

Healthy Cycle

LIFESTYLE HACKS

Reduce Stress

Stress can have a major impact on your whole body, including your cycle. It can effect hormones, ovulation, and the overall health of your cycle. Eliminate the stressors you can and practice self care for at least 15 minutes per day.

Clean up your Diet

The standard American diet is inflammatory, and fertility can take a hit. Eat as many whole foods, vegetables, and fruits as possible and as few processed foods as possible. Avoid gluten, dairy, soy, and sugar.

Regardless of your state in life, a healthy, regular cycle is an important health goal for all women. The health of your cycle points to the overall health of your body. Hormonal balance is important for optimal health.

Prioritize Sleep

Researchers are reporting that sleep is possibly the most important factor for overall health, but most people aren't getting enough. Make a point to be in bed for at least 8 hours per night.

Green your Home

Conventional household and feminine products are full of toxins and endocrine disruptors, effecting our health and hormones. Fragrance is the new second hand smoke. Swap to clean products and natural alternatives.

Clean your home naturally with a few basic ingredients that are probably already in your pantry. Swap fragrance for pure essential oils.

Move your Body

A healthy weight helps you to have a healthy cycle. Plus, moderate exercise is beneficial for stress reduction. Aim to exercise at least a few times per week, whether that's yoga, a run, or your favorite gym class.

Drink Water

Aim for drinking at least half your body weight in ounces each day. Keep your favorite non-toxic water bottle with you at all times. Need a flavor boost? Add your favorite pure essential oil.

By learning to chart your cycle with a trained professional, you can monitor and evaluate specific biomarkers for women's health issues and infertility. It allows you to be proactive in taking charge of your fertility. It's truly empowering for women to know their bodies!