

- Menstruation / Premenstrual Syndrome

Girls, try cycle syncing to have a happy life

Adjust your behaviour to support your menstrual cycle so you can be free from massive mood swings and PMS

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PMS is becoming common because we are so resistant to accept ourselves the way we are. A natural period will have hormonal shifts, which will cause us to behave and think differently. We need to stop fighting against it and rather work with our hormones. Adjusting your behaviour to support menstrual cycle is called cycle syncing. It is a relatively new trend where you can bio hack your menstrual cycle. There are apps available for this and the concept is simpler. Women with PCOS, low libido, having difficulty in conceiving and massive mood swings can benefit by following it.



Our monthly cycle is divided into four phases. Awareness of these phases and the rise and fall of hormones can help us handle our behaviours better. Hormones influence our mood and energy, and there is no escaping that. So, it's best to understand and work with it. I am taking a 28-day cycle as an example to explain the concept. During the menstrual phase (Day 1-7), while the delta brain activity is higher, oestrogen and progesterone levels begin to drop. In an ideal world, this is the time to rest, relax and release. One should rejuvenate and recover, go inwards and let go of emotions that don't serve you. Eating ironrich foods such as dates, red meat, dark leafy greens and warm almond soup is advisable. Then is the follicular phase (Day 8-13), when hormone levels start to gradually increase mainly FSH (follicular stimulating hormone) and oestrogen prepares the body for conception. This is when the brain works at its best for problem solving and setting goals. You start to feel more confident and become more social around this time. Scheduling important meetings and accepting social invites is a good idea during this phase. Having proteins such as eggs, nuts, lean meats, vitamin E, sweet potatoes helps to develop healthy follicles.

Second last is the ovulatory phase (Day 14-21) where ovulation begins and the follicles start to rupture. This time LH (luteinizing hormone) is on the rise, leading to super fertility. Oestrogen is at its peak, testosterone also increases and you feel empowered. Alertness increases and beta brain activity is also high. It's a great time to dive deep into things you thought were difficult. Planning a date night and being excited about it generally happens during this phase. Taking a glutathione 250mg (reduced form) would be ideal to flush out the excess oestrogen. Taking 2000mg of vitamin C helps the absorption, too.

And last is the luteal phase (Day 22-28). If you don't get pregnant, oestrogen and progesterone levels drop and you will feel the need to relax. If you are an anxious person, don't make any major decisions and just spend more time with yourself. Self care should be the priority. Eat berries, bananas, root vegetables to avoid massive sugar cravings. Being mindful of these phases and planning your events accordingly will help you sail through life better.