



# InSync Masterclass

Optimising your work-flow  
and personal life in  
alignment with your  
menstrual cycle

**THE HEALTHY HORMONE CLUB**

# Welcome to the club!



I'M *Bea*

My hearts desire is for you to **reconnect** with the innate healing wisdom within your cycle and body. May your journey be lush with **self discovery, aha moments, growth** and most of all may you feel **empowered** to take your health back into your own hands.

I'm Bea, your hormone educator, holistic nutritionist and the founder of The Healthy Hormone Club. This club is unique because we always take your menstrual cycle into consideration when looking at nutrition, exercise and your work schedule. The missing link in women's health is understanding the menstrual cycle rhythm and how to harness the SUPERPOWERS of each phase. We make hormone knowledge SIMPLE so you can restore your balance with ease.

Congratulations on joining **The Healthy Hormone Club Membership** and for taking your first step towards happy hormones, better mood and increased energy.

## Any questions:

Get in touch with Bea and the team.  
We would love to assist.



[members@healthyhormoneclub.co.za](mailto:members@healthyhormoneclub.co.za)

Here is to Healthy, Happy,  
Hormones!

All my love, Bea xxx





# INSYNC MASTERCLASS



## **CYCLE WISDOM AWARENESS & SUPERPOWERS**

Learn how hormones play a role in communication, creativity, energy and productivity at work.



## **MOON CYCLE TRACKER**

A tool to help track the emotional changes throughout your menstrual cycle and how to recognise strengths and superpowers.



## **APPLYING YOUR SECRET CYCLE STRATEGY: INSYNC OPTIMISER CALENDAR**

A calendar to start scheduling your projects, meetings and tasks in accordance with your cycle.



# INSYNC MASTERCLASS

RECONNECT WITH YOUR CYCLE WISDOM

## Introduction

The menstrual cycle is the golden thread that ties us all together and connects us back to nature. It is also the fifth vital sign of health, the missing link in women's health and should be seen as our inner guidance system to success.

Tracking and being aware of the menstrual or moon cycle is the greatest act of self care that allows us to reconnect with our innate cyclical rhythm. It might also be the easiest healthy-habit to begin with, because it requires minimal effort and can be hugely rewarding in a relatively short time. By tracking cycle changes you are acknowledging your cyclical nature and learning how to understand your strengths that are associated with each phase of your cycle.

## YOUR SECOND CLOCK

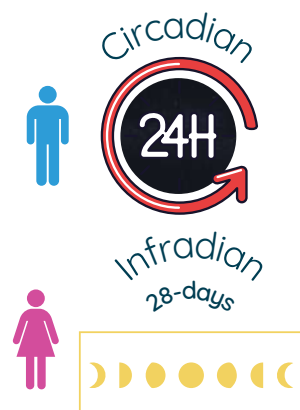
THE WORLD AROUND US IS ONLY SET UP IN THE CIRCADIAN RHYTHM

Women have two internal biorhythms; the circadian rhythm which is the daily 'clock' and the infradian rhythm that correlates to the menstrual cycle.

WE ARE A 'DIFFERENT' VERSION OF OURSELVES THROUGHOUT THE PHASES OF OUR CYCLE

- ✓ Our brain chemistry changes by up to 25% over the course of a menstrual cycle due the fluctuating hormone level.
- ✓ We have changes in mood, communication skills, creative flow, energy expenditure. appetite, digestion, nutritional needs and even exercise requirements.
- ✓ These are our SUPERPOWERS!

RETHINK OUR CALENDAR





# Moon cycle basics

Let's take a dive into the phases of your cycle and how to use your hormones as your secret key to unlock your own feminine power. You will experience four major hormonal changes during your moon cycle. Studies have shown that women's cycles are between 21 - 34 days, with the average being between 28 - 129 days during their reproductive years; 21 - 45 years in their teenage years and 22 - 145 days in the peri-menopausal years as they transition into menopause.

