

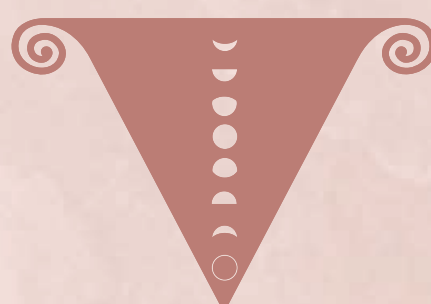
DEEPLY NOURISHED

FOODS FOR THE PREMENSTRUAL PHASE



*PLUS: OUR FAVORITE RECIPE TO
SATISFY PREMENSTRUAL CRAVINGS*

Womben
Wellness



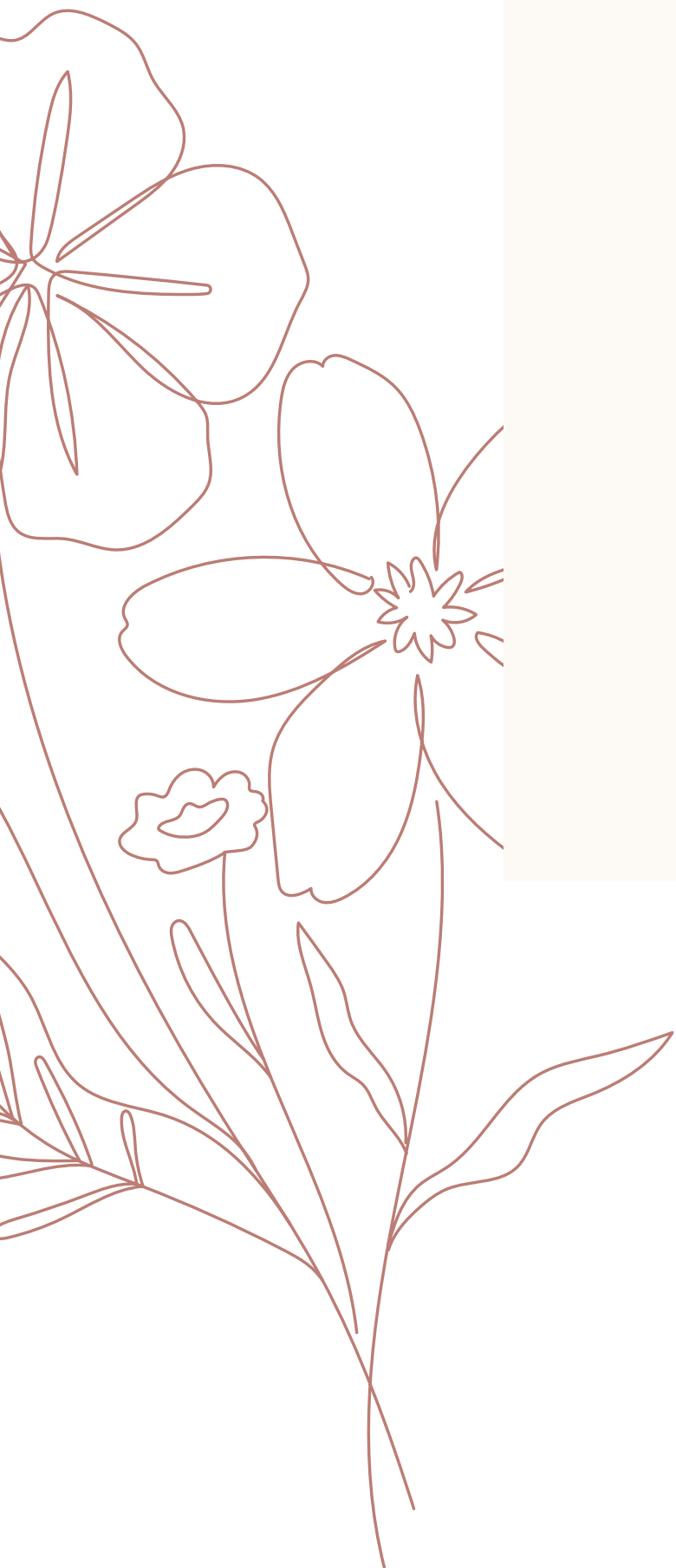
WELCOME!



NICE TO MEET YOU. MY NAME IS USHA.

I'm Usha Anandi, and I'm the Founder and Co-Director of Womben Wellness, a company that aims to give you the education you likely never had about your womb (but that you absolutely deserve).

