



CYCLE SYNCHING BLUEPRINT



I am Kim, **Functional Medicine Certified Health Coach, Functional Nutrition Specialist, and Founder of IMPERIUM Health Coaching.** I am also a **certified HeartMath Trauma-Sensitive Practitioner**, integrating nervous system regulation and resilience practices into my work.

I studied at the internationally recognised Functional Medicine Coaching Academy in collaboration with the Institute for Functional Medicine, as well as at the Dr. Sears Wellness Institute. I also completed advanced training in gut and hormone health through the Institute of Integrative Nutrition, and as an eternal student I continue to deepen my knowledge. I am currently studying The Essential Gut Program at the School of Applied Functional Medicine.

My own healing journey inspired me to help others. I worked through trauma, anaemia, thyroid and adrenal disruption, and Breast Implant Illness, and I also supported my mother on her path toward better health through nutrition, lifestyle, mindset, and targeted supplementation, further inspiring me on this path.

Through **IMPERIUM**, I help people better understand their minds & bodies, restore resilience, and build sustainable foundations for long-term wellbeing. I am deeply passionate about health and wellbeing, and I hope the information in this guide supports and inspires you on your own journey.



•IMPERIUM
HEALTH COACHING

x

CYCLE SYNCHING BLUEPRINT



WOMEN'S HEALTH & CYCLE SYNCING

The menstrual cycle is a fundamental aspect of a woman's health, offering insights into hormonal balance, fertility, and overall well-being. Spanning approximately 28 days, it includes four key phases: **menstrual, follicular, ovulation, and luteal**. Each phase is marked by hormonal changes that influence energy, mood, and physical capabilities.

Cycle syncing is the practice of aligning daily activities, diet, and exercise with the different phases of the menstrual cycle. This approach recognizes that a woman's needs and capacities fluctuate throughout the month, and by adapting to these changes, she can optimize her health and productivity.

Benefits of cycle syncing:

- * Enhanced physical health
- * Improved mental clarity and productivity
- * Emotional balance
- * Metabolic support
- * Reproductive health

Implementing Cycle Syncing:

- * Track your cycle. Use apps or journals to monitor menstrual phases and identify patterns.
- * Adjust workouts. Plan high-intensity activities for energy peaks and restorative exercises for low-energy days.
- * Tailor nutrition. Adjust your diet to support hormonal changes, focusing on specific nutrients during each phase.
- * Schedule strategically. Align demanding tasks with high-energy phases and leave more introspective work for quieter phases.

By embracing cycle syncing, women can work with their bodies' natural rhythms rather than against them, leading to greater health, productivity, and life satisfaction.



