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RENAVIA GUIDES

Complete Cycle Guide

Phase-by-Phase Wellness System



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Your Cycle Is Not a Problem

The menstrual cycle is a beautifully orchestrated rhythm of four hormones — estrogen, progesterone, LH, and FSH — moving through six distinct phases. Each phase creates its own physiological weather, affecting energy, mood, cognition, metabolism, and recovery capacity. When you learn to recognize where you are in your cycle, everything becomes easier: how you train, how you eat, how you rest, how you show up in the world.

How to Use This Guide

For each phase, you will find: the hormonal picture, what typically feels good, movement recommendations, nutrition focus, supplement protocols, and self-care rituals. This is a framework, not a prescription. Your subjective experience is more reliable than any general guideline. Use these as a starting point for your own experimentation.

The Six Phases at a Glance

- Days 1–5 · Menstrual (Rest) — hormones low, iron loss, quiet inward focus
- Days 6–9 · Early Follicular (Refresh) — estrogen rising, energy returning
- Days 10–13 · Late Follicular (Grow) — estrogen peaks, cognitive drive elevated
- Days 14–16 · Ovulatory (Connect) — LH surge, peak vitality, social ease
- Days 17–22 · Early Luteal (Nurture) — progesterone dominant, warm & steady
- Days 23–28 · Late Luteal (Restore) — hormones drop, PMS window, introspection

Menstrual

"Rest"

Days 1–5

HORMONES

Estrogen and progesterone are at their lowest. Iron loss occurs through menstrual bleeding. The endometrial lining sheds.

HOW IT FEELS

Introspective, quieter energy. Some women feel relief (post-PMS drop). Cramps, back pain, and fatigue common. Deep sleep often improves.

MOVEMENT

Rest as the default. Gentle walks, restorative yoga, mobility work. Skip high-intensity training. If you feel strong, honor it — but do not push.

NUTRITION

Warm cooked foods (soups, stews, root vegetables). Iron-rich foods (lean red meat, lentils, spinach) with vitamin C for absorption. Warming spices (ginger, cinnamon). Reduce cold raw foods and caffeine.

SUPPLEMENTS

Iron (18–27mg elemental, with food) if flow is heavy. Magnesium glycinate 300mg. Ginger extract for cramps (500mg, 3x daily during flow). Vitamin C 500mg for iron absorption.

RITUAL

Warm baths with epsom salts. Journaling. Heating pad for cramps. Say no to non-essential commitments. Rest without guilt.

Early Follicular

"Refresh"

Days 6–9

HORMONES

Estrogen begins rising as new follicles develop. FSH peaks briefly. Progesterone remains low. Energy returning.

HOW IT FEELS

Emerging clarity. Motivation returns. Skin may improve. Sleep often deeper. Optimism and openness to new possibilities.

MOVEMENT

Light strength training. Walks, mobility, low-intensity cardio. Rebuild before pushing. Focus on technique over intensity.

NUTRITION

Fresh, lighter foods return to appeal. Sprouted grains, leafy greens, fermented foods for gut health. Continue iron if menstruation was heavy. Protein for tissue rebuilding.

SUPPLEMENTS

B-complex (with methylated B vitamins if genetics suggest MTHFR variant). Vitamin D3 4000IU. Zinc 15mg. Magnesium continues 300mg.

RITUAL

Set intentions for the coming month. Try something new. Reorganize your space. Reconnect with what excites you.

Late Follicular

"Grow"

Days 10–13

HORMONES

Estrogen peaks — highest levels of the entire cycle. LH begins to rise. Cervical fluid becomes egg-white and stretchy. Body preparing for ovulation.

HOW IT FEELS

Peak cognitive performance. High verbal fluency. Strong drive, ambition, focus. Better pain tolerance. Confidence typically high.

MOVEMENT

Hardest training window. Strength, HIIT, sport, PRs. This is when to push. Bodies tolerate more volume and intensity now.

NUTRITION

Higher protein needs. Complex carbs to fuel harder training. Cruciferous vegetables (broccoli, cauliflower) support estrogen metabolism. Adequate hydration critical.

SUPPLEMENTS

CoQ10 100mg (supports egg quality). NAC 600mg. Vitamin E 200IU (mixed tocopherols). Selenium 100mcg. Continue Vitamin D3 and magnesium.