As a clinical herbalist, full spectrum birth-worker, and women's health educator of nearly a decade, I've had the chance to work with thousands of women.

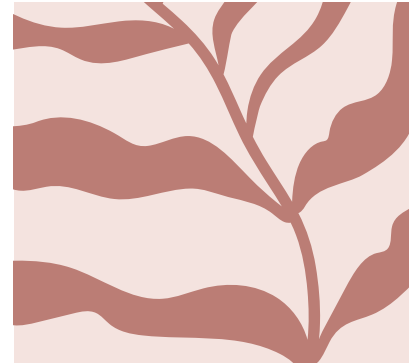
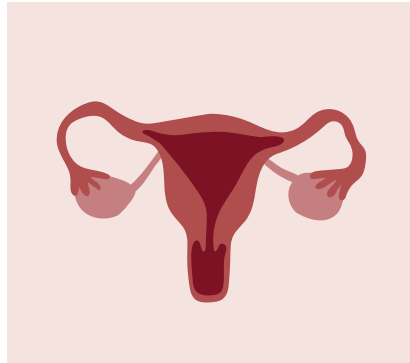




Here's what I've realized along the way.

Most of us learned nothing about our menstrual cycles in school...

And many of us also missed out on essential guidance from our elders on how our bodies work.



Sound familiar?