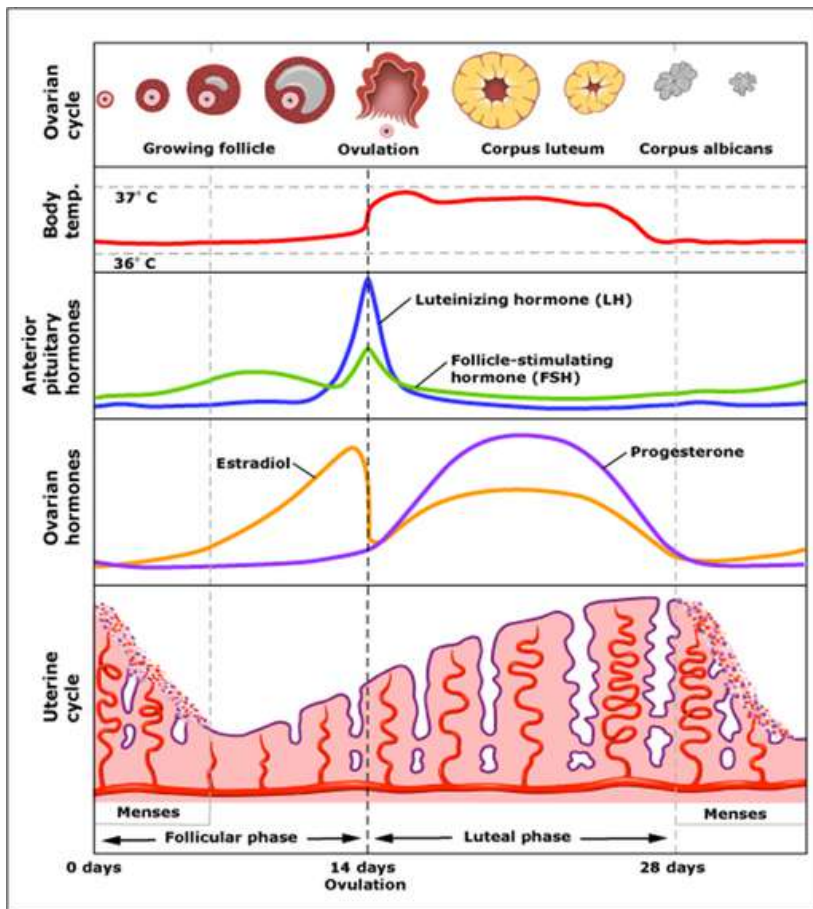
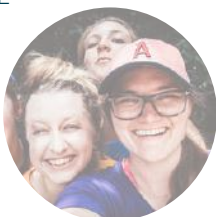


Figure 2: The menstrual cycle

\*IT TAKES 10 TO 12 YEARS FOR THE MENSTRUAL CYCLE TO MATURE



Teenagers

21 - 45 days



Adults

21 - 34 days



Perimenopause

22 - 145 days

Figure 3: Changes in cycle lengths in different life phase

# Cycle Wisdom Awareness



Start with these simple questions to reconnect with your cycle wisdom and superpowers within:

**Q** How do you track your cycle?

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**Q** Have you ever thought about your emotional changes throughout your cycle?

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**Q** What phase of your cycle are you currently in?

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## Are you synced to the moon's cycle?

The length of the lunar cycle is 29.5 days, similar to the length of the average menstrual cycle, amazing right?

*White moon*



Menstruate during the new moon & ovulate during the full moon.  
**Modern day women:** Women that are in their mothering years tend to be synced to this cycle.