MENSTRUAL PHASES

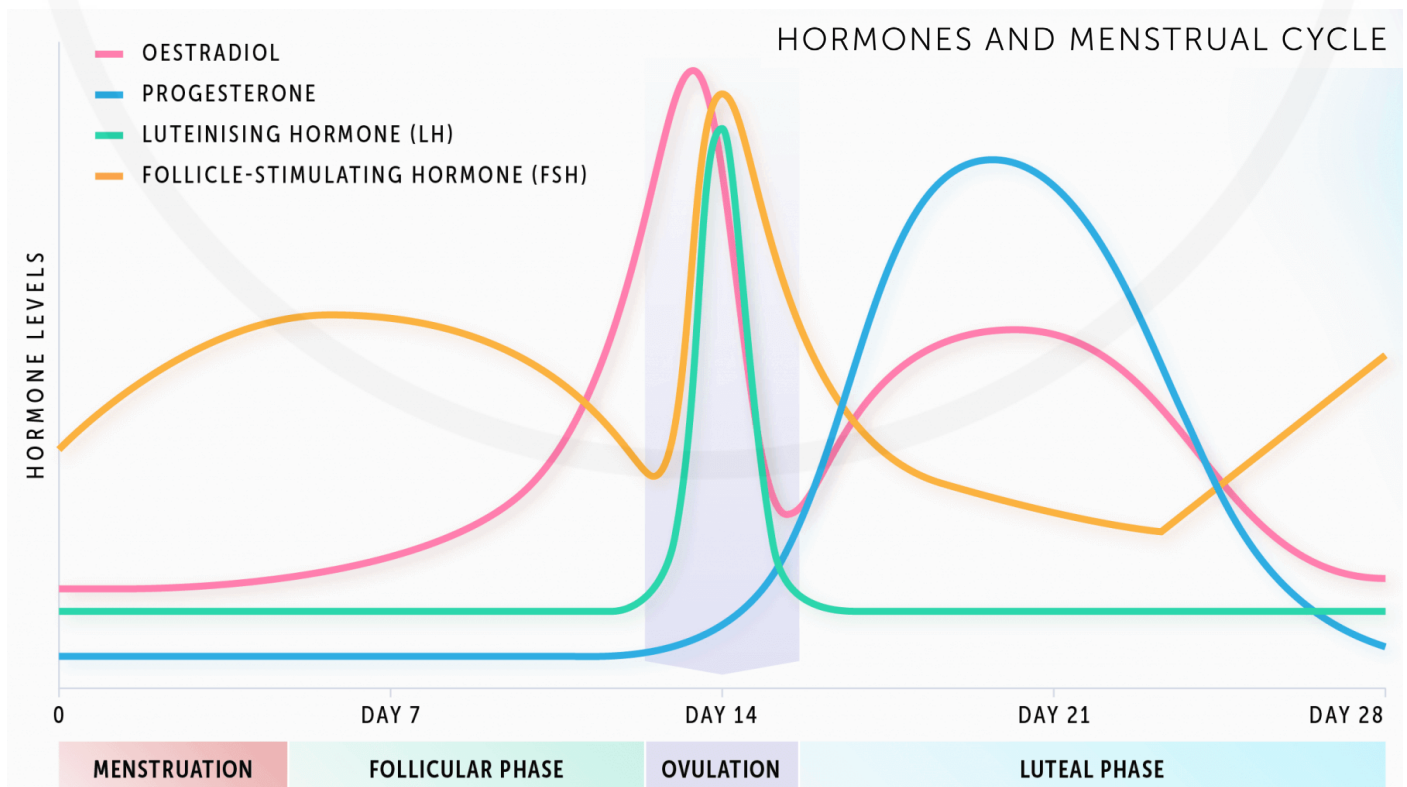
The menstrual cycle is characterised by different phases, each with its own hormonal profile and effect on the body. Adapting your lifestyle, exercise, and nutrition habits to the needs of these phases can have profound health benefits for women.

In essence there are four phases - Menstruation, the Follicular Phase, Ovulation and the Luteal Phase. The first two phases are often known as the **Follicular Phase**, the latter two the **Luteal Phase**.

The Follicular Phase comprises the first two weeks of your menstrual cycle, starting with the first day of your period, up until ovulation around day 14 (it could be closer to day 17 for you if you have a 30 day cycle). It is characterised by low hormones as you bleed, with rising level of hormones after day 4, which peak towards the end of this phase as you enter ovulation. As estrogen makes her debut, it is time for new beginnings, being more energised. Menstruation lasts between 3 and 7 days, the late follicular phase between 7 and 11 days.

Ovulation is characterised by a peak in estrogen and surge luteinising hormone, as well as a rise in testosterone. It lasts for three days and is a time where socialising, being active and getting things done is best.

The Luteal Phase lasts for around 12 to 14 days and sees progesterone making her appearance. Towards the end of this phase, hormone levels drop as the body gets ready for menstruation. This is a time for nurturing and reflection, being kind to yourself goes a long way here!





MENSTRUAL PHASE | WINTER

Exercise

With hormones at your lowest, so is your energy. Engage in activities that are low impact and that feel restorative to you, and getting enough rest and sleep is thus also essential. Exercises such as foam rolling, stretching, walking, yin yoga, and mat pilates are good to do.

Fasting

Do not fast the first 2 days, enjoy a balanced, healthy breakfast to nurture your body properly. As the week progresses you can get into your 14 to 16 hour fast.

Emotional

This is the perfect time to go inwards, reflect, unwind, and to be kind to yourself! Wonderful selfcare to partake in are epsom salt baths, sleep, meditation, journalling, and breath work.

Nutrition

As you are bleeding during this time, getting nutrient-dense foods into your diet which are anti-inflammatory and rich in iron & minerals such as zinc and magnesium is beneficial. Make sure you get enough healthy fats and proteins, as well as nurturing warm spices, foods and meals.

Seed Cycling

1 tablespoon of each ground flaxseeds and pumpkin seeds per day.