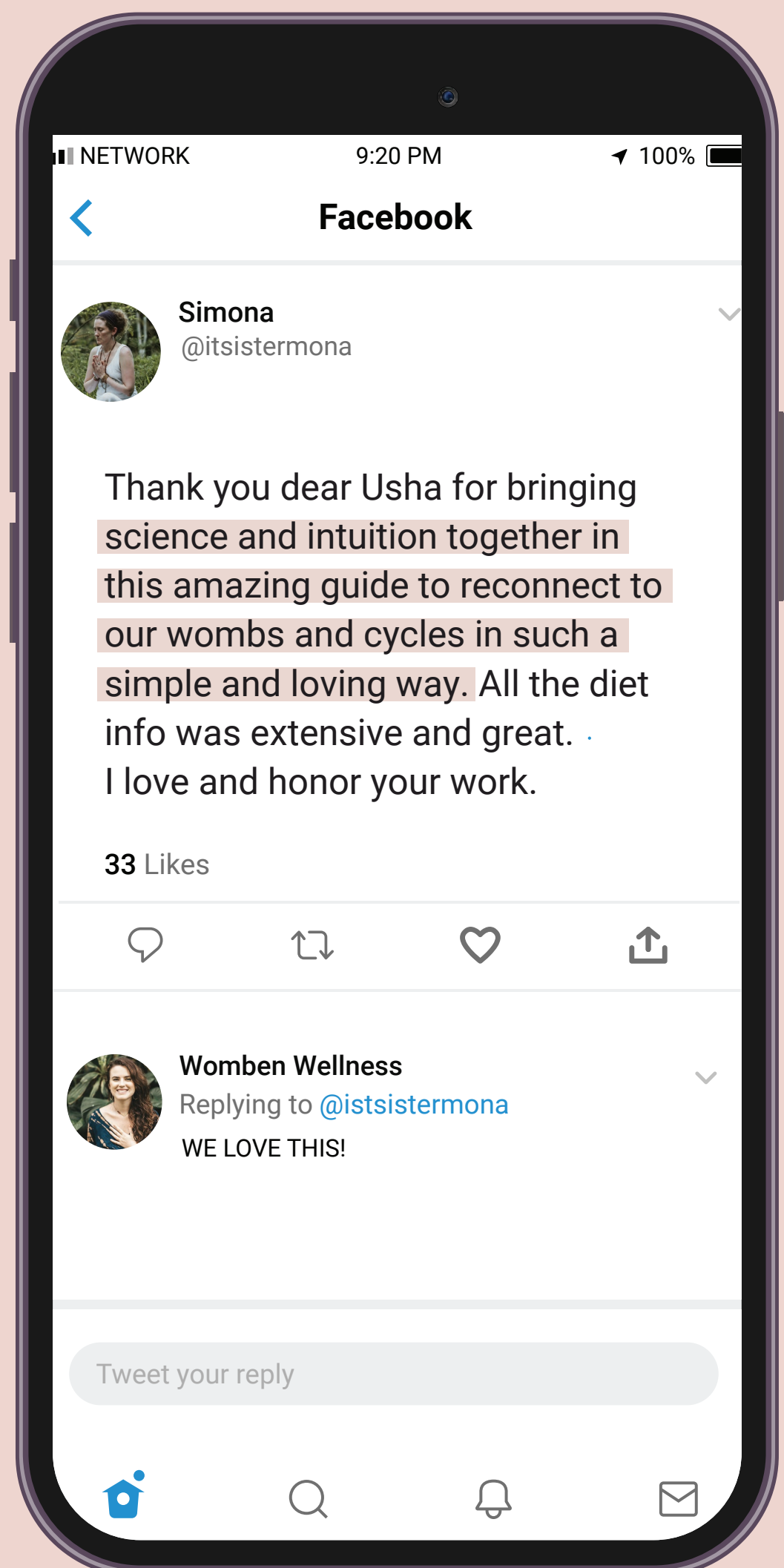
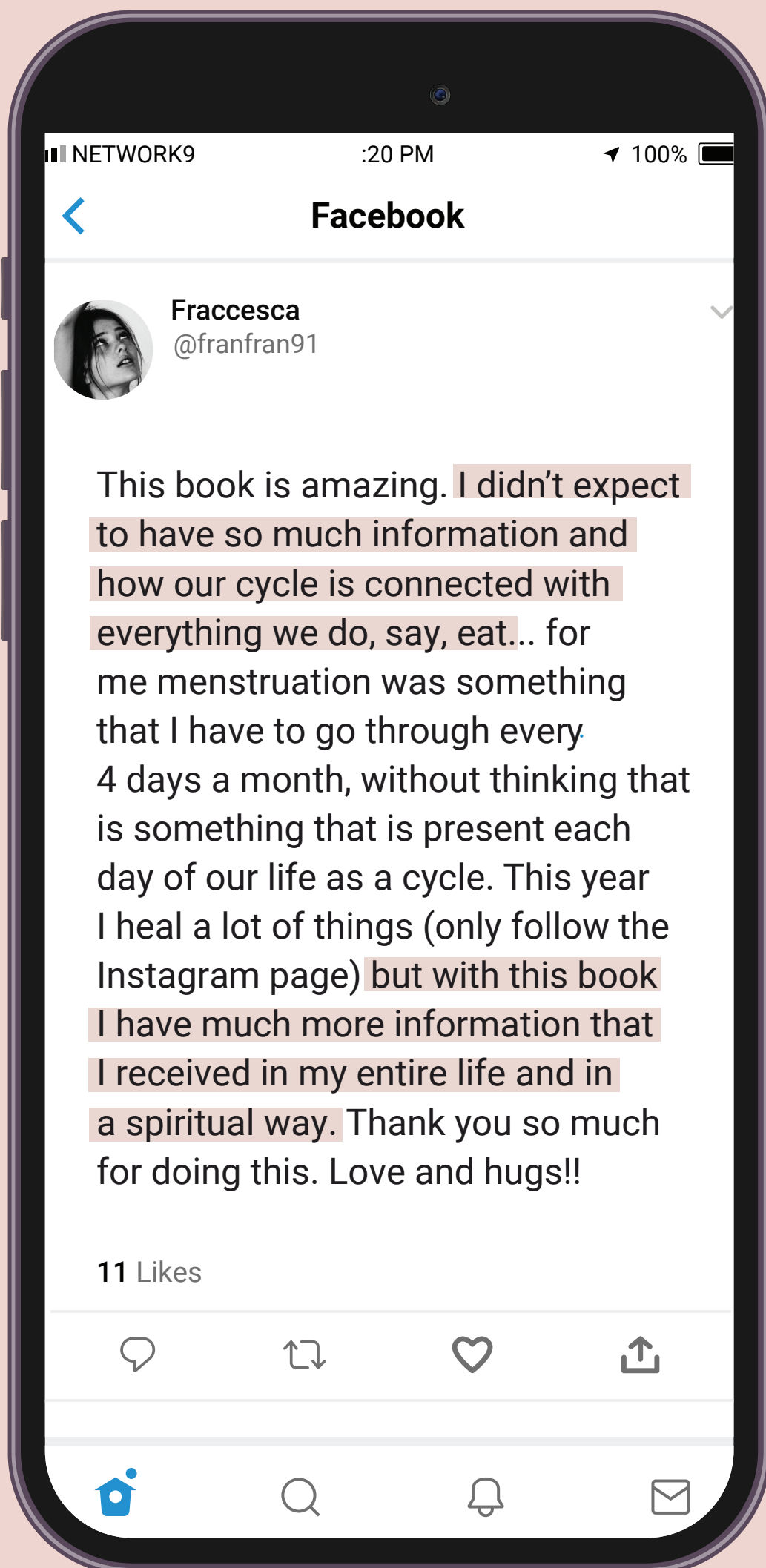
Today, we'll start to remedy that together.