*Red moon*



Menstruate during the full moon & ovulate during the new moon.  
**Modern day women:** Business women, teachers or healers

**Q** Do you menstruate with the new, full, waxing or waning moon?

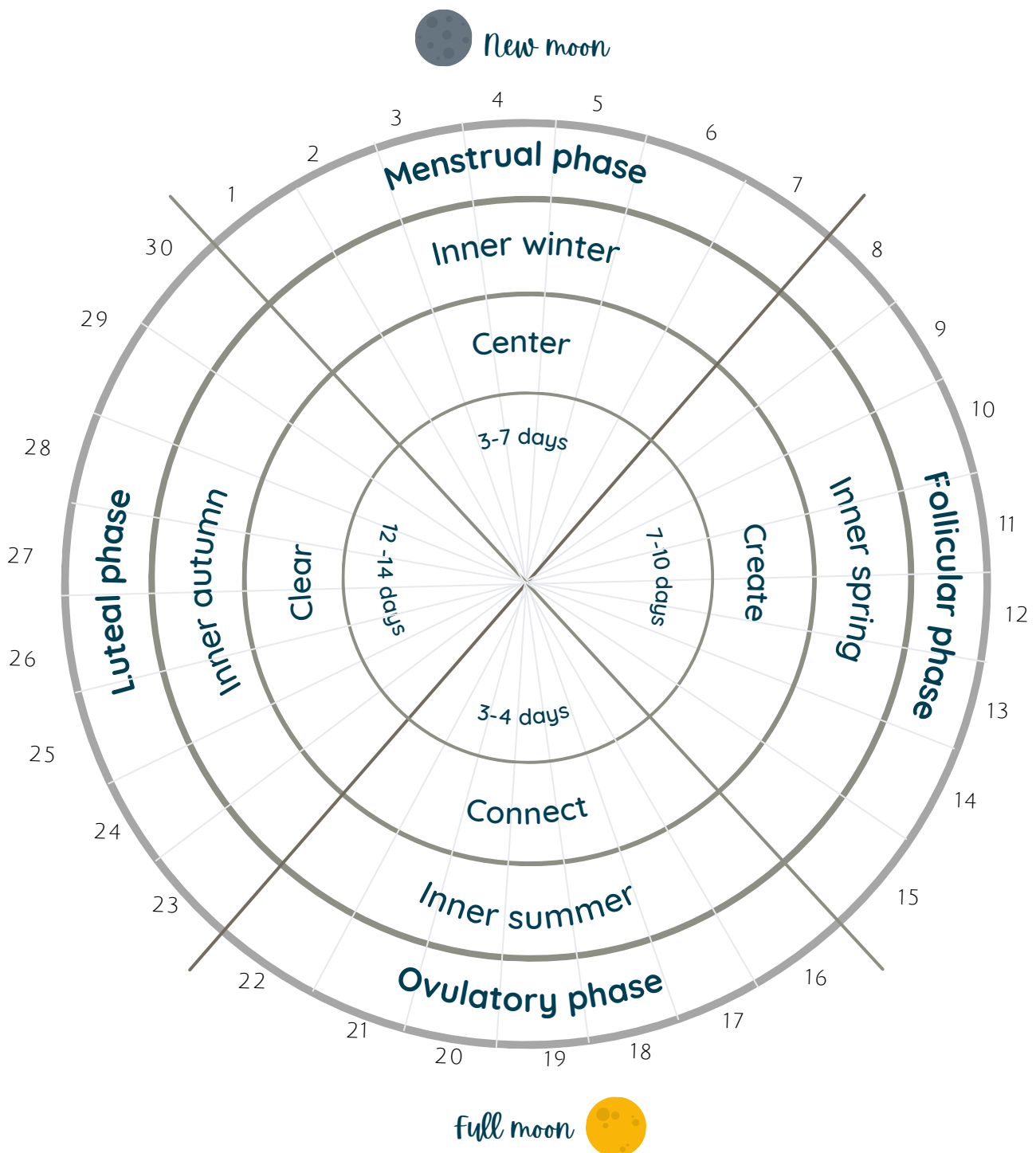
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# YOUR MOON CYCLE



Each phase of your cycle can be seen as a different inner season, which will reflect different emotions and strengths. Use the diagram below as a summary of the different phases. Side notes:

- First half of your cycle includes the follicular & ovulatory phases
- Five to seven follicles grow and release estrogen = builds the uterine lining
- First half of the cycle your resting cortisol levels are lower
- Second half of the cycle includes the luteal & menstrual phases
- Ovulation = corpus luteum = progesterone production
- Second half of the cycle your resting cortisol levels are higher



