

Brazen

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# Perfect Period Program

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# A Note From Our Founder

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rhoncus tempor fermentum, enim integer ad vestibulum  
volutpat.

# How to Use This Guide

# Brazen 5 Minute Mindfulness

DATE 2 / 2 / 2019

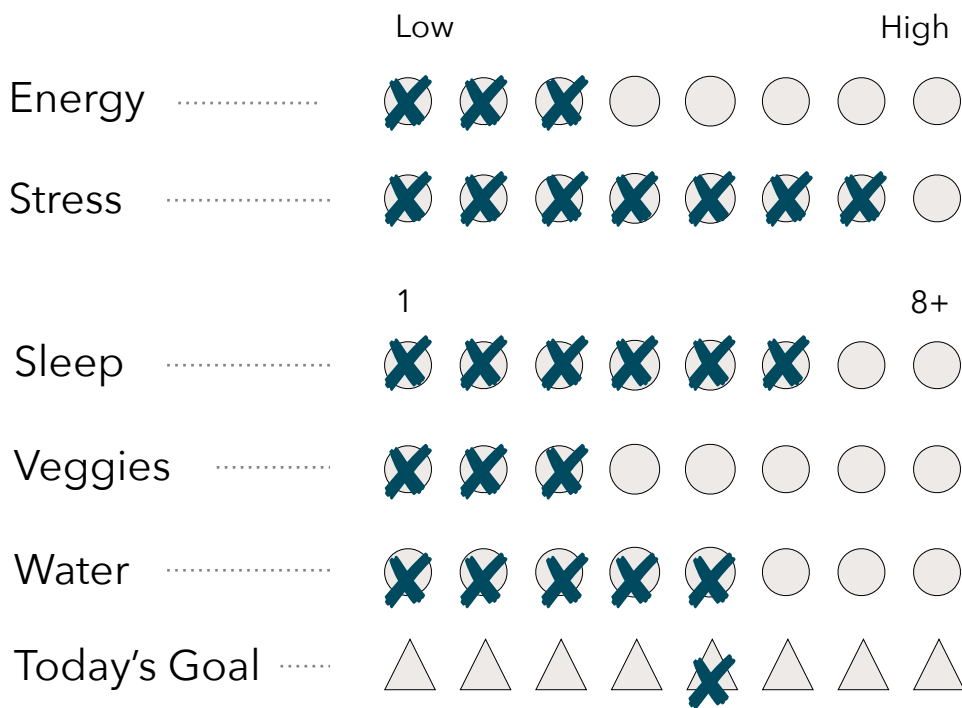
CYCLE DAY 3

This morning I'm grateful that my body...  
IS STRONG AND SAFE.

This morning I'm grateful that my mind...  
IS FOCUSED, EVEN THOUGH I'M TIRED.

I'm also grateful...  
MY KITTEN THAT RAISES HELL AND MAKES ME LAUGH.

- Today, I'm going to be Brazen by...
- 1 MAKING SURE THAT I'M HEARD IN MY DESIGN MEETING.
  - 2 TELLING MY FRIENDS THAT I LOVE THEM.
  - 3 CALLING MY CONGRESSWOMAN ABOUT BS TAMPON TAX.

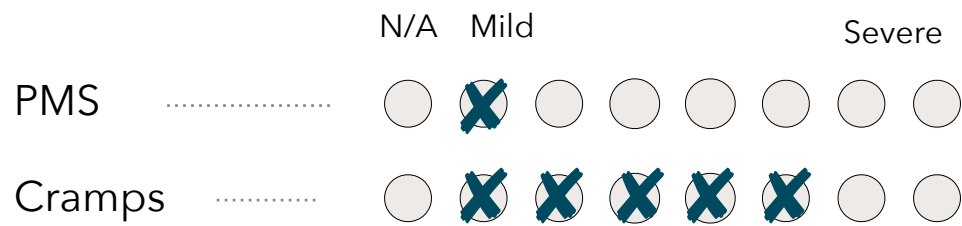


Cycle Notes:

CHANGING TAMPON ABOUT EVERY 3 HOURS.

RUSTY BLOOD WITH CLOTS.

CRAMPS WITH LOW BACK PAIN.



# Day 1

## Getting the Most Out of Your Brazen Program

Welcome to Brazen, we're so excited to work with you as you tune up your period. Brazen's Perfect Period Program is a 28 day intensive journey for a *total period makeover*. We want the next 4 weeks to be an amazing and beneficial experience for you. In order to get the best possible experience with Brazen, there are a few things that you can address right now as you're beginning the program.

Let's take a look:

**What's up Doc?** If you haven't had your annual exam, now's the time to make it happen. Find a qualified OBGYN in your area and get it scheduled. Remember, Brazen is here to educate and inform you about improving your period, but it's not a replacement for a medical doctor and can't diagnose, treat, prevent, or cure any disease.

**Detox Your Environment.** We'll go into this in more detail as we go along. For now, check out [www.goodguide.com](http://www.goodguide.com) to make sure the products you use everyday are healthy

and don't contain harmful chemicals that can mess with reproductive hormones.

**Get a Friend on Board.** Cleaning up your act is easier when you have a buddy to help you out and keep you accountable. Work together to get the best results!

**Your Crazy 8's.** 8 hours of sleep. 8 glasses of water. 8 servings of veggies. At Brazen, we call these the "Crazy 8's" – crazy because they are the foundation of good health, but so few people actually get them. You'll see that Brazen helps set manageable goals each week so that, over time, you'll get closer and closer to hitting your crazy 8's every day.

**Take Small but Brazen Steps Each Day.** Getting healthy and fixing your period is hard work (hey, you're period didn't get all jacked up overnight, fixing it won't happen overnight either). Making too many changes all at once can feel overwhelming and adds to your stress.

At Brazen, we have done some of the work for you by breaking bigger changes into smaller, manageable steps. Take a few small steps each week and you'll see you have the power to make meaningful, positive, and lasting change!

Day 1

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE ..... / ..... / 20.....

CYCLE DAY .....

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 2

## What a healthy cycle is supposed to look like (even if yours doesn't.... yet.)

You already know that there are about as many different types of menstrual cycles as there are women. Cycle length, bleeding, cramping – all these things vary from woman to woman. Most women are taught from an early age that, unless something really serious is wrong, their cycles may be difficult, but that's just the norm.

At Brazen, we beg to differ. Menstrual cycles can take many forms and variation is certainly common. But just because they're common, doesn't mean that things like clotting, cramping, PMS, or irregular bleeding are healthy conditions that you have to live with. Current medical research also suggests that the characteristics of your menstrual cycle do have an impact on your overall health.

From nearly 30 years experience working with over 10,000 women in our clinical practice, we noticed that certain cycle abnormalities are totally correctable. From that experience, we developed a concept called the Brazen cycle – a menstrual cycle that is as near to perfect as a menstrual cycle can be.

### So, what is the Brazen Cycle? A Brazen Cycle includes:

- A total of 28 days from the start of one period to the start of the next
- Ovulation that occurs on cycle day 14 with abundant, stretchy, and clear cervical fluid
- No PMS or spotting before your period (yes, this is possible for most women!)
- A period that is 4 days long with enough fresh, red bleeding to soak a tampon or pad about every four hours, but not more or less.
- No cramping or clotting before, during, or after your period (yup, this is also possible for most women, even those with endometriosis)

**Don't be discouraged that your menstrual cycle is very different from the Brazen cycle.** That's actually good news. The good news is, that over the next 4 weeks, you will see your cycle start to take shape and you will start to feel better as well.



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CYCLE DAY .....

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 3

## The Stress Mess

You don't need one more person telling you that daily exercise, meditation, prayer, yoga, mindfulness practices, and chocolate cake (just kidding about that last one!) can dramatically reduce your stress levels. Right?

We all know it.

What I want to do is help you understand why you should be concerned with the amount of stress in your life and how it directly affects the underlying issues that contribute to your overall cycle health.

### Why stress has such a negative effect on your cycle

When we experience stress, our bodies produce adrenaline and cortisol—two hormones that regulate the “fight or flight” response in our bodies. High levels of these are great if we need to escape from a burning building or any other dangerous situation. Unfortunately, our modern bodies haven't evolved to know that we're only stressed because our boss is a jerk, not because we're

getting chased by a pack of hungry wolves. Our lives have become so busy and complicated many people are in a hyper-cortisol state every single day.

Here's where your cycle comes into play: The body uses progesterone to make cortisol, stealing it away from the reproductive system. The higher the cortisol, the more difficult it is for your body to produce sufficient levels of progesterone.

### Why do we care so much about progesterone?

To put it simply, progesterone is absolutely essential for regulating your menstrual cycle. We need progesterone to:

- Stabilize and vascularize (establish a blood supply for) the uterine lining
- Modulate your immune system
- Reduce inflammation, a main contributor to endometriosis
- Help regulate insulin release and pancreatic function (which can impact blood sugar and diabetes risk)

Stress may be unavoidable in our modern lives. But, more importantly, how we relate with stress strongly impacts the effect it has on our bodies. Changing the way we relate with stress takes practice, but can pay huge dividends and have a positive impact on your cycle.

You'll find that we've included a lot of information about mindfulness in this program – it's a scientifically proven strategy to reduce stress and improve mood and performance. Don't gloss over this part of your program, it's essential to establishing hormonal balance in the body!

Day 3

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CYCLE DAY .....