RITUAL

Take on big projects. Have hard conversations. Make major decisions. Book important meetings. Your capacity is highest.

Ovulatory

"Connect"

Days 14–16

HORMONES

LH surge triggers ovulation. Estrogen dips briefly then rises again. Progesterone begins its ascent from the corpus luteum.

HOW IT FEELS

Peak vitality and radiance. Skin often glows. Libido typically highest. Extroversion and social ease. Some experience mid-cycle ovulation pain (mittelschmerz).

MOVEMENT

Peak output potential. Sport, competition, group fitness. Social and challenging workouts feel best. Continue heavier training if energy is there.

NUTRITION

Antioxidant-rich foods (berries, colorful vegetables). Omega-3s for anti-inflammatory support. Adequate protein and carbs to fuel the metabolic demands.

SUPPLEMENTS

Vitamin C 500mg. Vitamin E 200IU. B6 (P5P form) 25mg. Omega-3 (EPA+DHA) 1000mg. Continue foundational stack.

RITUAL

Connect with people you love. Have creative or expressive experiences. Sex, if it feels good. Take beautiful photos. Celebrate your body.

Early Luteal

"Nurture"

Days 17–22

HORMONES

Progesterone rises steadily and dominates. Estrogen at moderate levels. Basal body temperature elevated. Body is nurturing what could be a pregnancy.

HOW IT FEELS

Warm, steady, grounded. Nesting instincts. Slight increase in body temperature. Some feel calm; others feel restless. Sleep may become lighter.

MOVEMENT

Moderate strength training. Pilates. Steady-state cardio. Reduce intensity from late follicular peak. Focus on quality over volume.

NUTRITION

Slightly higher caloric needs (progesterone raises basal metabolic rate). Complex carbs help serotonin production. Adequate B vitamins for progesterone synthesis. Reduce refined sugar.

SUPPLEMENTS

Vitex (chasteberry) 400mg if cycle regulation is a goal. B6/P5P 50mg. Magnesium 300–400mg (helps with sleep and mood). Chromium 200mcg if blood sugar volatility.

RITUAL

Meal prep. Nest and prepare. Take care of yourself and others. Nurture ongoing projects. Gentle social connection.

Late Luteal

"Restore"

Days 23–28

HORMONES

Both estrogen and progesterone begin to drop rapidly. If no pregnancy occurred, the corpus luteum regresses. Serotonin can drop with progesterone withdrawal.

HOW IT FEELS

PMS window for many women. Increased sensitivity to stress, sound, criticism. Sleep can be disrupted. Food cravings common. Emotional processing peaks.

MOVEMENT

Reduce intensity significantly. Walks, yin yoga, restorative work. Honor the drop in energy. Skip PRs and hard sessions. Movement should feel like medicine, not punishment.

NUTRITION

Steady blood sugar is critical (helps mood). Complex carbs at every meal. Magnesium-rich foods (dark chocolate, seeds, leafy greens). Reduce alcohol and refined foods.

SUPPLEMENTS

Saffron extract 30mg (evidence for PMS mood support). Calcium 600mg (evidence for PMS reduction). Magnesium 300–400mg. L-theanine 200mg for anxiety. Vitamin B6 50mg.

RITUAL

Say no. Cancel non-essential plans. Deep rest. Emotional processing (journaling, therapy). Warm baths. Comforting food. Trust that this passes.

Sources & Evidence

This guide draws from peer-reviewed research and clinical practice. Individual variation is significant — the phases described here are the average pattern, not a rule.

TRAINING & PERFORMANCE

McNulty et al. 2020 (Sports Medicine 50:1813); Colenso-Semple et al. 2023 (Frontiers in Sports)

METABOLIC SHIFTS

Zderic et al. 2001 (J Appl Physiol); Hackney et al. 2022 (Endocrine); 2025 narrative review

NUTRITION

Brown et al. 2023 (Nutrition Research Reviews); Rogan et al. 2023 (Nutrition Reviews)

PMS SUPPLEMENTS

Multiple RCTs on magnesium, calcium, vitex, saffron, and B6 for premenstrual symptoms

IRON AND MENSTRUATION

Multiple reviews on iron deficiency in menstruating women, especially athletes