

The Goddess Cycle Mini-Guide

Introduction

All cycles are sacred. From your first bleed to your last, and every unpredictable turn in between-your cycle is not a curse. It's a rhythm of divine knowing. This guide is for every phase, even perimenopause.

Herbal & Nutritional Support

Teas & Herbs:

- Chamomile, Lemon Balm, Passionflower, Peppermint, Red Raspberry Leaf, Nettle, Cramp Bark

Nourishing Foods:

- Lean Proteins, Leafy Greens, Berries, Flax, Seed Cycling Snacks, Iron-rich Foods

Perimenopause Care

1. Magnesium + Herbal Allies: Magnesium glycinate helps with mood and sleep.
2. Nervous System Reset: Meditate, walk barefoot, sip tea under the moon.
3. Cooling Rituals: Mint + rosewater spray, frozen cucumber slices, peppermint oil.
4. Protein & Blood Sugar: Focus on balance with greens, berries, and flax.
5. Tracking: Use a journal or app to track symptoms, moods, dreams, and cycles.

Rituals & Baths

Healing Baths: Add herbs like lavender, rose, peppermint, and calendula to warm baths.

Showers: Use salt scrubs with calming essential oils.

Cycle Rituals: Light a candle, pull cards, drink supportive teas at each cycle phase.

Moon-Aligned Living

Align your self-care with lunar phases:

- New Moon: Rest & reflect
- Waxing: Build energy
- Full Moon: Celebrate
- Waning: Release & reset

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Final Thoughts

Your body is not broken. Your cycle is divine. Whether bleeding, cramping, or simply pausing, you are sacred. Reclaim your rhythm, your peace, and your power.