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 4

## What is Mindfulness?

What's been on your mind today? Maybe your to-do list for the week, an upcoming project at work, what you'll have for dinner, when your next period is coming, or anxiety over the PMS and pain that are coming with it.

Most of us are on autopilot all the time, going about our daily actions without even noticing what we're doing. We spend our time caught up in worries about the future or regrets about the past.

Mindfulness is the opposite of that. Though mindfulness might seem intense, scary, or even too hippy-dippy for you, we can assure you it's actually quite simple.

**Mindfulness is a state of being totally present in the current moment. That's it.**

When you're mindful, you observe your thoughts and feelings from a distance without judging them as "good" or "bad." Mindfulness isn't political or religious or a new kind of psychotherapy. It's all about directed concentration and learning to focus your awareness with your breath.

This might seem overly simple, but as one of my teachers told me, "Your mind is like a little puppy who wants to pee all over your house. Your job is to teach your puppy to pee on the paper in the corner every time."

Our minds desperately want to get lost in the future and the past. We obsess and we worry. Both of these tendencies cause us unneeded suffering. Staying in the present moment can greatly impact your health, how you experience your body, and your happiness.

When you worry about the past or future – or anything you don't have control over – you stress your body and increase the cortisol in your body. An elevation in cortisol can suppress your progesterone levels, one of the important hormones that helps regulate your menstrual cycle.

We don't have this section for nothing. We've included mindfulness for two basic reasons:

1. Because your thoughts are one thing – a huge thing, in fact – you have control over in a time when you may be feeling utterly helpless.

2. Because mindfulness is going to become one of the most powerful items in your toolbox. It might seem easy or insignificant but you'll discover that it makes a world of difference in your life and attitude.

At this stage, you might be thinking, "There's no way I can practice mindfulness. I can't turn my thoughts off." Don't worry.

We're going to teach you simple strategies and give you small steps to build your mindfulness skills. All we ask is that you tune in!

### **Take Action: Mindfulness in Practice**

This week, we want you to brush your teeth! When you are brushing, try to slow down for one or two minutes and focus only on the experience of brushing your teeth. What does the brush feel like on your teeth? What does your toothpaste taste like? Feel how refreshing your teeth feel after you have brushed them. This is the beginning of experiencing your life one second at a time!

To learn more about your mindfulness journey, check out this 4-minute video: [What is Mindfulness?](#)

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CYCLE DAY .....

Low High

Energy .....

Stress .....

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Sleep .....

Veggies .....

Water .....

Today's Goal .....

Cycle Notes:

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N/A Mild Severe

PMS .....

Cramps .....

# Day 5

## Foundations of Nutrition

Achieving whole body health is largely dependent on providing yourself with the highest quality nutrition you can get your hands on. Over the next 4 weeks, Brazen will help you understand how food affects your cycle. We know that women all start their Brazen journey in different places, so today, we want to focus on a few basic suggestions to get you started on the right foot.

These first 3 steps will help you get started making some powerful changes that will significantly impact your health and your cycle:

1. Eat real food.
2. Eat like a cavewoman.
3. Put a rainbow of colors on your plate at every meal.

Let's break each one of those down, and focus on ways to start improving your health and cycle today. Start to incorporate these into your diet and you will be taking a great first step.

**Eat Real food.** What does that mean? Eat at Whole Foods? Not necessarily. To start, just try to avoid processed junk foods, chemicals, and all other food like substances (think twinkies). Need an easy way to do it? Shop around the outside of your grocery store (fresh produce, meat, dairy, and seafood), and stay the out of the aisles.

**Eat Like a Cavewoman.** Model your diet on what the human body evolved to eat. At our core, we're hunter/gatherers, and our digestive systems and metabolisms haven't evolved beyond that point. There were no packs of wild Cheesy Poofs roaming the plains when our digestive systems were developing, and we're not built to handle them now. Stick to fruits and veggies, organic and grass-fed animal products, and a few healthy whole grains.

**Put a rainbow of colors on your plate.** This ensures you're getting a good variety of vitamins, minerals, and essential nutrients. It also tends to mean that you're getting a nice balance of carbs, fats, and proteins. Make sure you fill half your plate with veggies before adding anything else.

This week, focus on these three rules as you make your meal choices. These rules will provide you with a strong nutritional foundation that will stay with you or the rest of your Brazen journey.



Day 5

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE ..... / ..... / 20.....

CYCLE DAY .....

LowHigh

Energy

Stress

18+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A MildSevere

PMS

Cramps

# Day 6

## Why Mindfulness?

Everywhere you look, people are talking about mindfulness and meditation—including us! Everyone says it's really good for you and you should do it. We agree.

So what's the big deal? Are we teaching you mindfulness just so that you can count your exhales all day long?

No. The truth is, mindfulness can do a lot for you: It increases creativity, sharpens your memory, improves academic performance, generates focus, boosts your immunity, and heightens your compassion. It also does a tremendous amount of good for chronic health conditions like PMS and menstrual pain. Let's take a look:

### Helps You Eat Healthier

Mindful eating involves slowing down during meals, chewing thoroughly, paying attention to the flavor and textures of your food, and removing distractions like TV while you eat.

All these changes add up to healthy weight loss and smarter choices. There's research to prove it. Studies show that people practicing mindful eating ate less when they were hungry than control groups. Other research studies have found a decrease in binge eating, improved digestion (and possible nutrient absorption), and increased enjoyment in eating.

### Lowers Anxiety and Depression Levels

This is an important one. As we ride the hormonal rollercoaster, feelings of depression and anxiety come up for many women. Mindfulness can actually change your brain so you're more resistant to these negative emotions.

Here's a short summary of what happens: Before you start practicing mindfulness, you have strong neural connections between the bodily sensation/fear center of the brain and the "Me Center" of the brain that processes information related to ourselves.

This means that you're much more likely to think there's something seriously wrong whenever you feel anxious or scared (or have any other bodily sensation).

Mindfulness decreases this connection and also sharpens the rational, logical, balanced part of your brain: a big win for your overall health and a great way to deal with the mood swings that you feel when your period approaches.

### **Positively Impacts Your DNA**

A recent study published in Cancer shows that our minds really can influence our bodies. Researches found that breast cancer patients who participated in support groups and practiced mindfulness had preserved telomere length.

What in the world does that mean? Telomeres are elements of our DNA. Shortened telomeres are associated with chronic problems such as cancer, diabetes, high stress levels, and heart disease. Keeping our telomeres long is in our interest – both for overall health and longevity.

### **Helps You Deal With Chronic Health Issues**

A 2004 meta-analysis found that practicing mindfulness improved both the mental and physical health of people dealing with a number of chronic health problems like pain, cancer, heart disease, depression, and anxiety. Additionally, practicing mindfulness is linked to larger amounts of gray matter in the brain. This means you'll have

more emotional stability and positivity, even if you're in a health situation that's less than ideal.

### **Mindfulness in Practice**

Now that you have seen first hand that you can focus your attention for a few minutes while brushing your teeth, try practicing your mindfulness while you are doing other repetitive tasks around the house, like cleaning up your kitchen after meals.

Try to slow down, turn off your phone, listen to the sounds of the water in the sink, feel the water on your hands, clean your pots or plates like it was the most important job you would ever do. Notice when your attention goes somewhere else and just remind yourself to try to focus just for a bit longer only on the task at hand.

See how you feel afterward and if this new approaches changes how you relate to these "chores".

Day 6

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE ..... / ..... / 20.....

CYCLE DAY .....

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 7

## Strengthening Your Digestive System

You've probably heard the old saying, you are what you eat. Well, at Brazen we believe you are what you digest. Do you have a pretty good diet, but you're still tired, bloated, uncomfortable, and still gaining weight? Chances are your digestive system isn't working efficiently to get you the nutrients you need, while getting rid of the waste products you don't.

Strengthening your digestion is one of the most important steps to improve your overall health and even cycle function.

People often confuse digestion with elimination, but when we talk about digestion, we are specifically talking about your body's ability to take the food that you are eating, and break it down into the building blocks for making high quality energy and blood.

Where to start? One fantastic way to tune up your digestive system is by eating congee. Do not skip this recommendation. It can make a HUGE difference in your

digestion, energy, sweet cravings and healthy weight management.

Congee is a digestive-friendly way to start your morning. Congee is essentially the same as oatmeal except you use brown rice and slow cook it for 8 to 10 hours. The prolonged cooking time allows the fiber of the rice to break down more completely (your crock pot is doing some of the hard digestive work for you).

Eating congee improves metabolism and boosts digestion since it takes minimal energy to digest and is very nutritious. This breakfast will warm your digestive organs while removing excess fluids and providing therapeutic value (great when you're feeling bloated!). Plus, since you can make a week's worth at a time, it cuts down morning stress and ensures that you have a healthy start every day.

### Making Congee

Before going to bed, place 1 cup organic, brown rice, 8 cups of water, a big pinch of salt and a handful of dried apricots into a crockpot. Cook on low overnight. Use a hand blender after it is cooked to whirl it into a delicious apricot, rice cream! (Plus the blending makes it even more digestible!).

If you want a little extra flavor, top your morning portion of Congee with some of these. Be sure to choose at least one tablespoon of fat as it really helps stabilize your metabolism.