Exactly how?

We'll get to that soon in the guide.

NEXT PAGE

But first, I want to tell you why we've taken the time to put this together for you. I was recently in our Womben Wellness Collective (which includes the amazing community of women who have read my Lunar Living eBook where I teach you about the four distinct phases of your cycle), and came across post after post like this....





The knowledge that womben around the world are transforming their relationships with their menstrual cycles and their wombs with the tools we share at Womben Wellness absolutely lights my soul on fire.

But I also know that it can feel scary to start learning about a part of our bodies that feels so taboo or shameful for so many of us.

**I get it, because I've been there too.
I used to hate my cycle and dread its arrival.**

I was ecstatic to get my period as a girl. I would pull my friends aside in school who had started bleeding and whisper “tell me everything” as I urged them to describe the bloody details of their periods.

But after seeing the disgust on my mother's face when I got my first cycle, my attitude started to change. I didn't learn anything about my cycle in school or from my elders (even though my mom is a medical professional!)...

So it's no surprise that my curiosity and excitement about my body soon turned to shame and dread.

I cursed the arrival of my period and the pain and mood swings that accompanied it. If you think your period is a nuisance...

Or hold a deep belief that to have a womb means to be cursed.

I welcome you here, and I want you to know that you're not alone. In this Digital Guide, I'll share with you how to deeply nourish yourself in your premenstrual phase. You're in the right place if you resonate with one of the options below...

1. You experience physical and emotional symptoms like: anger, frustration, headaches & mood swings, premenstrual acne or any other of the 150+ symptoms of PMS
2. You're ready to embrace your cyclical nature and create a better relationship with your cycle.



Ready to get started? Let's go.

Here's a sneak peek of what
we'll cover together.

THE LUTEAL PHASE	10
FOOD RECOMMENDATIONS	12
SHOPPING LIST	15
BONUS RECIPE	17

Since childhood, we have been taught that life is linear. That the only way to move is forward.

In this world, many of us learn that if we want to be successful, we must...

- Show up with the same amount of energy everyday
- Work the same amount of hours every day/week
- Produce consistent results, no matter what is going on in our lives

The trouble is, we're not robots. And we're not men either, which means we're not the same everyday hormonally. Although this way of being may serve capitalism, it sure doesn't serve us as women.

