HORMONE HEALING FOODS BASED ON YOUR CYCLE

Dr. Katie Eagle- The Sisterhood

PHASE 1: Menstrual (Days 1-5)

Hormonal Focus: Estrogen & progesterone are low.

Your body is shedding and needs minerals, warmth, and repair.

Mood: Reflective, inward, slower pace

Best Foods:

Mineral rich: Bone or veggie broth, seaweed

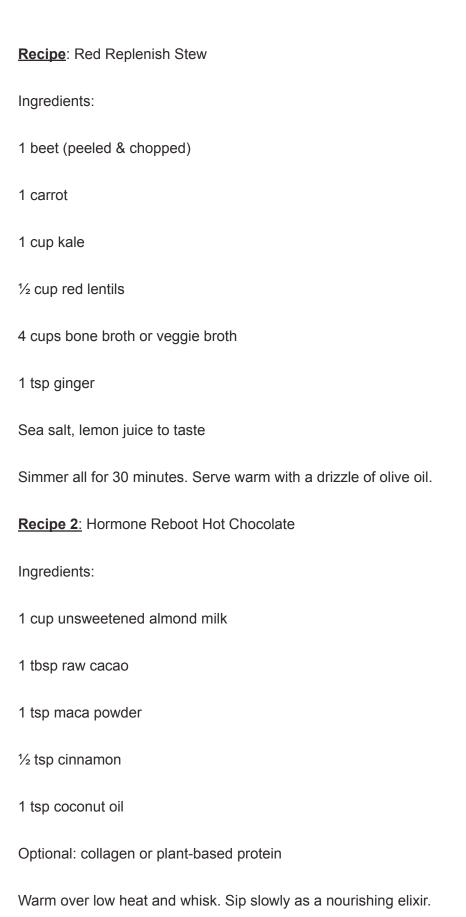
Iron – for blood loss recovery (beef, lentils, molasses, spinach, beets, leafy greens)

Zinc – immune & tissue repair (pumpkin seeds, oysters)

Magnesium – reduce cramps & support detox (dark chocolate, greens)

Vitamin C – helps absorb iron (citrus, bell peppers)

Electrolytes – sodium, potassium, calcium (broths, coconut water)



PHASE 2: Follicular (Days 6–13)

Hormonal Focus: Estrogen is rising= energy building, more stable blood sugars, build and nourish.

Mood: Optimistic, energized, open to new ideas

Best Foods:

B Vitamins (esp. B6, B9, B12) – support energy & estrogen production (eggs, leafy greens, salmon)

Folate – for cell regeneration (beans, greens)

Fiber – clears excess estrogen (broccoli, flaxseed)

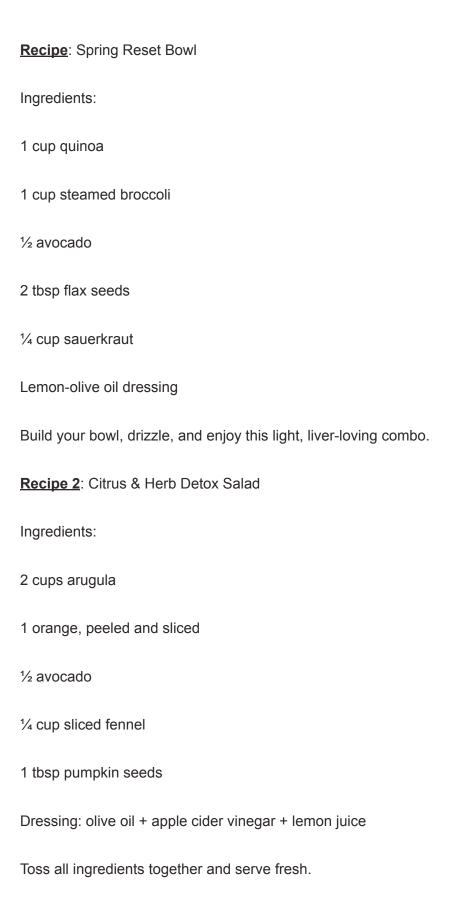
Omega-3s – brain & hormone health (salmon, chia seeds)

Lignans – estrogen modulating (flaxseed and pumpkin seeds)

Clean protein: Legumes, wild caught fish, hummus

Liver support: Cruciferous veggies (broccoli, kale, arugula), berries

Minerals: Citrus, Iemon water, raw veggies



PHASE 3: Ovulatory (Days 14–16)

Hormonal Focus: Estrogen peaks, LH surges, more strength and power= detox time!