- Butter, coconut, or flax oils (use real, grass-fed or organic butter). Adding a little fat will add some calories, keep you feeling full longer, and help sustain energy better.
- Black strap molasses
- Granola (without added sugar)
- Cardamom or cinnamon (only in the last half of your cycle)
- Almond slivers (cook in the congee with the apricots the night before)
- Dried cherries or blueberries

Many people notice that they are hungry shortly after eating congee and need to eat again before lunchtime. This is an excellent sign that congee is stimulating your metabolism. Plan to eat a healthy, high protein mid-morning snack (green smoothie, nuts, yogurt, hummus) to ward off hunger and keep that metabolism burning hot!

Green smoothies are an awesome way complement your morning congee and a great way to sneak in an extra serving of veggies. We like adding a scoop of plant based protein powder (green pea or rice) for an extra energy boost.

Day 7

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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CYCLE DAY .....

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 8

## Finding the Right Exercise Balance

We've all thought it: This is my year. I'm gonna really kick my butt and get into the best shape of my life. Once I'm in shape, all my health issues will just magically disappear. Unfortunately, that's not quite how it works.

For many of us, living healthy means multiple mornings at the gym, joining a fitness boot camp, daily SoulCycle sessions, or otherwise whipping ourselves into shape. And while maintaining a healthy weight is important for cycle health punishing your body to get there is not.

Research shows that moderate exercise can help regulate your cycle. On the other hand, excessive exercise has nothing but negative effects on common period problems. Increased intensity, frequency, and duration of exercise have all been shown increase your chances of being diagnosed with infertility.

Excessive exercise disrupts hormone signaling in the body, and can lead to cycle irregularity and other menstrual abnormalities.

Think of your energy reserves like a bank account. Some of your resources are needed for the basic necessities of life, for just keeping the lights on. You get to choose how to spend the rest. If you spend all your energy exercising, there won't be enough left over for your body to take on new challenges (like supporting a healthy menstrual cycle). Moreover, if you over spend your resources, you'll end up in debt. You don't want to end up bankrupt.

So what's excessive and what's moderate? That's really the million dollar question. The answer is that excessive and moderate activity are going to vary from woman to woman. For a woman who has been a runner her whole life, a 5k might be an easy and moderate way to unload some stress and stay healthy. That same 5k might be excessive for someone who's not aerobically active.

In 2006, Harvard researchers looked at the exercise habits of over 2,000 women going through IVF cycles, they found that those that spent over 4 hours a week engaged in cardiovascular exercise had a 40% decrease in live birth rates compared to women whose exercise habits were more moderate. Even if you're not trying to get pregnant, this study is informative about how exercise effects your reproductive system.



## Putting it into practice.

Exercise is important. For most women, about 30 minutes a day of moderate exercise should be about right. Moving your body is a great way to relieve stress, maintain a healthy weight, increase blood circulation to your reproductive organs, and protect yourself from diabetes, obesity, and heart disease.

Even if they're all the rage right now, high-intensity workouts like Crossfit, boot camps, or training for a marathon are not ideal if you're trying to fix your period. These types of workouts can drain important resources that your body needs for healing and fixing your cycle.

Instead, Brazen encourages moderate activities like walking, moderate jogging, swimming, cycling, yoga, and the like. Enjoy your exercise. Use it to connect with and nurture your body, not punish it.

Day 8

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This morning I'm grateful that my mind....

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Today, I'm going to be Brazen by...

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CYCLE DAY .....

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N/A Mild Severe

PMS

Cramps

# Day 9

## Transforming Your Mind with Gratitude

When you're on your period and you're suffering, it's easy to start feeling impatient, stressed, angry, or just plain down. Maybe you're also stuck in a "Why me?" mindset or feel pissed at everyone and everything around you. We totally get it and much of your emotional turmoil is completely understandable.

Through all this, however, it's important to keep your life in perspective. That's why gratitude is so important.

In her book The Gifts of Imperfection, Brene Brown writes about how to live a wholehearted life. She analyzed stories from people who experienced nearly constant joy and happiness. Here's part of what she found: Every single person she interviewed had an active gratitude practice.

They didn't just passively remain thankful, they consciously thought about what they were grateful for in order to bring more joy into their lives.

There's also been some very interesting research into the effects of gratitude on our health. In one study, participants wrote down things they were thankful for every day for ten weeks. By the end of the study, they were more optimistic and felt better about their lives than those who focused on things that aggravated them throughout the day. Surprisingly, they also exercised more and had fewer visits to their doctors.

Gratitude is also well-known to reduce stress, boost immunity, improve relationships, and decrease rates of depression. It can even help you sleep better and we know from personal experience that practicing daily gratitude is the ultimate mood booster.

Once you make a habit of acknowledging the things in your life that are going well, the things that aren't seem a lot less scary. You're able to face challenges head on and view your life and your struggles as the gifts that they are.

Doing this will keep you upbeat and ready to tackle anything that falls in your lap. That's why the first three questions in your daily journal are 100% about gratitude.

It only takes a few moments to practice gratitude and thankfulness. Yet, these few seconds can create a

momentous shift in your attitude and overall happiness levels. Cultivating “an attitude of gratitude” is a lifelong journey that starts today.

### **Mindfulness in Practice**

Hopefully you’re already writing down the things that you’re grateful for every morning. Having trouble? Here are some ideas to get you started:

- People you’re grateful for: Those who help, love, or support you
- Things about your body that you’re grateful for: Acknowledge what is working!
- Things about your home you feel grateful for: Maybe you have a really awesome pillow or maybe you live in a city that you love.
- Things about your work or career that you’re proud of
- Things that happened today that made you laugh or smile

Day 9

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Today's Goal

Cycle Notes:

N/A MildSevere

PMS

Cramps

# Day 10

## The Right Foods To Eat On Your Period

**"Let food be thy medicine and medicine be thy food."**  
~Hippocrates

Food is so much more than just calories, carbs, fats, and proteins that we use to keep the lights on in our body. Food is information. What we eat, and when we eat it, can be every bit as important as how much. Learning to eat the right kinds of food during each phase of the menstrual cycle can help you train your body to react and work in different ways.

Different foods, just like different medicines, have distinct properties that react with the body in unique ways. Eating a pound of broccoli does not trigger the same biochemical processes in the body that eating a pound of gummy bears does. We all know that we don't feel as well after eating a pint of ice cream, as we do after a healthy meal like vegetable soup.

At Brazen, we've found that certain foods can even affect menstrual cycle function. Inflammatory foods, like those that we went over earlier, can exacerbate conditions like endometriosis, PCOS, infertility, painful periods, acne, and a host of other gynecological and hormonal issues.

On the other hand, there's a number of foods that can actually benefit gynecological function. There's no panacea that will instantly fix cycle problems, but eating the correct foods during the right phases of your cycle gently trains the body and helps lead it into balance and away from chaos.

First, let's focus on the bleeding phase. During the bleeding phase, the body needs to flush any old, stale uterine lining so that it can begin the process of building a new, rich lining that isn't full of clots and will be easy to shed. It's important to get plenty of nutritious, blood enhancing foods during your period to set a strong foundation for the rest of the cycle.

We know it's tempting to live on ice cream, cheeseburgers, and chocolate during your period - that's just because your body is craving fat, iron, and other important nutrients that it needs to build the resources it needs.

Don't get sucked into eating junk during your period, instead give your body the boost it needs by eating more of these healthy choices:

- Healthy fats: avocado, coconut oil, raw nuts, seeds, and nut butters, butter from grass fed cattle, and essential fatty acids (especially omega-3's)
- Protein: good quality red meats (organic, grass fed or pastured) in moderation, organ meats
- Vegetables: nutrient rich veggies like dark leafy greens (spinach, kale, chard, collard greens), beets, radish, eggplant, and seasonings like turmeric, saffron, rose, cinnamon, and garlic, onions, or leeks
- Fruits: peaches, cherries, grapes
- Dark chocolate: because, chocolate.

Day 10

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I'm also grateful...

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CYCLE DAY   

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Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps



# Day 11

## The Sleep Connection

How many hours of sleep do you typically get per night? According to the National Sleep Foundation, the average woman between 30 and 60 years of age sleeps only 6 hours and 41 minutes per night. Sound familiar?

While it may seem impossible to get even one more minute of shut-eye than you currently get, it's important to consider the incredible health and cycle benefits of a good night's rest. There's a physiological reason one-third of our lives are spent sleeping: It's absolutely essential to our health and wellbeing, including our fertility.

Even if you don't consider yourself a terrible sleeper, losing only one hour of sleep per night for seven days is the equivalent of pulling a full all-nighter every week! Thinking about sleep this way, it's easy to see how more than half of the adult American population is chronically sleep deprived.

In our modern world, sleep is usually considered a secondary concern to work and myriad other daily

responsibilities. Many people even boast about only needing four or five hours of sleep a night.

Unfortunately, putting sleep on the back burner has serious consequences for our health. Some common problems related to not getting enough sleep include:

- Mood changes, including depression, stress, and anxiety
- Weight gain and increased risk of diabetes
- Reduced immunity
- Reduced productivity
- Reduced cognitive capacity including inability to concentrate, decreased creativity and reduced short-term memory
- Decreased motor skills and coordination
- Reduced ability to multi-task
- Headaches
- Increased risk of stroke, heart disease, and cancer

Over time, as our sleep debt builds, we become accustomed to feeling mildly tired throughout the day, and we eventually fail to even recognize that we're sleepy. However, sleep loss is cumulative—the fewer hours you sleep each night, week upon week, the more serious the effects become and the more you'll need to sleep over time to make up for your losses.

