FEMININE SIDE

DON'T:

- LAZE AROUND
- HOLD IN YOUR FEELINGS

COUPLED

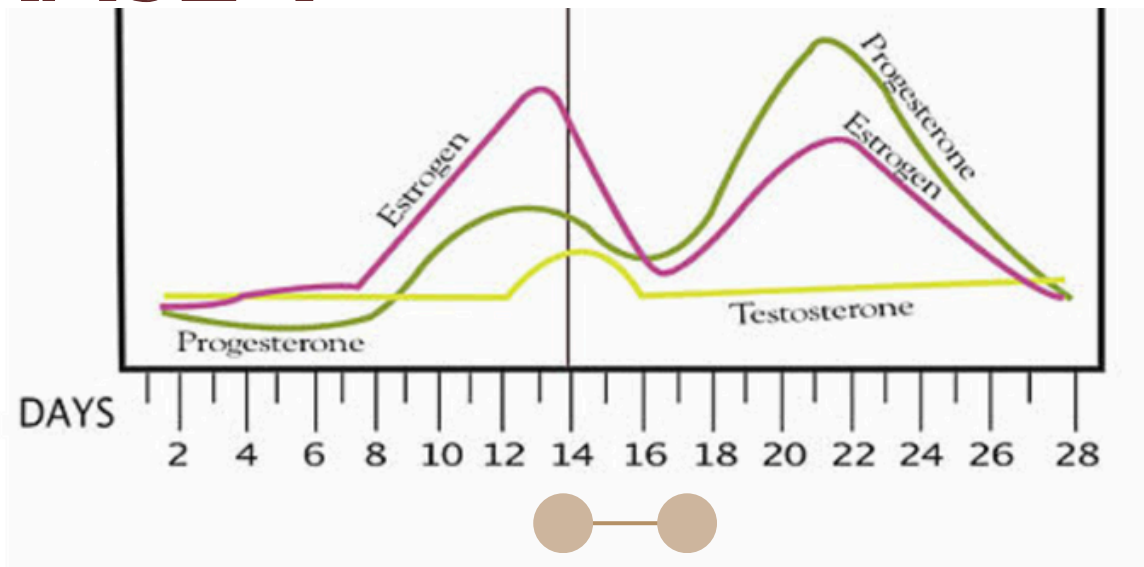
- PAIR BONDING IS ESSENTIAL OR THE WOMAN WILL QUESTION THE RELIABILITY, EFFORTS & WHOLE RELATIONSHIP IN HER NEXT PHASE

FERTILITY:

- HIGH CHANCE OF GETTING PREGNANT



PHASE 4 – DAY 14-17



WHAT IS HAPPENING: NOT IMPREGNATED

- ESTROGEN PLUMETS
- PROGESTERONE LOWERS
- TESTOSTERONE LOWERS
- YOU CAN EASILY BE VERY EMOTIONAL AT THIS TIME.
- EASILY REACTIVE

DO:

- BE VERY KIND TO YOURSELF... YOUR BODY IS IN SHOCK WHILE YOUR ESTROGEN LEVELS PLUMMET.
- REST, REFLECT & JOURNAL

DON'T:

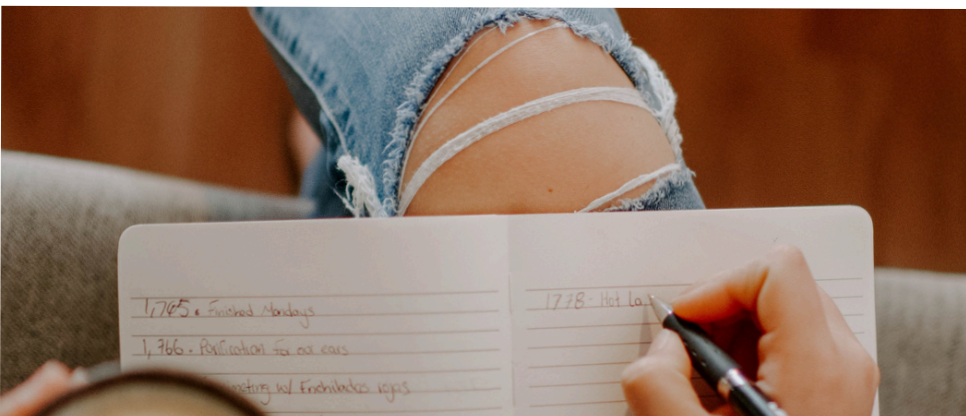
- PLAN HECTIC/STRESSFUL ACTIVITIES
- DON'T OVER EXERCISE
- DON'T TRY AND TAKE ON SOMETHING YOU COULD NOT EASILY COMPLETE