# YOUR MOON CYCLE TRACKER



Use this tracker to get to know your cycle. Record the duration of each phase, the inner season and your focus. The focus can include your emotions, mood, energy, even the food cravings you experience. These notes will help you to gain more insight into your cycle. Use this to dedicate time to create, rest, restore and excel during the different phases of your cycle. This is a beautiful journey to tune into your own inner flow of feminine wisdom. Also use this tracker to note if your cycle correlates to the moon phases. Please note that there are no right or wrong answers and that all your notes are a deeper insight into your own cycle. Every woman is unique and on their own journey. Track your cycle, for at least three months, to start seeing any patterns in your own cycle.

Example tracker

## ONE WORD STRATEGY



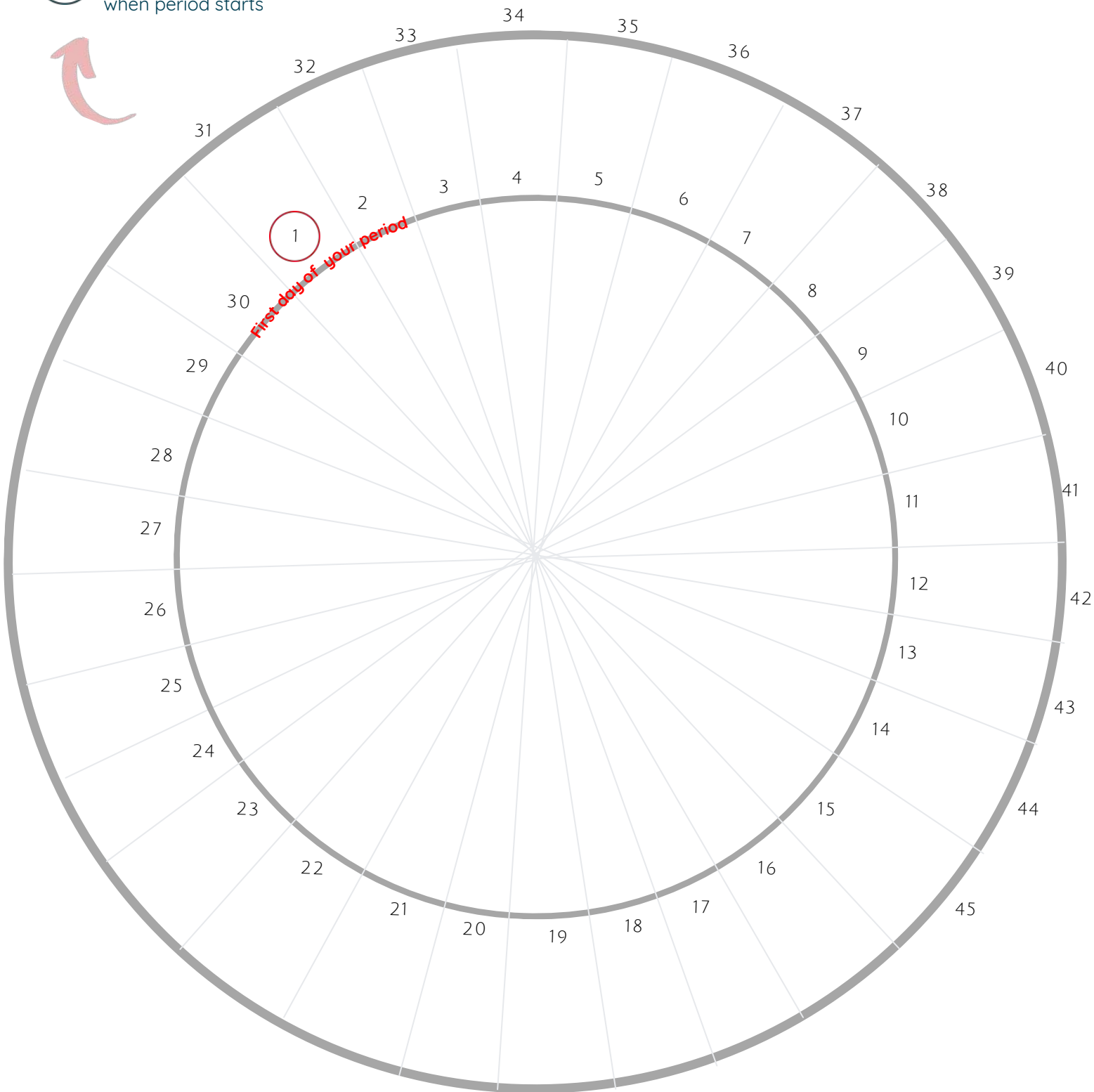




# YOUR MOON CYCLE TRACKER

Month 1

○ Moon phase  
when period starts



What insights have you gained over this cycle? Can these insights help you plan better for your next cycle?

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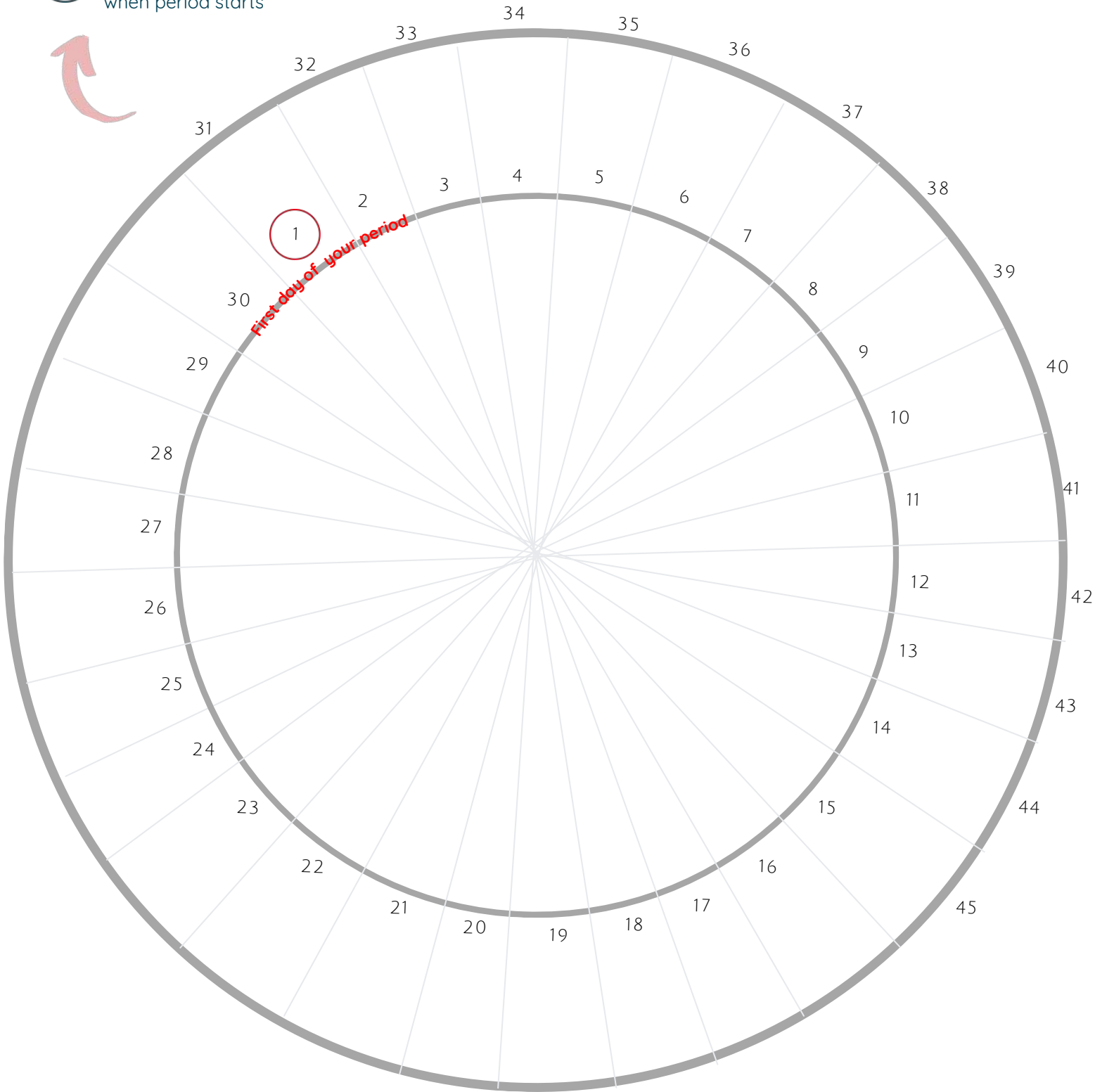
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# YOUR MOON CYCLE TRACKER