When you fail to pay back your sleep debt, serious cycle issues can mount up.

**Leptin.** While progesterone, estrogen, luteinizing hormone, and follicle-stimulating hormone are all affected by your sleep patterns, one of the most important hormones changed by sleep is leptin. Leptin is essential for promoting ovulation and regulating menstruation. When sleep is interrupted, leptin levels drop, causing disruption in your menstrual cycles.

**Blood Sugar and Weight Gain.** Adequate sleep is also required to maintain a healthy metabolism. In a study of healthy college undergraduates, researchers found that students whose sleep was repeatedly disturbed were found to quickly go into pre-diabetic states.

When your body doesn't get the sleep it needs, it increases its desire for calories to keep it running. Your appetite increases and this can cause weight gain. Increases in body weight have been associated with ovulatory irregularity and decreased fertility. Without proper sleep, our bodies and our reproductive systems begin to shut down.

**Blood Flow.** Increased oxygen-rich blood flow to the reproductive organs brings fresh nutrients, movement, and waste removal to the area—all of which can seriously help with cramps. During REM sleep, blood flow to the vagina and penis increases in women and men respectively.

REM sleep occurs close to morning hours and only occupies about 90 to 120 minutes of our total sleep per night. REM sleep is cut short when you're only getting a short amount of downtime. In addition to increased reproductive blood flow, REM sleep also allows for enhanced daytime functioning since it plays a significant role in cognitive organization, memory retention, and problem solving.

Day 11

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE    /    / 20

CYCLE DAY   

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 12

## How to Improve Your Sleep

Last time we looked at why sleep is absolutely essential for helping your body heal and establishing a good foundation for improving your menstrual cycle. Here's how to get more zzz's.

**Unplug.** Screens on your computer, phone, and tablet emit an excitatory wavelength of light that tells your brain to wake up. Ditch the technology for at least an hour before bed and do something relaxing to help calm the mind and get ready for sleep. Those energy-saving compact fluorescent bulbs do the same thing, so replace the ones in the bedroom with regular light bulbs.

**Get Regular.** Having a regular bedtime helps train your body to sleep when it should. Ideally you want to shoot for between about 9:30 and 10:30pm. Creating a relaxing bedtime routine will let your brain and body know it's time to start winding down. Getting up at a regular time helps too, so try not to sleep in too much on the weekends.

**A Mellow Mood.** Your bedroom should be a place for

pleasure and rest. Make sure that you've got a cozy nest to climb into at night. Keep the bedroom dark, calm, cool, and quiet. Banish work, stress, and clutter from your pre-bedtime routine. Instead, enjoy relaxing and pleasurable activities like massage, snuggling, or a warm bath before bed.

**Day Dreaming.** Sleeping well at night starts with living well during the day. Get some exercise. Try not to nap. Eat well. Stay away from heavy meals and caffeine in the evenings. Spend your morning hours taking in some natural sunshine.

Here are a few more strategies to get a little more shut eye:

- Trying going to bed just 15 minutes earlier each week. This may not seem like a lot, but it adds up over time.
- Create a ritual. It can be whatever works just as long as it's the same every night. This helps you mentally and physically prepare for sleep and queues your body to start relaxing.
- Set a bed time alarm so you don't get distracted or tempted to watch just... one... more... episode.

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This morning I'm grateful that my mind....

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Sleep   

Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps

# Day 13

## Your Mind's Stories

A cupcake is a cupcake is a cupcake. It's a baked good made up of flour, sugar, butter, and eggs. But is that what you think when you see a cupcake?

No, we immediately make a judgment of the cupcake. Maybe you love cupcakes, so you think, "Great!" Or maybe you're trying to eat healthier or are trying to avoid gluten. In that case, you judge the cupcake as "bad."

The real truth is that a cupcake is neither good nor bad. It just is. Despite that truth, your first reaction is to judge. We do this constantly to things in our past and in our future, too!

For example, here are some worries about things in the past you might judge as "bad":

- My boyfriend drove me crazy last week.
- I totally bombed that interview because I was so damn irritable. PMS is the worst!

And worries about things in the future you might judge as "bad":

- What if my period starts next week?
- What if my hormones are messed up?
- Am I going to be stuck in bed with cramps all day?
- Is this pain ever going to stop?

All these judgments are causing you to suffer emotionally. And they are causing you stress –even though they haven't even happened yet and might never happen.

The thought itself isn't the problem. You have the ability to let that pass through your head. It only becomes a problem when your mind judges it as "bad," and then decides to focus on it, making it into an issue that needs to be solved.

As a result, we miss the peace that is right now. How many times have you literally spent hours replaying something upsetting that happened the day before? The reality is that event already happened and our attachment to the past causes us to suffer in the present.

Our minds have a funny habit of working like that. Rather than perceiving a situation for what it is, we make up a story about it instead. If we make up a story that the thing is bad, our mind and bodies relate to it as if it were bad. If we make up that it is good, our minds and bodies relate to it as if it were good.

I know what it's like. When I was 23, I was diagnosed with Multiple Sclerosis. Your mind probably just made a judgment about that. Something like: "Oh my god. That's horrible!" or "That's so sad!" When it first happened, I thought the same way.

After I decided to stop judging the situation as "bad," my life changed. My new truth helped me learn what it means to be devastatingly sick – and how to overcome it.

You also have the power to decide how you relate to every aspect of your life. You're in control of your story. Whatever you decide, your mind will start living it. If you tell your story enough to yourself, your body will even start to react accordingly.

### **Mindfulness in Practice:**

Good or bad? Notice how often your mind judges a thought or situation as good for bad. Remember: You are not your thoughts, so try not to be overwhelmed by how many judgments you make in a single day.

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

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Stress

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Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps



# Day 14

## Foods That Can Boost Energy

Consistent low energy is one of the most commonly listed complaints among the women that we work with. Fatigue has quickly become a norm in our society as we run on empty every day. Cortisol levels and thyroid dysfunction are two main culprits for chronic energy issues – and both have serious impacts on cycle health.

### The Cortisol Connection

Cortisol is a hormone produced by the adrenal glands when your body is under stress. It's what causes the "fight or flight" response, which kicks into gear when your body feels threatened. This is great in emergency situations, but many people experience the "fight or flight" response on a daily basis in response to work and home stressors.

When you are under constant stress, cortisol levels rise continually—sometimes to the point where your body's ability to sustain those levels becomes suppressed. In these cases, adrenal fatigue sets in and severe exhaustion can result.

What does this mean for your period? In order to produce cortisol, your body needs progesterone, which is usually used to support a healthy uterine lining and is one of your most important reproductive hormones. When too much progesterone is recruited to produce cortisol, not enough remains to support your cycle.

Your adrenal glands (the source of cortisol) are also in charge of producing sex hormones such as DHEA, testosterone, and estrogen. These hormones can all be disturbed by adrenal fatigue, resulting in changes to menstruation, sex drive, and sexual function in both men and women.

### Thyroid Troubles

The thyroid is one of the most important organs for regulating energy and metabolism. When it isn't functioning correctly, a condition called hypothyroidism can develop. According to the American Thyroid Association, one in eight women will develop a thyroid issue during her lifetime and up to 60 percent of those with thyroid dysfunction are unaware of their condition.

Fatigue and weight gain are among the primary symptoms of hypothyroidism. If you think you might be suffering from

a thyroid disorder, it's a good idea to have your thyroid levels checked at your next doctor appointment.

If you suffer from fatigue or just aren't as energetic as you know you could be, listen to what your body is telling you and visit your doctor if you are concerned. Give your body time to recuperate. Slowing down and being aware of your everyday energy levels will positively reinvigorate every aspect of your life.

Battling fatigue requires that we pay extra attention to nutrition. Food is, after all, what we convert to usable energy. For people that suffer from fatigue, nutrition is not just about what you eat, but what you digest.

If you're eating a decent diet, but still struggling with weight gain, gas, bloating, constipation, loose stools, or other digestive complaints, revisit our advice for improving digestion.

**Here are some foods that can benefit digestion and improve energy:**

- Grains: cooked whole grains, sprouted grains, rice, oats, roasted barley, sweet rice, spelt, millet

- Vegetables: onion, garlic, turnip, ginger, fennel, pumpkin, sweet potatoes, squash, carrots, parsnips, yams, peas, stewed fruit, turnip, mushrooms - including oyster and shiitake
- Nuts and legumes: chickpeas, black beans, kidney beans, fava beans, walnuts
- Proteins (in moderation): chicken, beef, lamb, and wild game
- Spices: black pepper, fresh ginger, cinnamon, nutmeg, fennel,
- Sweeteners: molasses, rice syrup, barley malt, dates, figs, cherries, sugar cane
- Foods to avoid: Overly rich, oily, or heavy foods, refined sugars, cold foods like ice cream, salads and raw veggies, dairy, wheat, raw fruits, citrus, wheat grass, tomatoes

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This morning I'm grateful that my mind....

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Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps

# Day 15

## Detoxing Your Environment

Have you ever considered your soap might be to blame for your cycle struggles? Probably not, right? But studies have shown that chemicals in the products that we use every day can disrupt important reproductive hormones.

A 2009 study revealed that the typical American home contains more than 500 chemicals, many of which are known to have anti-androgenic and/or estrogenic effects on our bodies. Four of the most worrying chemicals—phthalates, bisphenol A (BPA), triclosan (TCS), and parabens—aren't rare. They surround us every day and make it into our bodies, our blood, and our reproductive systems.