COUPLED

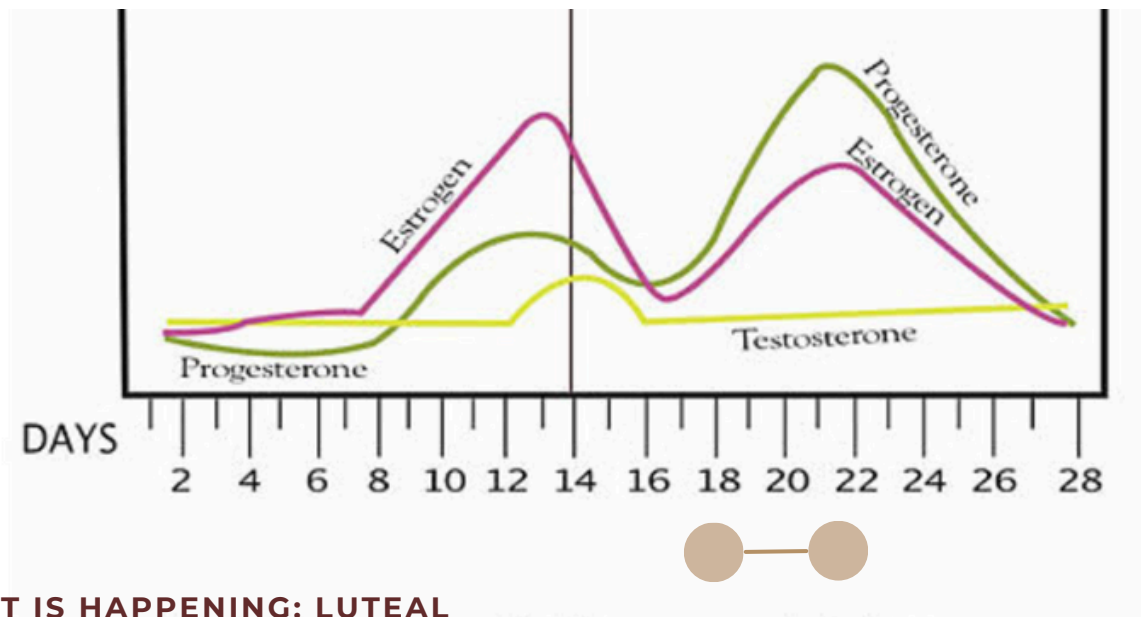
- MAKE SURE YOUR PARTNER IS AWARE YOUR GOING THROUGH A VERY UNSTABLE HORMONAL PERIOD IN YOUR CYCLE
- HAVE SYMPATHY TO YOUR PARTNER AND ASK FOR SUPPORT FROM THEM

FERTILITY:

- POST OVULATION SO SHOULDN'T BE ABLE TO GET PREGNANT
- BE MINDFUL AS OVULATION DATES VARY MONTH TO MONTH



PHASE 5 – DAY 18-22



WHAT IS HAPPENING: LUTEAL

- PROGESTERONE RISES STEADILY
- ESTROGEN RISES STEADILY
- UTERUS PREPARES FOR PREGNANCY BY THICKENING YOUR UTERINE LINING

DO:

- SOCIAL BONDING
- ME TIME IE. SELF NURTURING
- DO WHAT YOU WANT WITHOUT SACRIFICE
- PAIR BONDING FINE UNLESS STRESSED. IF STRESSED FOCUS MORE ON SOCIALIZING WITH FRIENDS & SELF LOVE FOR FUFILMENT

DON'T:

- FEEL PRESSURE TO GO ON DATES IF DON'T FEEL LIKE IT

COUPLED

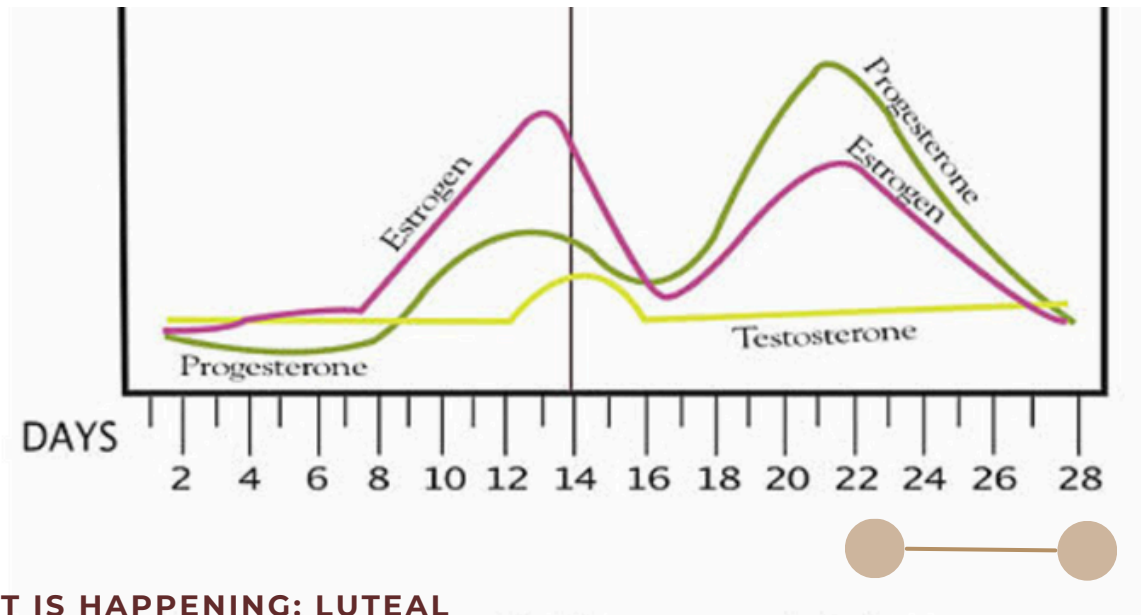
- DON'T DEMAND ATTENTION FROM YOUR MAN IF STRESSED. SEEK ATTENTION FROM FRIENDS OR YOURSELF THROUGH SELF LOVE PRACTICES.

FERTILITY:

- LOW CHANCE OF GETTING PREGNANT



PHASE 6 – DAY 23-28



WHAT IS HAPPENING: LUTEAL

- PROGESTERONE FALLS STEADILY
- ESTROGEN FALLS STEADILY
- UTERUS PREPARES FOR PREGNANCY BY THICKENING YOUR UTERINE LINING

DO:

- SOCIAL BONDING
- ME TIME IE. SELF NURTURING
- DO WHAT YOU WANT WITHOUT SACRIFICE
- PAIR BONDING FINE UNLESS STRESSED. IF STRESSED FOCUS MORE ON SOCIALIZING WITH FRIENDS & SELF LOVE FOR FUFILLMENT

DON'T:

- FEEL PRESSURE TO GO ON DATES IF DON'T FEEL LIKE IT

COUPLED

- DON'T DEMAND ATTENTION FROM YOUR MAN IF STRESSED. SEEK ATTENTION FROM FRIENDS OR YOURSELF THROUGH SELF LOVE PRACTICES.

FERTILITY:

- LOW CHANCE OF GETTING PREGNANT





WOMEN & ESTROGEN

Estrogen, in woman that encourages arousal, excitement, and provides them with energy.

Estrogen rises the more she expresses the qualities of her female side; interdependence, emotional responsiveness, vulnerability, cooperation, intuition, and nurturing.

Estrogen Building Activities

- Being touched in a non sexual way
- Receiving affection
- Receiving attention
- Receiving apologies
- Getting gifts
- Receiving unsolicited help or support
- Attending concerts or social events
- Receiving reassurance
- Feeling seen
- Feeling respected or honoured
- Feeling loved
- Validation of feelings and needs

Signs that you have too high of estrogen levels during second half of cycle (not enough progesterone).

Become overly needy especially in her intimate relationships.

Decreased sex drive, irregular periods, bloating, breast swelling & tenderness, headaches, mood swings, irritability and depression.

Swing too far on her masculine side to lower estrogen by rising her testosterone levels. This will only raise stress levels because producing testosterone will use up any small amounts of progesterone her body desperately needs.

*Rising your progesterone levels will help balance out a woman's too high estrogen levels.



WOMEN & PROGESTERONE

Progesterone is the stress reducing hormone in women as it calms the brain.

Progesterone opposes estrogen to maintain the correct balance of hormones for a woman to get pregnant

Need high levels during second phase of cycle or will experience stress symptoms.

IMPORTANT Progesterone can easily be used up to create testosterone so levels can be lower than necessary! Especially in our male structured society.