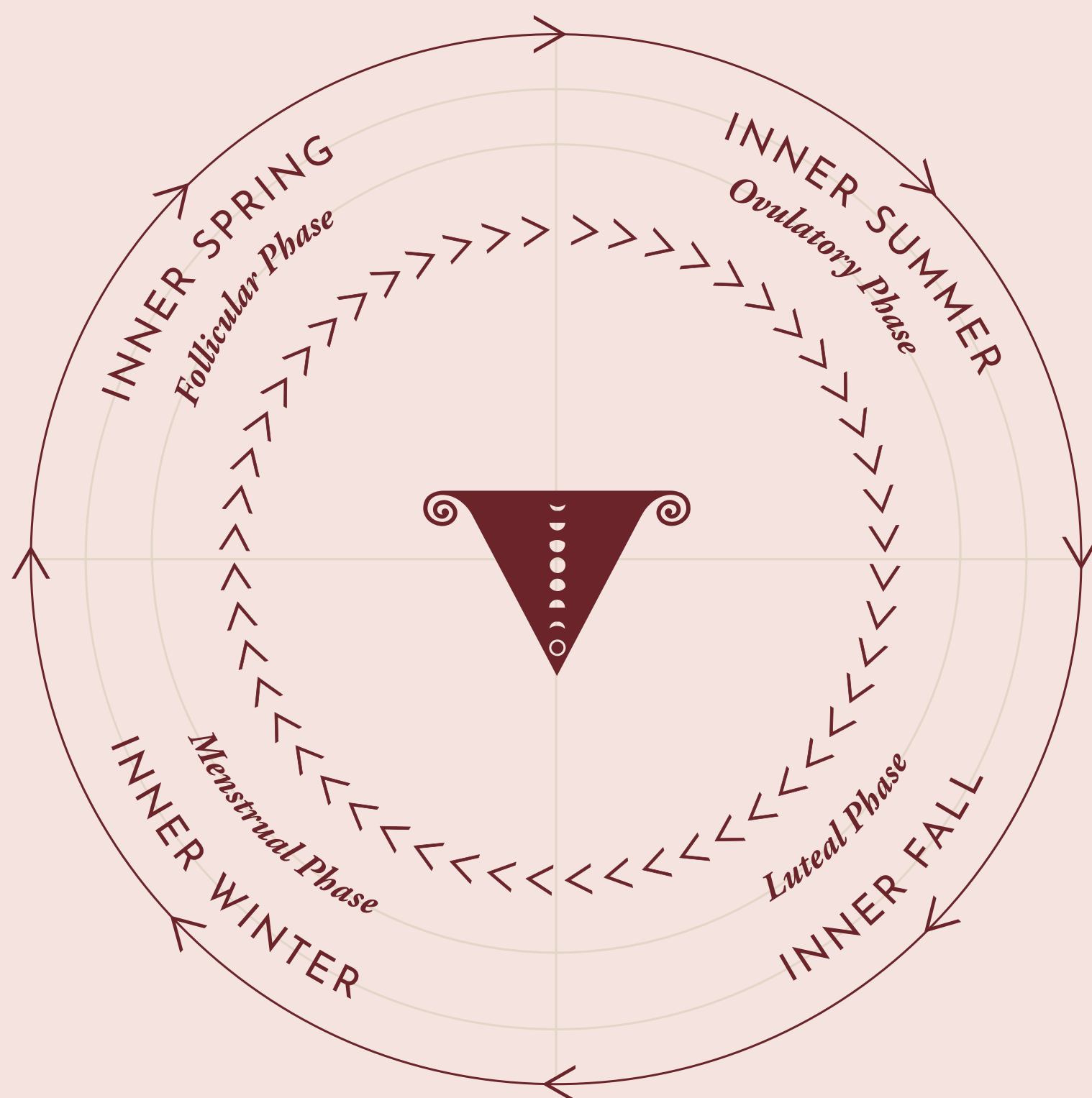
WHY? Because our bodies are CYCLICAL. Unlike men, who base their energy off of the 24-hour sleep wake cycle called the circadian rhythm, women have a monthly rhythm called the infradian cycle.

Most of us don't come to this work because we've had some kind of magical spiritual awakening saying "your womb is sacred, holy, and powerful".

Most of us come to this work because we're struggling. Because having a womb and a menstrual cycle in this world feels really hard.

One area we tend to struggle with the most? The premenstrual phase of the cycle. As much as 90% of women report that they struggle with symptoms of PMS.

There are ways to make this phase much easier on yourself, and I'll spell them out for you in this Free Digital Guide.



You have 4 distinct phases of your menstrual cycle.

1. INNER SPRING
Follicular Phase



3. INNER FALL
Luteal Phase



2. INNER SUMMER
Ovulatory phase



4. INNER WINTER
Menstrual Phase



In this book we'll touch on how to nourish yourself for 1 out of 4 of the phases. But what about the other 75%?

In order to maintain balance, learning how to nourish yourself for each individual phase of your cycle is key. **Because yep** - each individual phase requires different foods and lifestyle adjustments for optimal health.

In my Lunar Living eBook, I'll teach you how to eat for all four phases of your cycle PLUS include recipes you can make at home to keep yourself deeply nourished.



DOWNLOAD INSTANTLY



You're in the right place if you want to

- Ease PMS symptoms
- Prevent post-period burnout
- Support healthy progesterone levels
- Support your body's natural hormonal changes
- Decrease water retention and a feeling of "heaviness"
- Reduce bloating, constipation or other digestive issues
- Satisfy premenstrual cravings with foods that actually nourish you

DISCLAIMER

Please note that the information shared in this digital guide is for educational purposes only – it's not meant to be a supplement for medical advice or diagnosis.

Disclaimer out of the way

- let's dive in together, shall we?