LATE FOLLICULAR PHASE | SPRING

Exercise

When your period is coming to an end, your energy will rise in line with your hormones. More vigorous, intense exercises are good during this time, as is mixing up your routine. Do fun, active exercises, such as high intensive cardio, dancing, biking, swimming, and running.

Fasting

This is a great time to fast, so go ahead and fast for up to 16 or 18 hours, whatever feels good for your body.

Emotional

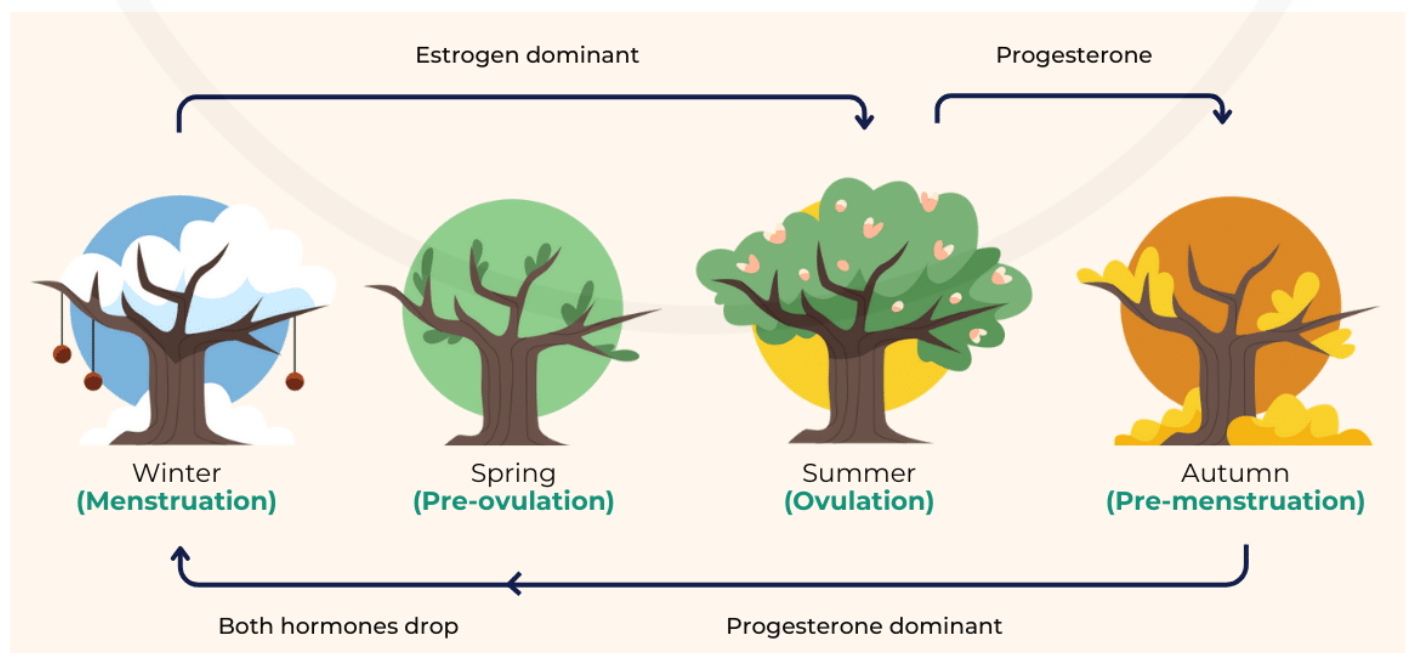
Rising estrogen improves our mood and energy levels, making this a good time for planning, being social and outgoing. Your skin is plump, you feel optimistic, so doing your brainstorming, planning & trying new things will suit you well.

