

MENSTRUAL PHASE (DAYS 1–7)

NES SEASON: INNER WINTER

- Theme:** Rest & Renewal
- Hormonal Landscape:** Estrogen, progesterone, and testosterone are at their lowest. The body initiates the shedding of the uterine lining.
- Mindset & Energy:** This is a natural pause—a time for reflection, slowing down, and listening inward. Your body is working hard. Honor this phase by creating space for restoration and release.



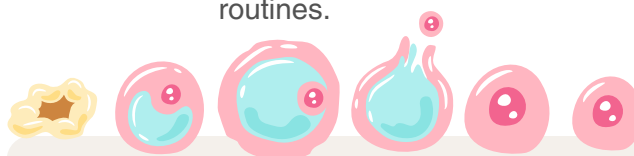
RECOMMENDED SELF SUPPORT

- Best Practices:** Rest, journal, meditate, stretch gently, and take warm baths.
- Nutrition Focus:** Iron-rich, mineral-packed foods like bone broth, leafy greens, lentils, beets, citrus, and dark chocolate.
- Sensory Support:**
- **Hear:** Soft music, nature sounds
 - **See:** Calm blues and purples
 - **Smell:** Lavender, vanilla, herbal teas
 - **Touch:** Warm blankets, gentle self-massage
 - **Taste:** Stews, ginger or cinnamon tea, citrus fruits

Follicular Phase (Days 8–13)

NES SEASON: INNER SPRING

- Theme:** Rebirth & Creativity
- Hormonal Landscape:** Estrogen rises, testosterone begins to increase, while progesterone remains low. The body prepares for ovulation.
- Mindset & Energy:** Your energy begins to lift—this is a phase of new ideas, clarity, and optimism. Perfect for setting intentions and starting fresh routines.



RECOMMENDED SELF SUPPORT

- Best Practices:** Brainstorming, light exercise, learning something new, socializing
- Nutritional Focus:** B vitamins, fiber, protein, and zinc from foods like leafy greens, quinoa, legumes, eggs, and pumpkin seeds
- Sensory Nourishment:**
- **Hear:** Uplifting playlists, energizing conversations
 - **See:** Light greens, soft yellows, spring pastels
 - **Smell:** Citrus zest, fresh herbs, new blossoms
 - **Touch:** Dry brushing, exfoliation
 - **Taste:** Yogurt, oats, sprouts, fresh smoothies

Ovulation Phase (Days 14–16)

NES SEASON: INNER SUMMER

- Theme:** Vitality & Connection
- Hormonal Landscape:** Estrogen peaks, testosterone briefly rises, and progesterone begins to increase following ovulation.
- Mindset & Energy:** This is your energetic high point. Your body is primed for communication, creativity, and community. It's a great time to show up fully—whether in your personal life or professional goals.

RECOMMENDED SELF SUPPORT

- Best Practices:** Group gatherings, expressive movement, creative projects, date nights
- Nutritional Focus:** Antioxidant-rich and omega-3 supportive foods like berries, avocado, chia, tomatoes, salmon or mushrooms, and herbal teas like mint
- Sensory Nourishment:**
- **Hear:** Joyful music, laughter
 - **See:** Bright pinks, oranges, sun-drenched tones
 - **Smell:** Blossoming florals, ocean breeze
 - **Touch:** Dancing, partner massage
 - **Taste:** Colorful fruits, fresh salads, sparkling citrus drinks



Luteal Phase

(Days 17–28)

NES SEASON: INNER AUTUMN

- Theme:** Grounding & Integration
- Hormonal Landscape:** Progesterone takes the lead; estrogen dips after a mid-phase rise, and testosterone declines.
- Mindset & Energy:** Turn your focus inward. You may feel more sensitive and detail-oriented. This is a time for completion, nurturing, and simplifying.

RECOMMENDED SELF SUPPORT

Best Practices: Organizing, meal prepping, walks in nature, restorative yoga

Nutritional Focus: Complex carbs, tryptophan, magnesium, and vitamin B6—found in sweet potatoes, turkey, oats, chickpeas, dark chocolate, and calming herbal teas

Sensory Nourishment:

- **Hear:** Rain sounds, soft instrumental music
- **See:** Warm browns, golds, forest greens
- **Smell:** Chai spices, cedarwood, baked pumpkin
- **Touch:** Cozy clothes, weighted blankets
- **Taste:** Root veggies, comforting meals, herbal lattes



Living in Flow with Your Hormones

At NES, we believe your cycle is a blueprint for personalized care. Understanding how your hormones shift helps you better support your thyroid, adrenals, metabolism, and emotional well-being.

If you're struggling with irregular cycles, fatigue, mood changes, or hormonal imbalances, you're not alone—and you don't have to guess. We're here to help you decode your body's signals and create a tailored healing plan using integrative, natural medicine.

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Hormone Harmony: A Seasonal Guide to Your Cycle

A patient-centered guide to aligning with your body's natural hormonal flow