Mood: Social, expressive, magnetic, glowing, and social

Best Foods:

Glutathione – master antioxidant (asparagus, avocado, turmeric)

Zinc – for egg quality + hormone balance (pumpkin seeds, shellfish, oysters, organic grass fed ground beef)

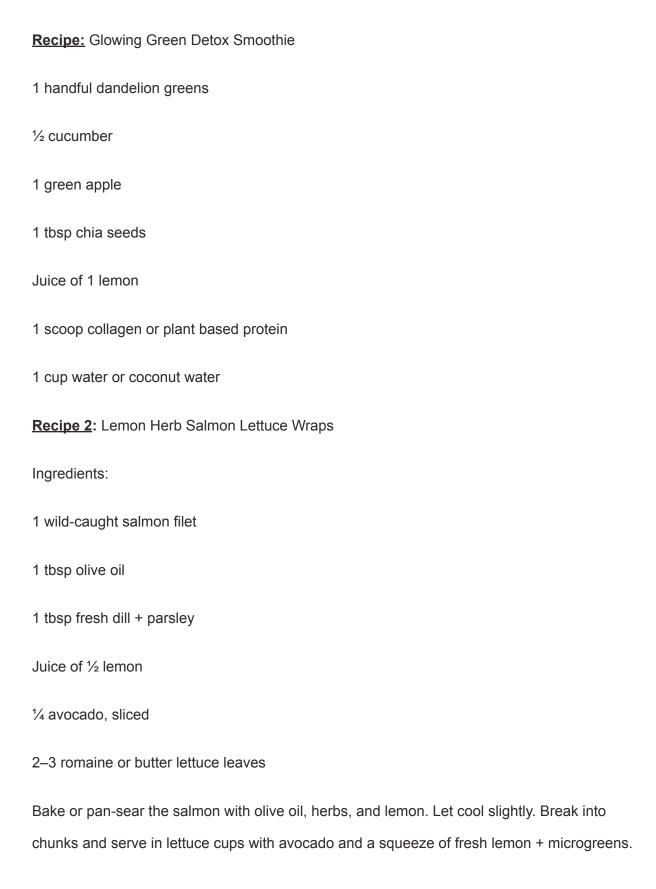
Vitamin E – protects eggs and supports skin (avocado, almonds, chia, flax)

Choline – supports liver & brain (eggs)

Sulfur compounds – detox (garlic, onions, broccoli)

Raw veggies & fruit: Boost fiber and antioxidants

Raw salads, herbs (cilantro, parsley)



PHASE 4: Luteal (Days 17-28)

Hormonal Focus: Progesterone rises, blood sugar

becomes more sensitive

Mood: Grounded, intuitive, emotionally sensitive

Best Foods:

Magnesium – mood, sleep, progesterone support (chocolate, pumpkin seeds)

Vitamin B6 – supports progesterone, reduces PMS (turkey, bananas, chickpeas)

Chromium – blood sugar balance (broccoli, cinnamon)

Complex carbs – regulate cravings & stabilize mood (squash, oats, sweet potatoes, quinoa, apples, carrots)

Healthy fats – for satiety & hormone synthesis (avocado, nuts, ghee)

Calming fats: Coconut oil, avocado, nut butters

Hormone support: Sunflower seeds, tahini

Recipe: Hormone-Support Tahini Bites
Ingredients:
½ cup tahini
1/4 cup ground sunflower seeds
1 tbsp sesame seeds
1 tbsp raw honey
Dash of cinnamon + pink salt
Mix, roll into balls, chill for 30 mins.
Recipe 2: Sweet Potato Chickpea Curry
Ingredients:
1 medium sweet potato, cubed
1 can chickpeas
1 cup coconut milk
1 tbsp curry powder
1 clove garlic
1 cup spinach
Salt, ginger, and cinnamon to taste
Simmer all for 20 minutes. Serve warm with rice or guinoa

Seed Cycling Cheat Sheet

Days 1–14: Flax + pumpkin (2 TBSP/day)

Days 15–28: Sunflower + sesame (2 TBSP/day)

You're Meant to Feel This Good.

Join The Sisterhood to learn how to fast by your cycle, align with your energy, and finally feel like yourself again.

Food is not just fuel—it's a rhythm, a ritual, and a return to balance.

Ready to Balance Your Hormones Naturally?

Join The Sisterhood for hormone healing: increase your energy, improve the quality of your sleep, reduce PMS symptoms, have clear radiant skin, regular painless cycles, balanced moods, and feel confident in your body.

When women eat in rhythm, everything shifts—energy, focus, peace, power, and empowerment.