Nutrition

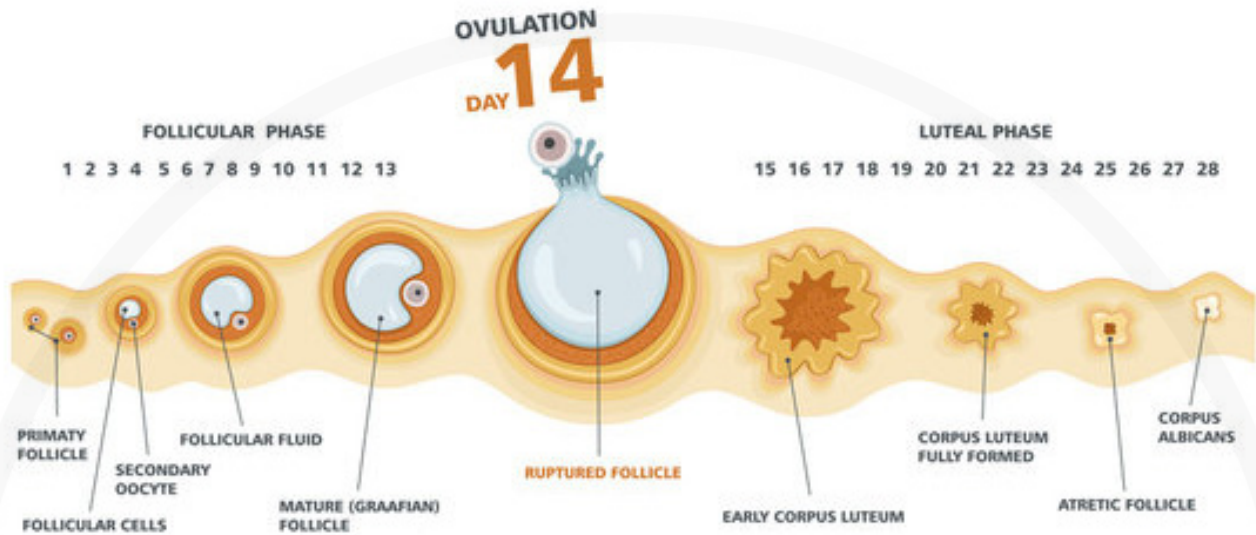
Eating more vibrant, fresh, light foods can compliment your energy levels. As estrogen is lower at the beginning, eating foods that act as phytoestrogens such as organic soy, tofu, tempeh, seitan, and beans can help balance hormones. Make sure you eat sufficient fiber through raw and steamed vegetables, and probiotic foods such as kimchi and sauerkraut towards the end to support the gut in metabolising this hormone. Lean protein such as seafood and eggs are also beneficial.

Seed Cycling

1 tablespoon of each ground flaxseeds and pumpkin seeds per day.



MENSTRUAL CYCLE



OVULATION PHASE | SUMMER

Exercise

Estrogen is peaking and the high level of testosterone means that your energy levels are soaring. Get into HIIT, sprints, high strength training, and spinning.

Fasting

Continue to fast through this phase, exploiting the natural energy and high that you feel.

Emotional

This phase is our empowered phase. High estrogen enhances our nurturing, empathetic state where we feel connected to others. Enjoy social events, have meaningful conversations and engage in deep connections.