THE LUTEAL PHASE | INNER AUTUMN

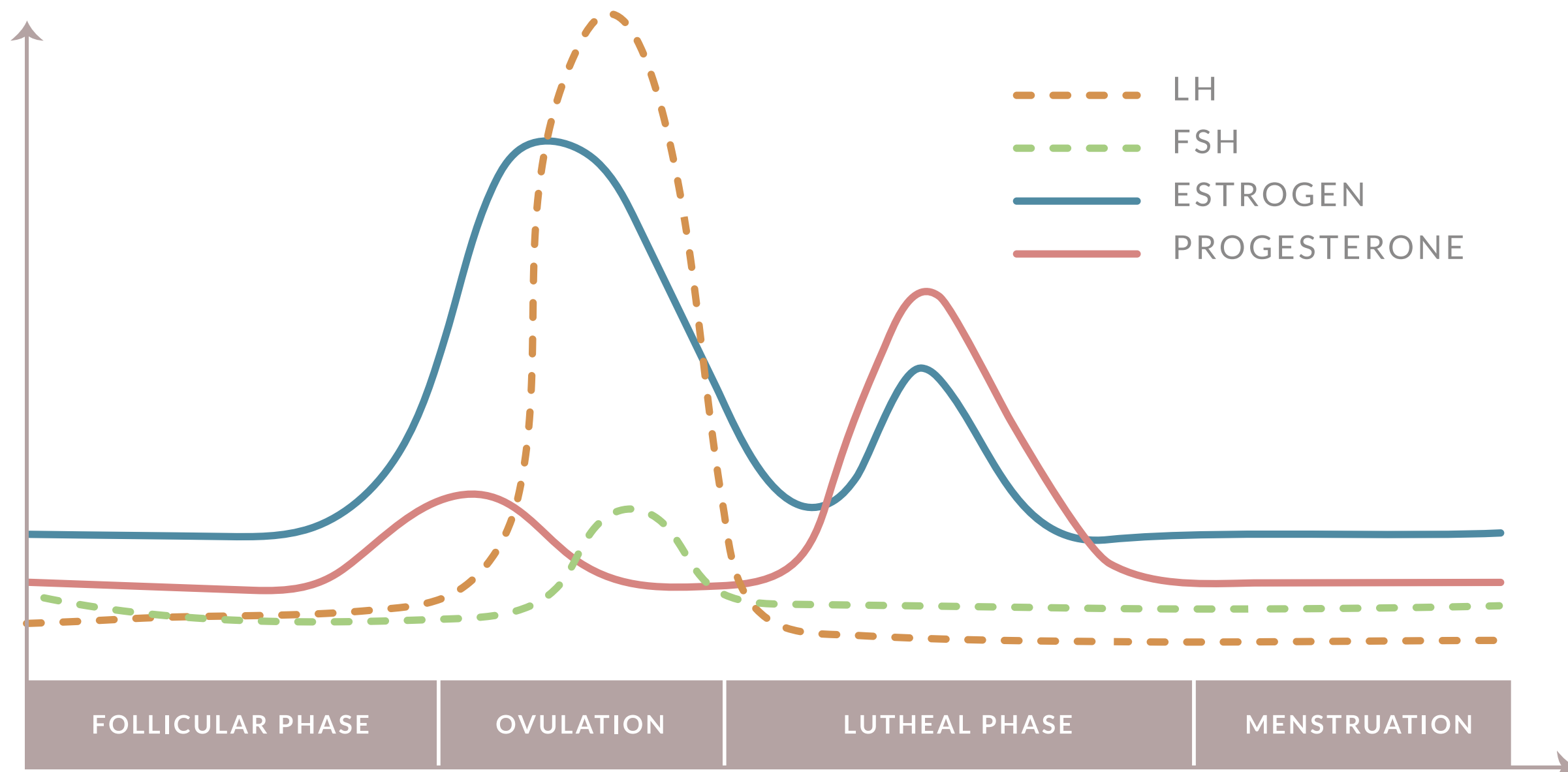
The season of fall is highlighted by a shift from external engagement to internal awareness and processing. The magic of the luteal phase pulls back the veil of illusion from our eyes.

This phase of the menstrual cycle creates a portal that allows us to peer deeper into the soul to observe all desires that lay within to be seen, healed, and validated.

To make peace with this phase, we must commit to making peace with ourselves. Hormonal changes during the luteal phase

This phase is experienced by most for 10 - 14 days, and represents the time just before the blood of menstruation starts to flow.

It marks a transition between the most fertile time of ovulation to the cleansing of menstruation. During the luteal phase, estrogen levels fall as the hormone progesterone rises.



Known as the ‘relaxing hormone’, progesterone supports the womb in preparing for possible conception by thickening the lining of the endometrium. If conception doesn’t occur, progesterone levels will fall, encouraging the lining to shed in the physical release of blood that is menstruation.