In fact, the CDC found an average of 212 chemicals in men and women's blood or urine, 75 of which had never before been measured in the US population. Luckily, we can control the extent of our exposure to these dangerous hormone disrupting chemicals. Start with these three quick fixes:

**Investigate what you put on your skin.** According to the Environmental Working Group, there are 10,500 chemicals used in personal care products—just 13 percent of which have been tested for safety. Visit the Skin Deep Database to look up the safety of your products and to find non-toxic alternatives to everyday items like shampoo, deodorant, body wash, and more.

**Dump your antibacterial soap.** Triclosan is found in a bunch of products, including antibacterial soap, toothpaste, acne cream, lotion, deodorant, cutting boards, toys, and more. It's an endocrine disruptor and can lead to a depression of natural estrogen and androgen production. As if that's not enough, when mixed with chlorinated tap water, it creates the carcinogenic gas chloroform. Ditch the antibac and pick up some natural hand soap.

**Go for glass.** Most plastic water bottles contain BPA and phthalates—big no-no's for your fertility. In a recent study, the National Health and Nutrition Examination Survey found BPA in the urine of 95 percent of study participants. Yikes! BPA is a chemical commonly found in food and drink packaging that disrupts hormonal activity by mimicking estrogen in the body. BPA has been shown to

impact PCOS, miscarriage rates, and potentially even affect sperm quality.

Needless to say, this is a serious problem. Invest in a good glass (or stainless steel) water bottle and you'll automatically reduce your exposure to these nasty chemicals. Water bottles aren't the only place these buggers are hiding: the cans used to store beans and vegetables are lined with BPA, too. Choose non-BPA brands like Eden Organic, Muir Glen tomatoes, and Native Forest.

### What Else?

Household chemicals aren't just a problem for women. A Danish and German study released in 2014 tested nearly 100 everyday chemicals and found that a third had an effect on sperm. When exposed to a mixture of chemicals (the norm for American men), sperm's ability to swim, fertilize an egg, and be sensitive to female sex hormones was especially reduced. If you have a male partner, do them a favor and get them to help you detox the house together.

Taking on these three simple environment fixes might not solve your cycle problems right away. But they will have a bigger impact that you might think.

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This morning I'm grateful that my mind....

I'm also grateful...

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CYCLE DAY   

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 16

## Your Mind and Stress

As you practice mindfulness, you'll find that you become your own best friend. It might sound silly, but you really will start to accept yourself and the world –just as they are, stress and all.

When we practice mindfulness, when we trust ourselves to stay right in the present moment, our stress response is sedated and our relaxation response gets turned on.

Mindfulness actually significantly alters the part of the brain associated with stress and wellbeing, thereby causing lasting results. It will also enable you to stay focused and relaxed—no matter what's going on. Even if you start your period and your cramps are killing you or if you start crying while watching a paper towel commercial for no reason, you'll remember that you have the ability to control your response and reactions.

In these types of situations, your stress response is typically stimulated as you experience fear. You're taken out of your body, your breath becomes short and shallow, and your

feelings are brought to a standstill. As you become better and better at staying mindful, you'll remain centered and in touch with yourself, regardless of what's happening in the outside world.

Stress and fear aren't necessarily bad, but becoming mindful allows you to make peace with your stress—because no matter how mindful we become, there's going to be stress in your life. That's just the way things go. But if you can remain objective and centered despite the stress, you'll make a huge impact on your hormones and will dramatically improve the quality of your life.

Rather than constantly struggling to change yourself and those around you, you'll naturally grow more kind, compassionate, and loving as you become more mindful. Being a friend to yourself is the gateway to less stress, better clarity, and more ease. You can embrace all parts of your life and yourself.

Get to know your stress and fear. Name it. Take it by the hand so that it becomes your friend and ally. The more you do this through mindfulness, the more you'll realize that stress and fear are simply feelings that come and go. You don't need to get wrapped up in their drama.

## Mindfulness in Practice

Tonight before you go to bed, think of something stressful that happened that day and take a few minutes to see if you could have related with that situation in a way that might have made it feel less impactful on you.

Tune in to your body when you feel really stressed. What do you experience? Does your heart race? Do your shoulders tense up or do you get a stomachache? More importantly, pay attention to what you are saying to yourself about the situation that caused you stress. Try to start separating the physical feeling from the story you tell yourself about the experience.



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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

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CYCLE DAY   

Low High

Energy

Stress

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Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 17

## Inflammation

Inflammation is part of the body's innate immune response to any injury or pathogen and is the first step in the healing process. When you get sick, or sustain an injury, acute, short-term inflammation helps the body enter repair mode. If inflammation is prolonged or chronic, however, it can cause serious damage to multiple body systems – especially the digestive and reproductive systems.

**Inflammation plays a role many common conditions including: endometriosis, PCOS, dysmenorrhea (painful periods), clotty or irregular menstrual bleeding, poor egg quality, brain fog, migraines, acne, bloating and digestive pain, depression, joint pain, and even serious conditions like heart disease and cancer.**

Dealing with inflammation before it becomes a chronic condition prevents long-term bodily harm, including impaired reproductive health. The easiest way to promote healthy immune function and reduce unwanted systemic inflammation is through your diet. Plenty of foods have anti-inflammatory effects and can be incorporated into your meals part of a healthy diet.

Changing your diet is intimidating, but don't worry, lasting changes start with small steps. We've compiled a couple of quick lists – one of good anti-inflammatory foods, and one of bad inflammation generating foods – to get you started.

### Avoid These!

**Red meat** should be eaten only occasionally; think once or maybe twice a week. When you do eat red meat, make sure it's hormone free and buy the nicest (all natural, organic, free range, grass fed, wild) meat you can afford.

**Hydrogenated and polyunsaturated oils** lurk in all kinds of snack foods and prepackaged items. Check labels or just avoid processed foods whenever possible.

**Fried foods** don't do anything good for you. Once you cut them out of your diet, you'll notice cravings subside and that inflammation (and your waistline) begins to shrink away.

**Gluten** sensitivity is all the hype these days. That's because doctors estimate that as many as 1 in 2 people are gluten intolerant. If you think you may be gluten sensitive, programs such as The Clean Program are designed to help identify and reduce food sensitivities.

**Processed cow's milk and dairy products** should be eliminated from your diet or greatly reduced. We recommend consuming no more than one serving of dairy per day. If you are eating dairy, choose high quality (organic, grass fed), full-fat options.

**Food preservatives** wreak havoc on most people's digestive and immune systems. The easiest way to avoid preservatives is to buy fresh. Rule of thumb: shop on the outside of the grocery store, avoid the aisles.

### **Eat More of These!**

**Organic foods** are always preferable when it's possible to get them. Chemicals and pesticides used on crops and in animals can stay in food and become culprits for damaging inflammation in our bodies.

**Fruits** are a perfect anti-inflammatory snack to pep you up, particularly blueberries and papaya. The darker the fruit, the better.

**Vegetables** have excellent anti-inflammatory qualities. Include more broccoli, cauliflower, spinach and other dark leafy greens. Seaweeds, such as kelp, are awesome too!

**Mushrooms** are one of nature's superfoods and are naturally anti-inflammatory. Eat all the (safe) mushrooms you can get your hands on. Reishi and shiitake are especially good, but maybe harder to find.

**Spices such as turmeric and ginger** combat inflammation while adding flavor to your meals.

**Healthy, high omega-3 fats** are so good for your body, your joints, tissues, and reproductive system. Try eating more wild-caught salmon, walnuts, ground flaxseed, and avocados. When cooking, use healthy oils like extra virgin olive oil or cold pressed coconut oil.

**White or green teas** are full of natural antioxidants and make a refreshing hot or cold beverage

You have the power to control what goes into your body. Pursuing an anti-inflammatory diet is one of the best things you can do to promote your own fertile potential. Remember to focus on small steps – you don't have to be perfect today, tomorrow, or even next week

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This morning I'm grateful that my mind....

I'm also grateful...

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Low High

Energy   

Stress   

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Sleep   

Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps

# Day 18

## Your Mind and Your Body

Is it just us or have you also been seeing the words “mind” and “body” paired together a whole lot lately? Well, there’s a good reason for that. Your mind can play an incredible role in your body’s health.

We already wrote about how simple mindfulness led to an improvement in the physical health of people dealing with a myriad of chronic issues, including cancer, anxiety, heart disease, and yes, fertility. Yet we’ve found that many patients continue to discredit the impact their thoughts can make on both their cycle issues, health, and overall level of happiness. Don’t worry, I think all of us have a hard time wrapping our minds around how something so simple could be so powerful. Trust me, it is.

Still not sold on your mental state’s power over your body? We have an interesting example that might change your mind.

It comes from a lecture I heard recently. In it, the speaker started out by asking participants to do a guided

visualization with him every single day for the next month to see what happened.

The man said, “OK, I would like for you to close your eyes and breathe in from your nose and out from your nose. In and out. In and out . . .”

Then he said, “OK, now I would like for you to imagine the worst, most aggressive kind of bone cancer is spreading through your bones with each breath. Breathe in . . . the bone cancer is spreading. Breathe out . . . the bone cancer is spreading like wildfire. Really feel it in your bones.”

Finally, someone yelled, “Hey, cut it out!”

After the speaker asked why, the audience member replied, “Because you’re going to give us bone cancer.”