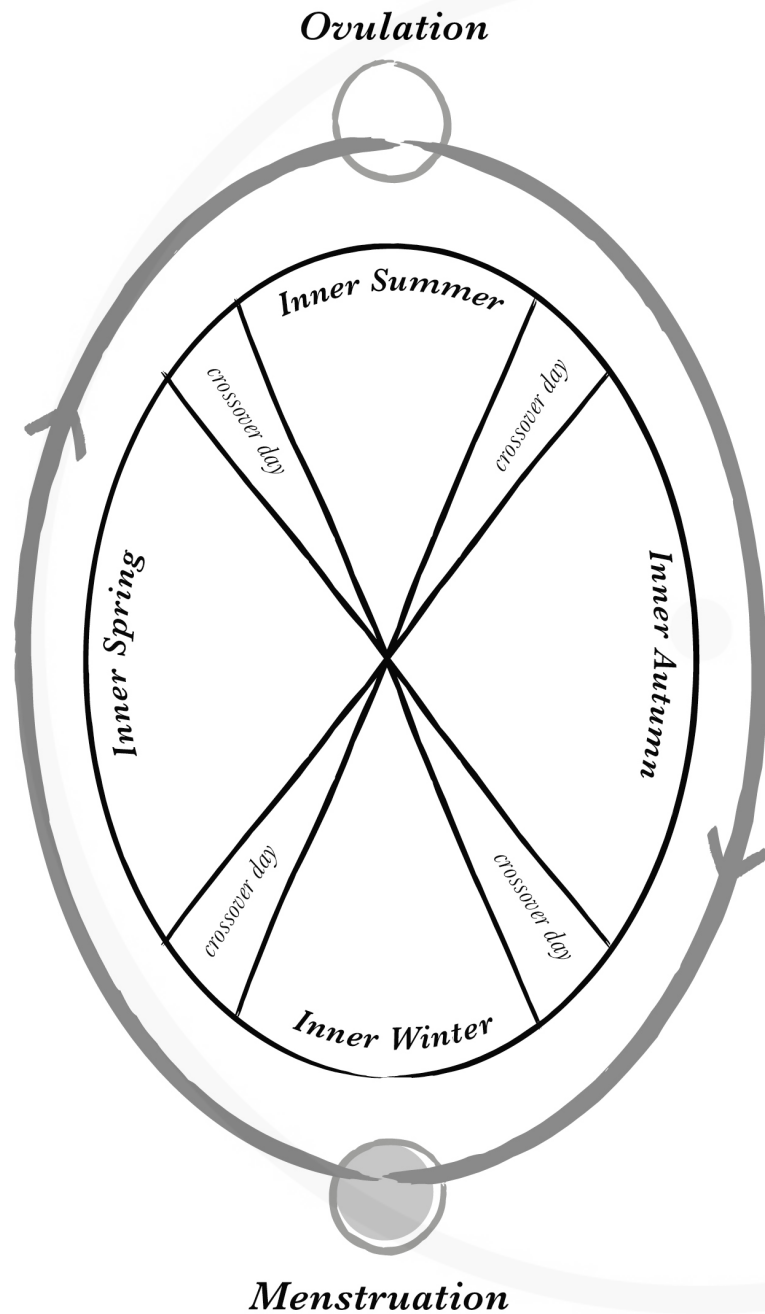
Nutrition

With estrogen peaking, we need to support the liver and the gut to ensure balanced hormones. Cruciferous vegetables, leafy greens, fatty fish, lentils, and fresh fruit can help support you through this phase.

Seed Cycling

1 tablespoon each of sesame seeds and sunflower seeds per day.

LUTEAL PHASE | AUTUMN



Exercise

Hormones start high, but then gradually fall. In the first few days continue to do moderate strength training and cardio, towards the end do more walking, yoga and pilates. Sleep is more essential here, so get sufficient rest.

Fasting

With declining hormones it is best to nourish and nurture your body, so if you fast, do so for max 14 hours, with 12 hour fasts towards the end of this phase.

Emotional

As progesterone is the star of this phase, dampening the energising and building effect of estrogen, you will feel more inclined towards quieter settings, focusing on self care, organising, and getting things finished up. Tap into your creativity and spirituality in this phase also.

Nutrition

Foods rich in vitamin C, vitamin B, roasted vegetables as well as healthy fats, resistant starch and good carbohydrates such as beans, legumes, pumpkin, sweet potatoes, quinoa, ..

Seed Cycling

1 tablespoon each of sesame seeds and sunflower seeds per day.

SEED CYCLING

The method of **seed cycling** is said to support and regulate your hormones using specific combination of seeds at different phases in your menstrual cycle.

Different seeds have different nutritional properties and support healthy levels of the right hormones at the right time of the cycle. This is an easy and effective addition to your daily habits!

The female cycle is divided into two main phases, the **follicular phase** and **luteal phase**. Seed cycling can boost estrogen levels during the follicular phase and progesterone levels during the luteal phase.

In a typical 28-day cycle, **the follicular phase** lasts from day 1 to 14 and this when your body is producing estrogen. During this phase, it is recommend eating **flaxseed and pumpkin seeds** (1 tablespoon daily of each). These seeds are rich in phytoestrogens, a gentle, fully naturally-occurring form of estrogen.