Difficult to raise progesterone levels if stressed while doing self care activities. One needs to nurture their own needs and enjoy fun, happiness and pleasure in a stress free environment to build progesterone levels.

Progesterone social building activities

- Nurturing you own needs
- Fun, happiness and pleasure.
- Playing games
- Social bonding.
- Team activities
- Group classes
- Making meal with others
- Support groups
- Sharing with friends
- Dancing with friends

Progesterone self building activities

- Working out to improve health
- Learning new skill
- Reading a book she enjoys
- Cleaning & organizing home
- Journaling
- Meditating
- Gardening
- Reading or watching shows where she relates to characters
- Walking in nature
- Candlelit bubble bath
- Listening to music and dancing alone



WOMEN & TESTOSTERONE

Testosterone helps her meet daily challenges without additional stress **ONLY** when she can look forward to having the opportunity to partake in Progesterone building activities.

How is Testosterone Created?

It is made when required to express male characteristics. To produce Testosterone in a female body, her Progesterone must be transformed.

Ideally you want a woman's Estrogen levels always higher than Testosterone .

Unlike men who need Testosterone to lower stress, a small surge in Testosterone can increase stress unless tempered with Oxytocin.

Side Effects of too high Testosterone

- Difficulty climaxing
- Everyday stress levels rise
- Health issues

Activities that promote Testosterone

- Being tough
- Independent
- Detached
- Competitive
- Analytical
- Problem solving
- Working
- Providing
- Deadlines
- Leadership roles
- Ignoring her conscience
- Technical Jobs
- Time restraints



WOMEN & OXYTOCIN

Most important hormone to lower stress

Associated with love, trust, & safety. It increases feelings of love, trust & attachment. Boosts sexual arousal and responsiveness to increase women's ability to orgasm.

Facilitates childbirth by creating contractions, and supports the let down of milk when breastfeeding

It also increases eye contact, triggers protective instincts, improves sleep and increases ones sense of generosity.

Examples of Oxytocin Building Activities.

- Talking about problems & relationships
- Receiving support
- Anticipates receiving support
- Pair Bonding
- Hugging
- Expressing feelings and being heard
- Getting hair cut
- Mani and pedi
- Spa day
- Receiving compliments
- Receiving help
- Having plenty of time to do the things she wants to do
- Prayer
- Expressing gratitude
- Going out on dates
- Romanced
- Getting pretty
- Shopping
- Wearing sexy lingerie
- Giving gifts
- Helping others
- Cooking for others
- Caring for others



BIRTH CONTROL

Taken by over half of women who are at their reproductive age. It interrupts a woman's natural hormonal cycle to prevent ovulation and conception.

Side Effects

Major contributor stopping women shifting into their female side. As she does not feel as deeply her natural instincts, wishes, and desire to engage in progesterone producing social activities. Without natural motivation for social bonding socializing is less fulfilling and she becomes overly dependent on her relationship for her fulfillment. This neediness makes her more dissatisfied with her partner than she would normally feel. Since it has been introduced the rates of cardiac disease, depression, sleeping disorders, breast cancer, osteoporosis and dementia have sky rocketed.

Girls aged 15-19 on birth control were 80% more likely to go on antidepressants
*Danish study

Pill blocks her sense of smell to a man's pheromones which is a key factor in attraction. Her body thinks it is pregnant she is attracted to men not for a mate but to support her and her unborn child.

She is attracted to less masculine men.

Overtime your body loses its ability to make your hormones on their own.

Can take months to years to regain a natural cycle again.

JOURNAL PROMPTS



YOUR RELATIONSHIP TO ESTROGEN

Take time to review this book and look at how you haven't been supporting your Estrogen levels, especially during Phase 4.

How can you incorporate Estrogen building activities at needed times during your cycle? Goddess activities!



YOUR RELATIONSHIP TO PROGESTERONE

Connecting with friends is one of the best ways to produce Progesterone. How else can I create regular stress free environments to support a healthy development of Progesterone?

How do you actively support your Progesterone levels during Phase 1 and Phase 6.



YOUR RELATIONSHIP TO TESTOSTERONE

Modern stress with deadlines, alarms and bills has Testosterone levels in women at the rise.

How can you be more mindful when you complete masculine tasks that produce Testosterone that you can surrender safely back into your feminine side?



HOW WELL DO YOU UNDERSTAND YOUR CYCLE

Review the phases of the cycle. Are you confident to communicate your needs to those around you during the different phases?

Phase 4 is a crucial part of a women's cycle that isn't discussed. How can you support yourself during this time?



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