When in balance, progesterone acts as a diuretic - helping the kidneys and bladder to rid the body of excess fluid that may be retained during this phase of the cycle.

Progesterone also encourages the intestines to deeply relax, which may feel like a slight expansion of the belly during this time. The rise in progesterone is one of the reasons why some may feel more bloated during the days leading up to menstruation.

If you live in a society where the need to ‘suck it in’ feels energetically imprinted in your experience, try to slow down and cultivate compassion while holding loving attention. Notice and observe how you speak to yourself and relate to your body during this time.

Also, it’s not uncommon during the luteal phase to experience breakouts around the chin, neck, or jawline which are attributed to the changes in hormone levels.



FOOD RECOMMENDATIONS FOR THE LUTEAL PHASE

Just as the cool breeze begins to blow during the season of autumn, the inner embodiment of this phase represents a decrease in digestive fire and overall energy.

Although raw foods are indeed packed with more nutrients, they're also cold in quality and take more digestive energy to breakdown.

It's essential to keep the body warm during this phase, so opt for steamed, stewed, or grilled foods instead of raw foods to support digestion and maintain vital energy.

These foods may be helpful to...

BUILD BLOOD

Your premenstrual phase comes before menstruation - duh! Looking ahead to the loss of blood, eating foods that offer bioavailable nutrients for the body to build up its strength is key.



Beef, beef liver, beef spleen, chinese red dates, yams, red grapes, goji berries

GROUND AND CALM THE BODY

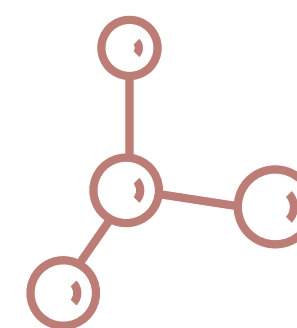
Root vegetables are full of nourishing minerals to ground, calm, and nurture the body.



Sweet potato, carrots, beets, cabbage, daikon radish, squash, pumpkin.

METABOLIZE ESTROGEN

Support the liver in cleansing estrogen from the first half of the cycle out of the body. This is super important especially for those who know that they're estrogen dominant.



Broccoli, broccoli sprouts, Brussel sprouts, raw carrots, cauliflower, kale, garden cress, bok choy, dark leafy greens, borage seed oil, black currant seed oil, evening primrose oil

REDUCE BLOATING

Load up on minerals like magnesium to release excess fluid.



Kale, spinach, bok choy, all leafy greens, banana, tempeh, kiwi, pumpkin seeds, almonds, black beans, avocados, figs, dark chocolate.

IMPROVE BRAIN FUNCTION & CELL REGENERATION

Integrate a full range of B-vitamins into your diet to promote cell health.

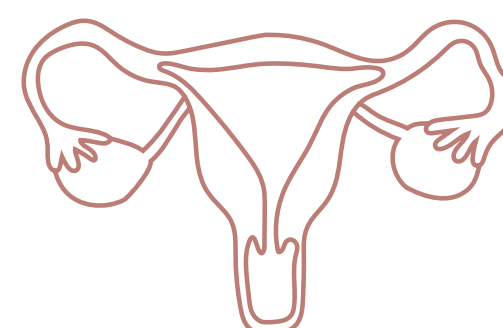
Sunflower seeds, beef liver, soaked almonds, sweet potato, spirulina, turkey, brown rice, eggs, beans



IMPROVE FALLOPIAN TUBE HEALTH

Consider choosing natural folate over synthetic folic acid to support healthy fallopian tubes and a healthy pregnancy.

Green leafy veggies, spinach, bok choy, parsley, romaine, lettuce, asparagus, cauliflower, broccoli, beets, garbanzo beans, navy beans, kidney beans, pinto beans, lentil, papaya, strawberries, oranges, kiwi



NURTURE DIGESTIVE FIRE

It's not about what you eat, but what you have the capacity to digest. Breakdown nutrient rich foods with the help of digestion enhancing spices and direct life force to the uterus.

Fennel, coriander, cumin, fresh ginger, black pepper, bay leaves, and cardamom.





SHOPPING LIST FOR THE LUTEAL PHASE

To make your life a whole lot easier, I've also put together a shopping list that you can take with you on your next grocery shopping to stock up on all the foods and herbs that will nourish your body during your premenstrual phase.

Simply print out the shopping list in the next page, take it with you to the store, and tick off the products as you move through the list!

Please remember that this is a recommendation.