The speaker then asked the audience members to raise their hands if they thought that doing this meditation had any chance of giving them bone cancer. Nearly every person raised their hands, convinced that it was a dangerous thing to do.

What about you?

“Why is it,” asked the speaker, “That we can easily believe that meditating daily on getting bone cancer can most certainly cause bone cancer but meditating on perfect health is a waste of time?”

Think about that in relation to your cycle problems. How often do you consciously dwell on how awful your cycle can be compared to all the positive aspects of your body and health?

We’re so quick to dismiss positive thoughts in favor of the same old negative feelings that run through our heads all day long. But in reality, positive thoughts and simple mindfulness can have big and immediate impacts on what’s happening in your body.

And the good news is you have complete control over the thoughts in your head. Your thoughts are not going to be very positive right away, but in the coming weeks, you’ll continue to work on getting your head working for you rather than against you.

Please make sure that you’re taking a little time every morning to complete your journaling that’s included with this program. You won’t believe what a big difference it will make.

### **Mindfulness in Practice:**

This week, take a few moments each day to imagine what a perfect period would be for you right now. Think big! Your mind can take it. Imagine each part of your cycle being better than ideal, imagine it is extraordinary.

Hold this vision in your mind each day, speak it out loud while you are driving, come back to it when you’re suffering.

You might try to fight it initially, but the longer you hold these positive thoughts, the more you’ll start to believe them. Once your mind believes, your body will start to believe too.

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

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CYCLE DAY   

Low High

Energy

Stress

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Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 19

## Keeping Digestion Healthy

Last week, we started to talk about encouraging healthy digestion. Again, a strong, healthy digestive system is the foundation for producing the nutrients you need to nourish your body and improve reproductive health.

Remember, each system in your body is connected to all the others. When all these systems are working at the best of their ability, you'll realize your highest level of health, reproductive and otherwise. In addition to getting your morning congee and green smoothie, here are some other ways to keep your digestion and metabolism working well.

**Eat Breakfast.** It is the most important meal of the day. Every morning you start the day with a zero balance in your tank. Don't keep running on empty. Make sure you start the day with something nutritious to get that metabolism running strong.

**Eat simple meals.** Overly complex or greasy meals impair liver function and prevent nutrient absorption. It's also helpful to keep meals small but frequent. It's much easier

for your body to handle five small meals per day than it is to handle three really big ones!

**Cook your food.** Why, you ask? Cooking is literally what makes us human—we're the only animals that do it. Cooking means that we have more access to essential nutrition in our food, and makes our food a lot easier to process and digest.

**Other digestion friendly foods.** These foods are naturally friendly for the digestion. We're not expecting you to live on a diet of pine nuts and dates, but try to incorporate a few more of these foods into your daily diet.

- **Grains:** Barley, Rice, Warm cereals (especially congee!), Toasted whole grain breads
- **Meats:** Beef (organic, grassfed), Lamb (organic), White fish (see [seafoodwatch.org](http://seafoodwatch.org) for good choices). Remember, red meat in moderation.
- **Veggies:** Baked yams or sweet potatoes, Cabbage, Kale, Yellow and Orange vegetables, Ginger, Onion, Leek, Chives, Garlic, Cherries, Dates
- **Nuts:** Pine nuts, Walnuts, Sunflower seeds



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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

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Veggies								
Water								
Today's Goal								

Cycle Notes:

	N/A	Mild						Severe
PMS								
Cramps								

# Day 20

## Mindful Eating

When you first start practicing mindfulness, the idea of totally taming your brain's restlessness may seem elaborate, difficult, and nearly impossible. But being mindful doesn't have to feel like work.

A fun first step is learning to eat more mindfully. For most of us, eating is an enjoyable experience. We've all slowed down to enjoy a piece of chocolate cake, right? What if you were able to eat like that every day?

Here are some benefits you'll enjoy when you start eating mindfully:

- Improved digestion
- Weight loss
- Stress reduction
- Improved maintenance of eating disorders
- Increased enjoyment of meals

Let's get started. Once a day, choose a meal or snack to be very mindful of. Then follow this process:

1. Identify your hunger. Ask yourself, "Am I hungry? Am I eating because I'm stressed?" or, "Do I want to eat just because I don't want to feel what I'm currently feeling? Am I doing this to distract myself?"

All you need to do is notice your patterns. You don't have to do anything about them.

2. Set the stage for a mindful meal. Take a few deep breaths to get yourself present with your food.

This alone helps to reduce any stress you may be harboring because it signals your nervous system to slow down. By taking a moment and focusing on the food you're about to eat, it helps your body divert its energy to digest your food and convert it to useable energy and the building blocks for healthy blood.

3. Take your first bite. Notice the texture of the food. Hold it in your mouth for a few seconds. Then allow yourself to really taste your food as if you were a wine connoisseur who can notice even hints of pomegranate in a great glass of wine!

4. After a few bites, take note of your hunger and satisfaction levels. Try to tune in and stop eating when you feel 70 percent satisfied. Remember: You can always eat more in a little while if you're still hungry, but you can't take it away if you overeat!

5. Take a few focused breaths after your meal. Think about everyone who made the meal possible for you—the animal, the farmer, the plants, or whatever inspires you. Take a moment to say and feel a thought of gratitude. Gratitude is one of the most healing practices you can do!

Once you've gotten used to these steps, each meal can be an opportunity to practice mindfulness.

### **Mindfulness in Practice**

Choose one meal or snack and take a minute to really eat and swallow it with all your senses. Run through the following questions:

- What does it look like? Look at it as if it were the first time you've seen it.
- What does it smell like? Take a sniff as if it were a fine wine.

- What happens in your body as you experience the food? Maybe your mouth fills with saliva before you take a bite.
- What does it feel like when you put it in your mouth? Notice its texture. Start chewing and notice the changes in taste, texture, and smell.
- At the end of the meal, consider how this experience compared with your typical experience of eating food. What was different?

Day 20

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE    /    / 20

CYCLE DAY   

Low High

Energy   

Stress   

1 8+

Sleep   

Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps

# Day 21

## How Weight Contributes to a Healthy Cycle

Weight is always a touchy subject, and that certainly doesn't change when we start talking about its impact on your menstrual cycle. I want to be super clear upfront: there's no perfect weight that will make you happy, fix all your period problems, or anything else.

Weight fluctuates and changes, just as our feeling about how much we weigh changes, and that's ok. Learning more about weight's effect on your reproductive system isn't meant to make you feel bad about yourself.

Knowledge is power; learning about what your weight means for your cycle can empower you to make hard changes.

**What is BMI?** You'll see that most medical journals use something called BMI categories as a standard for healthy weight. BMI stands for Body Mass Index and it's a quick approximation of how healthy your weight is based on your height. It isn't a perfect measurement, but it's the most commonly used medical measure for healthy weight

and used to define categories like normal, overweight, and obese. If you don't know what your BMI is, you can check it [here](#). Again, BMI is not a diagnostic tool, it's just a rough guideline for healthy weight.

**What's a healthy weight?** The unfortunate truth is that there's a fairly narrow BMI range (18.5-24.9) where women generally have an easier time maintaining a healthy and problem free period. This doesn't mean that if you're outside of that range that you'll never get rid of your cramps or ovulate regularly, it just means that your cycle will have a higher chance of irregularity.

**If You're Underweight.** Being underweight (BMI of 18.4 or less) can be just as bad for your cycle as being overweight. If you're underweight, it's important that you take a long, hard look at your exercise and eating habits. Remember, intense exercise is also a risk factor for infertility, so make sure your routine is moderate to mild. If you struggle with eating or exercise disorders, it's important to reach out and work with a professional counselor or dietitian to address these issues.

**If You're Overweight.** Being overweight (BMI of 25-29.9) or obese (BMI of 30+) can have seriously negative effects on your cycle. Overweight women have higher rates of

infertility, ovulation disorders, diabetes, and PCOS. This doesn't mean that you're doomed. Research shows that obese women who lose weight, in some cases as little as about 10% of their body weight, can increase ovulatory and cycle regularity.

You're not alone. The American obesity epidemic is reaching startling proportions. By 2010, more than a third of adult Americans were obese. As a country, we're in need of a pretty big dietary overhaul. While the nutritional recommendations we make here in the Brazen program aren't geared toward weight loss, their foundation is a low-carb, plant-based diet that is naturally conducive to achieving and maintaining a healthy weight.

If you need more help losing weight, don't be afraid to reach out for help. There are a number of good online resources for weight loss, or you can find a registered dietitian in your area.

**Finally, we often think of weight as being the same as health – this just isn't true.** We've seen lots of women who are "weight appropriate" who have awful period problems. We've also seen plenty of overweight or underweight people who have perfectly normal cycles. Like everything

else we've discussed in this program, this is only one piece of the puzzle.

If you are struggling with PMS and cramping, finding an appropriate weight can have a big effect on your symptoms, but it's often the things you do to get to that weight (think exercise and eating healthy) that make the biggest difference.

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE    /    / 20

CYCLE DAY   

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 22

## Advanced Nutrition: What Your Body Really Needs

Hopefully you've had a chance to get started with some dietary basics, and laid yourself a nice foundation to work from. If so, you're in a great position to really boost your cycle health by refining your diet even further. If you're still working on the basics, don't let these suggestions freak you out. Just keep making small steps and you'll get here soon enough.