Month 2

○ Moon phase  
when period starts



What was your intentions for this cycle? And did it happen?

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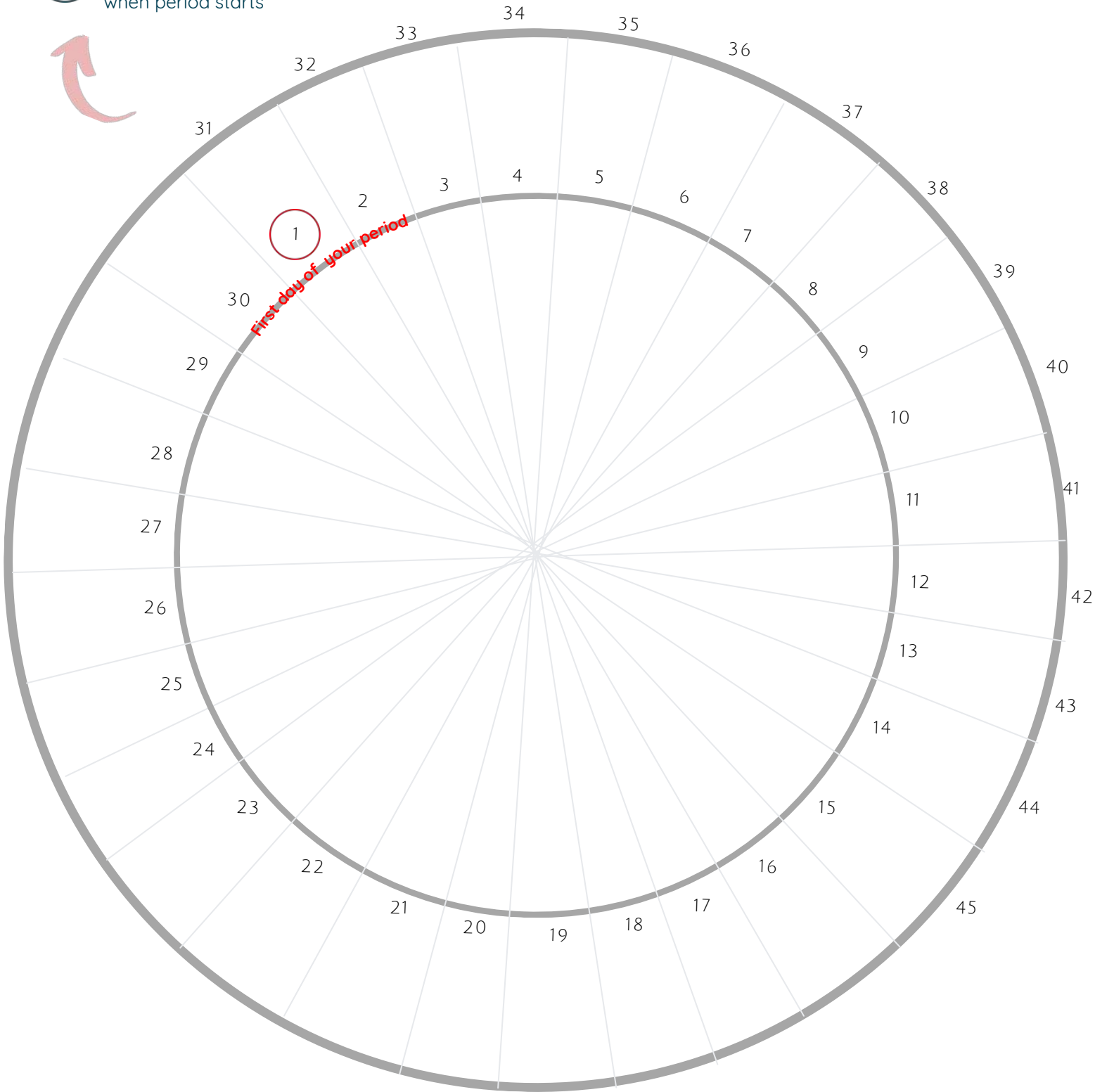
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# YOUR MOON CYCLE TRACKER