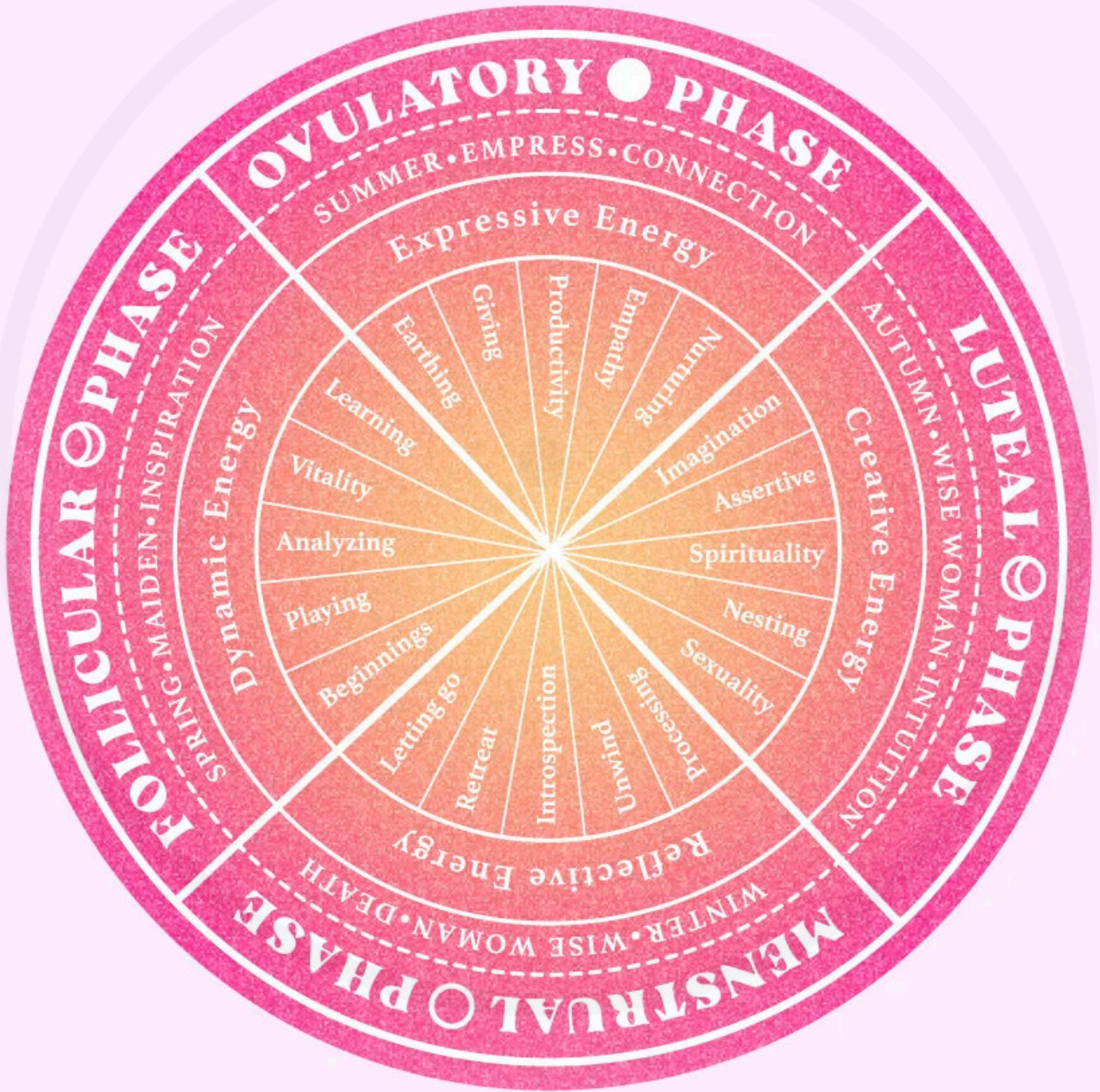
The **luteal phase** lasts from day 15 to 28. During this phase your progesterone levels steadily increase, until your flow starts. It is beneficial to eat **sunflower and sesame seeds** (1 tablespoon daily of each) during this time as the high levels of zinc in sesame seeds and vitamin E in sunflower seeds promote progesterone production.