Today we're going to turn you into a black-belt nutrition badass. We want to arm you with as much knowledge as we can to give you the best possible chance at reducing or eliminating your period problems. Remember, we're after progress, not perfection. Tinker with your diet slowly, and make small, sustainable changes.

### Things a Brazen Body Craves

**The most important meal of the day.** There's a reason your mom (and cereal companies) have been trying to get you to eat your breakfast. Eating breakfast revs up the metabolism and helps restore digestive function after your

body has been in repair mode all night. Start your body off with something easy to digest – we particularly recommend congee.

**Eat more often.** Try getting 5 or 6 small meals every day, instead of 3 large ones. Eating smaller meals benefits the metabolism and helps you process your food (and calories) much more efficiently. Eating smaller meals more often helps normalize blood sugar levels and supports healthy hormone function.

**Eat your veggies.** We believe in the 80/20 rule. That means your calorie intake should be 80% plant based, and 20% animal based. Research shows that diets high in vegetables and lean proteins like fish, result in better reproductive health than diets that are high in carbs and saturated fats. Veggies are also a delicious, nutritious, and filling way to get your daily calories and can decrease the risk of heart attack, stroke, diabetes, obesity, cancer, and high blood pressure.

**Healthy Proteins.** When you cut down on animal products in the diet, you're going to need to supplement with more vegetable proteins. To make sure that you're getting enough protein, include more beans, lentils, peas, and other legumes. Try starting with dried beans and slow cook



them at home to save money and avoid unnecessary preservatives in canned food. Adding kombu (a type of seaweed commonly used in Japanese cuisine, you'll find it at the health food store) to your cooking beans will reduce their gas-producing properties.

**Get plenty of essential fatty acids** (EFA's) from unprocessed plant sources (flax) and deep-sea fish. EFA's, especially omega-3's, play a key role in ovulation, increase blood flow to the uterus, boost the immune system, and are essential to brain development. They also reduce inflammation and free-radical damage in the body. Here's a list of popular sources:

- Fish: Deep-sea fish oil, Healthy fish (see [seafoodwatch.org](http://seafoodwatch.org) for good choices)
- Healthy Fats: Non-hydrogenated cold-pressed oils such as flaxseed and pumpkin-seed, coconut oil, extra virgin olive oil, avocados, eggs, raw nuts and seeds
- Veggies: Broccoli, Cauliflower, Beets, Carrots, Kale, Collards, Cabbage, Turnips, Rutabaga, Brussels sprouts.

**Go organic.** Foods that are not certified organic may be treated with pesticides, antibiotics, and hormones—all of

which are known endocrine disruptors. Not only can these foods disrupt normal hormone function, but they can lead to an accumulation of harmful chemicals in the body.

Organic foods are generally only slightly more expensive than their counterparts, and you can save the difference by cooking more often and eating out less.

**Drink green (or white) tea.** It contains less caffeine and fewer volatile oils than coffee. Coffee constricts blood vessels while tea opens them. Remember, we're trying to get as much rich, healthy blood to the ovaries and uterus as possible. Green tea also has an antioxidant benefit that coffee does not. Green tea has ten times more polyphenols (antioxidants) than black tea, but only about half as much caffeine.

We know this is a lot of info and we're not expecting you to completely change your diet in a single day. Come back to this list when you're wondering what you should be eating, or try adding one thing from this list every week until you've nailed it.

This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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CYCLE DAY   

Low High

Energy   

Stress   

1 8+

Sleep   

Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps

# Day 23

## Walking Meditation

Over the past few weeks, we've been taking baby steps toward getting more mindful. This week, we'll literally be taking more steps to mindfulness.

Walking meditation is a great way to be in the present moment. Combining a simple, healthy practice like walking with the simple, healthy practice of mindfulness provides a perfect learning opportunity for those of us who need to get out of our heads, both literally and physically.

Walking, of course, has its own health benefits, including burning calories, building denser bones, strengthening muscles, improving sleep, and lowering blood pressure. When you take the time to walk mindfully, you'll also be lowering your stress levels, improving your mood, and boosting your fertility.

To walk mindfully means to pay attention to your breath and focus on the rhythmic movements of your body while walking. Rather than getting wrapped up in your thoughts

and where you're going, you will instead concentrate on the everyday act of putting one foot in front of the other.

Walking mindfully can also bring you a deeper sense of healing and connectedness. Labyrinths – mazes made for walking – are often found at hospitals and churches for exactly this reason. They force people to focus on their steps and the act of walking, thereby settling their minds.

Every day, in every second, our minds want to drive us away from the present to either the future or the past. This causes us to suffer. Even if you remember something in the past that made you happy, your mind will start pining for more of what you used to have, causing suffering. Every person on the planet does this every day! It is very normal, but not very helpful.

All we can do is take small steps to train our minds to stay more in the present. Walking mindfully is an easy way to make a powerful difference in yourself and your body. This may sound overly simple, but that's because it is.

Getting mindful doesn't take strength, blood, or sweat—all it takes is practice. You can never win the game of mindfulness, so don't bother trying.

Go at your own pace. Keep practicing in a variety of ways. Every minute you practice being mindful is another minute of realization of how much control you have over your negative thoughts and emotions.

### Mindfulness in Practice

Try doing a walking meditation during your lunch or break. You only need five minutes. Here's what to do:

1. Stand up straight. It takes courage to be present! Show you are ready to face the current moment with dignity.
2. Rest your hands lightly on your abdomen to keep your arms from swinging while you walk. (Swinging arms will distract you from your purpose.)
3. Let your gaze fall a few feet in front of you.
4. Start stepping heel to toe at a slow to moderate pace. Give your full attention to the sensation of your feet rolling along the ground. Each step rolls forward, leading into another.
5. If/when you start to get distracted by your thoughts and environment, don't fret. That is completely normal. Just

notice it. Without judging yourself, realize you're thinking again and bring your attention back to the sensation of your feet.

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

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Low High

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Stress   

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Sleep   

Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps

# Day 24

## Advanced Nutrition: Things to Avoid

We know that no two bodies are the same, and that foods affect people differently, but our experience helping women fix their menstrual cycles has shown us that there's a number of foods that should stay firmly on the "steer clear" list.

We're not here to make your life miserable, we just want you to make informed choices about what you're eating and how it affects your cycle health.

### Making Some Subtractions

**Unhealthy fats** like shortening, margarine, lard and animal fat, and hydrogenated vegetable oils which are found in processed foods. Choose healthy fats like extra virgin olive oil or coconut oil instead.

**Soy** has mild estrogenic effects in the body, especially in its processed forms. This can cause imbalances in hormone function and lead to conditions like PMS.

**Nightshade vegetables** like tomatoes, potatoes and eggplant have inflammatory effects, and especially affect the joints and exacerbate pain related to endometriosis.

**Coffee/Caffeine** is addictive and the perk it gives you is misleading. Caffeine is drying and inflaming. Caffeine impacts your fertility in the following ways:

- it stimulates neurologic activity which causes an increase in adrenaline-like cortisol. Cortisol can also affect reproductive hormone balance and throw off your cycle
- can lead to irregular ovulation and an irregular cycle
- make your cervical discharge overly acidic and affects vaginal pH
- can impede iron absorption affecting blood production and quality and thickness of the uterine lining
- can decrease flow of blood to the vital organs (think uterus and ovaries). Yikes!

**Processed foods.** Processing food eliminates much of the natural nutrition present in the original fruits, grains and vegetables. Most canned, prepared foods contain

preservatives and are high in fillers, sugars, and unhealthy fats.

**Smoking or vaping.** It's bad for you. You already know this. If you need help quitting, check out [smokefree.gov](https://www.smokefree.gov) or talk to your healthcare providers.

**Fish with a high mercury content** like tuna, mackerel, and swordfish. For a list of safe, sustainable fish for your area, check out [seafoodwatch.org](https://seafoodwatch.org) or this handy guide on mercury in fish.

**Unnecessary over the counter medications.** Always check with your doctor before starting or discontinuing any medication. Non-steroidal anti-inflammatories (NSAIDs), like ibuprofen, can inhibit ovulation and are injurious to your kidneys and liver.

**Raw foods** (even fruits), or food and drinks that are cold or iced. Why, you ask? Humans are the only animals that cook their food, and it gives us a huge advantage! Cooked foods are broken down more easily, making their nutrients easier to obtain, process, and use.

**Anything white**, such as sugar, white rice, white flour, white bread and traditional pasta. These foods quickly convert to

sugar in the bloodstream and act like sugar in the body. Always choose whole-grain alternatives. Honey, agave syrup, or stevia make good sugar substitutes.

**Dairy Products.** Dairy is mucus forming, which prevents proper absorption of nutrients in your digestive tract. For most people, cutting dairy consumption to 1-2 servings a week is sufficient. If you struggle with, or have a history of excess mucus, allergies, asthma, digestive tract disorders, or vaginal discharge (other than healthy cervical fluid before ovulation), avoid dairy products altogether.

Like we said, we're not here to make your life miserable. We just want you to make informed choices when it comes to your diet and your menstrual cycle.

Diet is the number one thing that you absolutely can control when it comes to improving your your cycle and eliminating common problems like cramping and PMS. We want you to be empowered. We want you to be strong. But we don't want you to be perfect. Keeping taking small steps. You can do it.