Month 3

○ Moon phase  
when period starts



What days were easier and harder and why? Do you better understand what your cycle is telling you about yourself?

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# YOUR MOON CYCLE INSIGHTS

Use the questions below to guide you to discover what you have learnt about your cycle and yourself. Answer these questions after each cycle:

**Q** What insights have you gained over this cycle? Can these insights help plan better for your next cycle?

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**Q** What was your intentions for this cycle? And did it happen?

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**Q** What days were easier and harder and why? Do you better understand what your cycle is telling you about yourself?

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Month of:

SUN

MON

TUE

WED

THU

FRI

SAT

### CYCLE SUPERPOWERS ☆

#### Follicular

- ☆ Energised
- ☆ Enthusiastic
- ☆ Start new projects
- ☆ Brainstorming
- ☆ Outward focused

#### Ovulatory

- ☆ Social = Team projects
- ☆ Interactive
- ☆ Increased communication skills
- ☆ Confident
- ☆ Public speaking

#### Luteal

- ☆ Task completion
- ☆ Re-organising
- ☆ Administrative
- ☆ Solo tasks
- ☆ Intuitive decisions

#### Menstrual

- ☆ Review
- ☆ Reflect
- ☆ Envision
- ☆ Evaluate projects
- ☆ Eagle eye view

### ☑ ONE WORD STRATEGY

Phases:

FO = Follicular      LU = Luteal

OV = Ovulatory      ME = Menstrual

Reminder: Note the Moon Phases and your emotions



# Cycle Superpowers



Tapping into your natural strengths during your cycle is your secret strategy to achieving more with less effort.

	<b>Main strengths</b>	<b>Hormone flow</b>	<b>Brain chemistry</b>	<b>Workflow</b>
<b>Follicular phase</b>	Create	Estrogen levels are on the rise.	Increase your ability to handle complex assignments and to be more creative.	Start new projects, create a vision-board, dream big and plan. Set intentional desires for what you would like to achieve for this cycle and year. Brainstorm, problem solve & challenge yourself.
<b>Ovulatory phase</b>	Communicate & connect	Estrogen levels are at its peak.	Verbal and social centers are stimulated.	Go for it with confidence, collaborate and present new ideas. Schedule important meetings, approach new clients and ask for a promotion. Film marketing material, write blogs and go for lunch dates with your colleagues.
<b>Luteal phase</b>	Clear & complete	Progesterone levels are at its highest.	Ability to focus on details and to optimise task completion.	Finish projects. Work in a quiet space, avoid distractions and create boundaries. Commit to less social events, tend to administrative tasks for work & home and organise your desk and project files. Completing projects will feel satisfying.
<b>Menstrual phase</b>	Center & celebrate	All hormone levels are at its lowest.	Most communication between the left and right brain hemispheres resulting in intuitive review and reflection.	Reflect, rest and re-evaluate the past month. Review project outcomes, reports and team progress. Journal and set intentions for the next cycle. Follow your intuition & trust your 'gut-feelings'. Schedule a 'off-day' or take a lunch date to rest.