We trust you in listening to your body and in knowing what works best for you. This is not an exhaustive list, nor are all the foods listed here a necessity! It's simply meant to give you a guideline and an idea as to where to begin and what to stock up on.

NEXT PAGE

FRUITS

- Kiwi
- Avocados
- Figs
- Papaya
- Strawberries
- Oranges
- Goji berries (dried)
- Red Grapes


VEGETABLES

- Sweet Potato
- Carrots
- Beets
- Cabbage
- Daikon Radish
- Squash
- Pumpkin
- Broccoli
- Broccoli Sprouts
- Brussel Sprouts
- Cauliflower
- Asparagus
- Zucchini
- Celery
- Kale
- Garden Cress
- Bok Choy
- Spinach
- Romaine
- Lettuce
- Parsley

SEAWEEDS

- Dulse
- Kelp
- Wakame
- Kombu

ANIMAL PROTEIN

- Organic Eggs
- Organic grassfed beef
- Liver and spleen (if you can't handle the taste, this is my favorite place to get supplements) 

NUTS + SEEDS

- Pumpkin Seeds
- Almonds
soak before eating
- Sunflower Seeds
- Flax Seeds
- Chia Seeds

HERBS + PLANTS

- Spirulina
- Mint
- Ginger
- Fennel

OILS

- Borage Seed Oil
- Black Currant Seed Oil
- Evening Primrose Oil

OTHER

- Dark Chocolate

COOKING OILS

- Ghee
- Butter
- Coconut Oil



BONUS RECIPE

GLUTEN-FREE BROWNIES

FOR THE LUTEAL PHASE

Are you craving chocolate right before your period? You're not alone. A little bit of dark chocolate during the luteal phase might actually be medicinal!

WHY? Dark chocolate is a natural source of antioxidants which can help fight oxidative stress in your body. It's also rich in magnesium which might help with menstrual cramps - WIN WIN!

That's why I've also included one of my favorite recipes to satisfy a sweet tooth and nourish my soul during the luteal phase: Gluten-free, sweet-potato chocolate brownies.

This original recipe was inspired by the Minimalist Baker and altered to taste.



ROLL UP YOUR SLEEVES, TURN ON SOME MUSIC –
YOU CAN FIND OUR INNER AUTUMN WOMBEN WELLNESS
SPOTIFY PLAYLIST [HERE](#) –, AND LET'S GET INTO IT!
.....👉

INGREDIENTS

- 1 cup sweet potato purée
- 1/2 cup maple syrup
- 1/4 cup almond butter or peanut butter
- 1 ½ Tbsp butter, melted coconut oil
- 1/2 cup cacao powder (opt for organic and unprocessed cacao, if possible)
- 1/4 tsp sea salt
- 1 tsp baking powder
- 2/3 cup ground oats
- 1/2 cup chopped almonds (soaked overnight, if possible)
- 1/3 cup dark chocolate chips

INSTRUCTIONS

- To make sweet potato purée, peel away the skin and cut one sweet potato in half.
- Bake both halves at 375 F (190 C) for about 25-30 minutes (or until tender). Then mash in a mixing bowl (or food processor). Set the purée aside.
- Adjust oven temperature to 350 degrees F (176 C) and line a baking pan with parchment paper. Set the baking pan aside.
- Grab a large mixing bowl and add 1 cup of sweet potato purée, maple syrup, almond butter, vanilla extract, and butter (or coconut oil). Then stir to combine.
- Add cacao powder, sea salt, and baking powder, and stir to combine.
- Then add oat flour and stir until a thick batter is achieved. You want the batter to be easily scoopable, not runny.
- Pour the batter to your baking pan and spread into an even layer (this works great with a rubber spatula). Then top everything with chopped almonds and chocolate chips (optional).
- Bake at 350 F (176 C) for about 25-30 minutes.
- The brownies are done when the edges appear slightly dry, and a fork inserted into the center comes out mostly clean.
- Take the brownies out from the oven and let them sit in the pan until they've cooled down (this should take about 30 minutes to an hour).
- Then lift out of the pan and slice into brownies.

We love them warm, or room temperature, but you get to decide!

STILL HAVE QUESTIONS LIKE

1. What are the 3 other phases of my menstrual cycle?

2. How do I eat for the other phases?

3. What are some healthy and easy-to make recipes I can use to keep myself nourished?

KEEP AN EYE ON YOUR INBOX

I've got the answers coming your way in a format you can download and read instantly.