This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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CYCLE DAY   

Low High

Energy   

Stress   

1 8+

Sleep   

Veggies   

Water   

Today's Goal   

Cycle Notes:

N/A Mild Severe

PMS   

Cramps



# Day 25

## Tragedies Transformed — It's Your Choice

We spend a ton of time, money, and energy trying to be happy. We go shopping for new clothes. We go out and eat decadent food. We travel. We get Botox. We drink alcohol and we sleep.

Rather than finding happiness, what we're really doing is avoiding our current feelings. One of my dear friends said it best: "When I'm having a terrible day, I think, 'I should have chocolate cake!' When I'm having a great day, I think, 'I should have chocolate cake!' When I'm bored I think, 'I should have chocolate cake!'"

Chocolate cake is my friend's answer to every new emotion and feeling going through her. She distracts herself with a delicious treat rather than just being with what is. We all do it – whether or not we use chocolate cake is simply personal preference.

But here's the truth: There is nothing outside of yourself that will ever make you truly happy. Not even having a

perfect period! What really influences how much we enjoy our lives—no matter what they bring—is how we perceive what is happening.

When faced with a tragedy, a person will either be overcome by the monumentality of the situation, or find a way to rise to the occasion and emerge stronger.

Your ability to transform the chaos of your period will be one of your greatest assets during your journey. While you are struggling and upset, your frustrations seem insurmountable. But viewed in a different light, your frustrations can become life-changing gifts.

Remember: You have the power within you to find opportunity for your own personal transformation. You'll need to dig deep to find your courage, resilience, and perseverance – but you will find them by focusing on your goals here at Brazen.

By transitioning your focus from suffering to becoming the healthiest, most centered woman you can be will help you transform a horrible experience of your periods into something beautiful and inspiring.

Here are some short tips for how to grow stronger from your struggles:

1. Set new goals. Focus on goals like getting as healthy as you can – inside and out – rather than simply avoiding pain and discomfort.
2. Make a plan for achieving them. Follow your plan as if it were a game. We'll help you make it fun and easy.
3. Truly, deeply believe in yourself. Believe both in your potential and in the person you are – right here, right now. Believe that you are confident, trust in yourself, and know that you will get healthier.
4. Monitor your progress daily. Track how you feel. Take pleasure in your body getting healthier.
5. Harmonize. Find ways to harmonize with your struggle rather than fighting it. Find enjoyment in the small things that are working and express gratitude for these. Harmonize with yourself, too. You are not at odds with your body: You are an integrated team that needs to be lovingly aligned in its goals.

6. Focus outside of yourself. Volunteer with an organization you care about or comment on forums to support other women. This will immediately lessen the impact of your own suffering and give you a wider purpose.

### Mindfulness in Practice

This week, each day while you are eating your lunch, think of one positive thing that has come from your period problems. Maybe it is a new friend, or that you have discovered that you are more formidable than you previously thought, or that you have become more conscious of your health. Whatever it is, is up to you, just take a second to start to transform your struggle into something that is a powerful resource in your life.

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE    /    / 20

CYCLE DAY   

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 26

## Training Your Mind

Let's talk about control. Many of us struggle with the desire to control each and every aspect of our lives: our relationships, our homes, our careers, and – perhaps most of all – our health.

When we begin to lose our grip on all the moving parts, we all know what happens: We end up stressing about things in the past or obsessively worrying about what might happen in the future. You end up living in the future or in the past, missing your life that is happening now.

You rarely have true control over your job, your friends, or what goes down in life. But by focusing on something you can control – your breath and your thoughts – you will have an enormous impact on your stress levels and overall mental and physical health.

At the beginning of this mindfulness journey, we discussed some of the benefits of practicing conscious mindfulness. Let's take a look at some of the biggies again. Mindfulness can:

- Lower blood pressure
- Decrease heart and respiratory rates
- Increase blood flow in the body
- Enhance immune function
- Reduce the perception of pain
- Stabilize mood
- Help you live in the moment and reduce your suffering

All this can happen with only five minutes of meditation per day. We want you to try this. The more you practice, the more you'll start to notice when you are living in the present moment, surrounded by the good and joyful things in your present life, rather than fear and regret.

I have heard thousands of women tell me, "I can't do this, my mind won't stop chattering." That is ok, listen to the chatter and just try to be able to recognize it as chatter and nothing else and you will be so far ahead of the game.

## Tips for building a mindfulness practice

**Get Cosy.** Find a comfortable, quiet place where you can sit undisturbed. Set a timer for the number of minutes you'd like to sit today. Find a comfortable sitting position and take a deep breath. Let your eyes slowly relax shut.

**In and Out.** Let relaxation deepen and start to notice your breath. Breathe in through your nose and out through your mouth. Don't try to control how fast or deep you breathe. Just relax and let your body do the work.

**Just Breathe.** For the next few minutes, continue paying attention to your breath. Don't try to change it. Notice how it feels coming in and out of your body. Try to hold your attention to the feeling of your breath. After a few seconds, your mind will want to go somewhere else. It will start chattering about your annoying coworker, how hungry you are, or whatever. The important thing is just to start to notice when you are present and noticing your breath and when you are not.

**Redirect.** Your mind may chatter for minutes before you finally remember why you are sitting quietly. When you notice, just say to yourself, "oh that is thinking." Say this to yourself in the sweetest way, the way you would tell a cute

little kid. Then say to yourself in the same way, "lets come back to the breath."

**Remember.** All you are trying to do is to rest your attention on your breath (the present) until you don't anymore and then just gently redirect yourself back. Don't worry if you redirect yourself 5 dozen times. That is good, that means that you got 5 dozen chances to practice seeing what the difference between present and past or future feels like. You will sharpen your skills everyday you practice, I promise and after a while you will start to see that you can notice when you do this in daily life too.

**Finish Strong.** Once your timer sounds, slowly reengage with your senses. Open your eyes and slowly begin moving. Try to bring this centered, calm, connected feeling with you as you go about your day.

## Mindfulness in Practice

Use the guidelines above to build the habit of taking time for yourself and training your mind. We promise you'll start to see a difference in how you see yourself, your situation, and your world in a very short time.

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This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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DATE    /    / 20

CYCLE DAY   

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps

# Day 27

## Progress Not Perfection

If you've made it this far, congrats! You've made it through almost 4 weeks of the Brazen Perfect Period Program.

If we've accomplished our goals, you're feeling more centered and more aware, you've built some healthy habits, learned a lot, and are feeling better with every day.

But even if you're not feeling exactly "perfect," that's okay. It's essential to remind yourself that life is about progress, not perfection.

If you make goals that are too huge and too hard (for example, "I'm going to have a perfect period in 4 weeks" or "I will never eat chocolate again"), you're bound to be discouraged and give up on the goal and on yourself. In order to reach what you're aiming for, your goals need to stay small and stay consistent.

The best way to improve your life is with tiny steps. At Brazen, we love the philosophy called kaizen. Kaizen teaches that huge change comes from tiny, consistent

steps. The kaizen approach can be applied to nearly anything in life.

Your journey to a better period is going to take a ton of patience – truckloads of it. You have it in you. It might be hard to find it some days, but as long as you stay mindful of yourself and continue recognizing that you have control over your emotions and your reactions, you will succeed. Guaranteed.

We hope you continue this journey past these 4 weeks. You can apply kaizen to everything that we've talked about during this program, or even something totally different in your life, like a career goal, healthy habits, or service.

Whatever you do, the important thing in all of this is that you're moving forward: with your life, your happiness, your mindfulness, your health, your goals, and your capacity to give love to yourself and others.

What will your next tiny step be? Today, we want you to come up with a new tiny step toward a goal. What is it that you'd most like to work toward right now? Write it down and list a few super small steps you can take. Don't be afraid to make the steps teeny tiny. In fact, the tinier the better!

This morning I'm grateful that my body...

This morning I'm grateful that my mind....

I'm also grateful...

Today, I'm going to be Brazen by...

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CYCLE DAY   

Low High

Energy

Stress

1 8+

Sleep

Veggies

Water

Today's Goal

Cycle Notes:

N/A Mild Severe

PMS

Cramps



# Day 28

## What comes next?

That's it! You made it!

Over these last four weeks we have gone over a LOT of information. We know that it's a lot to process, and even more to change. We certainly don't expect you to have completely changed your life in the last 28 days.

So where to go from here? Maybe you want to start back at the beginning. You can use this program multiple times. Each time you go through it, you'll learn something new, or maybe something different will catch your eye, or you'll add a new habit.

If your period has come and gone, we hope that you noticed a change in your symptoms. You might not have had a perfect period, but hopefully it's gotten better. Remember, your period didn't get all jacked up over night – it's not going to get fixed overnight (or even in one cycle).

In our clinical practice, we found that our patients had the biggest changes after about 3 cycles.

If you followed this program, and nothing happened, here are a few more ideas to try:

- Brazen's Supplements. Lifestyle changes are going to make a lasting change for you cycle, but sometimes you need a jump start or just quick relief from your symptoms. Our supplements are designed to help you get over the hump and on your way to easier periods. Pairing the program and our supplements should give you the best possible results.
- Give us holler. We have tons of ideas on how to help you get better results. You can get a hold of us anytime at [connect@foreverbrazen.com](mailto:connect@foreverbrazen.com).
- Keep at it. Sometimes change just takes time. Don't get discouraged, keep working on your nutrition and mindfulness. Sometimes the relief we're looking for is just around the corner.

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Stress .....	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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Sleep .....	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Veggies .....	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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Cycle Notes:

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PMS .....	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Cramps .....	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