WEEK 1 & 2 ground flaxseeds & pumpkin seeds

WEEK 3 & 4 sesame seeds & sunflower seeds



SUMMARY



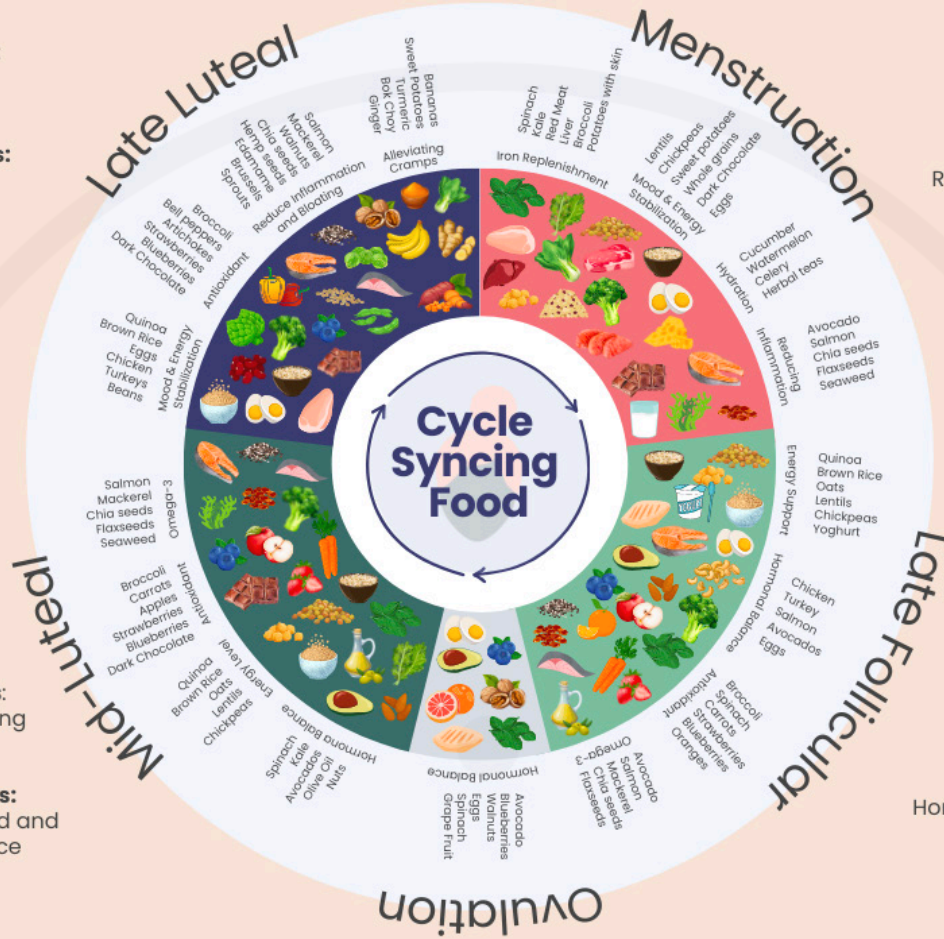
Menstrual Cycle Food Chart

Hormonal Focus:
Dropping progesterone

Nutritional Focus:
Managing PMS symptoms

Hormonal Focus:
Lower estrogen and progesterone

Nutritional Focus:
Replenishing lost iron and B vitamins



Hormonal Focus:
Rising and peaking progesterone

Nutritional Focus:
Supporting mood and hormonal balance

Hormonal Focus:
Rising estrogen

Nutritional Focus:
Hormonal balance and egg maturation

CYCLE PHASE

SYMPTOMS

EAT THIS

Menstrual Phase
(days 0-7)

low energy,
bloating, cramping

foods high in iron, B12, Vit C,
Omega-3s, antioxidants
(red meat, poultry, nuts/seeds,
citrus fruits, tomatoes, fatty fish,
leafy greens, grains, spices)

Follicular Phase
(days 0-13)

increase in energy,
less cravings

Lean protein, complex carbs,
cruciferous veggies, foods high in
fiber, healthy fats
(poultry, white fish, tuna, eggs, peas,
beans, lentils, broccoli, cauliflower,
brussels, cabbage, whole grains,
oats, quinoa, avocado, fatty fish,
nuts/seeds)

Ovulation Phase
(days 14-15)

energy at
highest

Foods high in fiber and magnesium,
complex carbs
(whole grains, starchy veggies
including peas and potatoes,
squash, dark chocolate, oats,
quinoa, brown rice, leafy greens,
cruciferous veggies, nuts/seeds,
beans, lentils, fruits)

Luteal Phase
(days 16-28)

low energy, mood
swings, increased
appetite and
cravings



KIM SMOLDERS

Functional Medicine Certified Health Coach
Functional Nutrition Specialist

www.imperiumhealthcoaching.com

kim@imperiumhealthcoaching.com

DISCLAIMER : the information in this document is not medical advice, is not intended to be, and should not be seen as such. It should not replace any advice / recommendations made by any medical professionals you are working with. Please check with these medical professionals before integrating any of the practices mentioned in this document.