

Cyclical Living & Thriving

Nourishing plant allies & practices to celebrate your moon phases



The Power of Womb-Centered Living



What is womb-centered living and why is it so important? Womb centered living is moving with awareness and honoring your cyclical nature as a womb-bearer. Whether you bleed (or not anymore) our bodies undeniably move through different phases, linked to the moon, our hormonal changes, and all driven by our ability to bring life into this world.

Whether you want to bring physical life, or birth ideas into this world, connecting with your womb opens a deep portal of creativity. By connecting inwards, you begin to pull upon deep seated, innate wisdom, and learn to harness your mystical feminine powers to bring your deeper desires into reality in our physical plane.

Learning to work with, rather than against your cycle, is wildly empowering and deeply emotional at times. It is an entire approach to living. As you deepen into the nuances, you may notice changes in the way you structure your time throughout the month, what you nourish your body, mind and soul with, and how you structure your work/business, social relationships, and beyond.

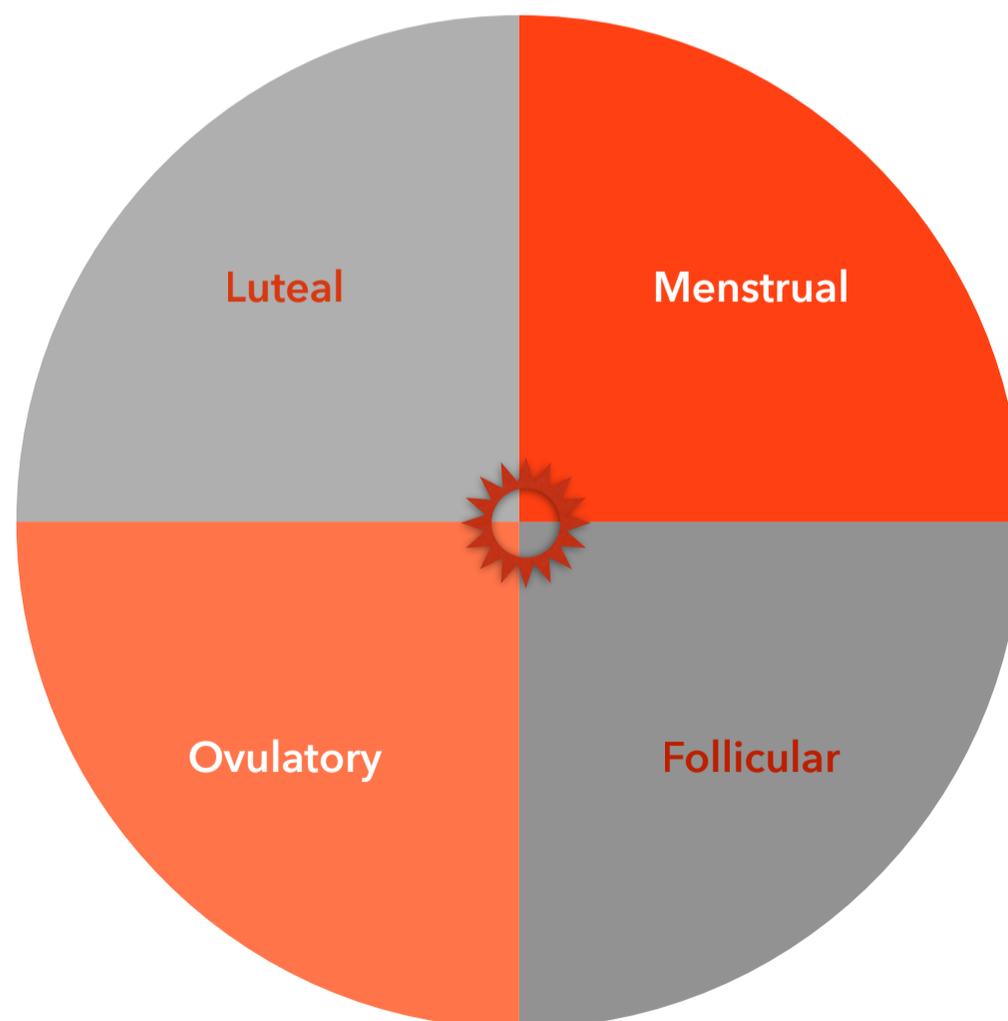
This resources is designed to offer your plant allies for nourishing your mind, body and soul during all phases. Be gentle with yourself and remember, the most important thing is tuning into YOU. Listen to your inner needs, desires, and really honor and nourish yourself wherever you are at. Each month, and

each phase will look and feel different. What works for you may be different than what works for your best friend, colleague, or family member. That's what makes this such a beautiful, deep, and life long journey. Embrace it with excitement and joy. Share your experience and findings with others, and always walk in your truth, embodying the powerful wombxn that you are. You are the medicine you seek. Remember that it is not just about the herbs, but also about the rituals and tuning into the unique energies and needs during each phase.

Moon Cycle Phases

This is a brief overview of the cyclical phases your body goes through each month. I highly recommend diving deeper into the scientific side of things as well, if nothing else for mapping how your hormones rise and fall and your body prepares for physical life bearing and then either nourishes new life or sheds and makes space for the next cycle. This information is vital to know for properly nourishing your body and understanding how it all works; however, it is not the focus of this resource.

The Moon/Menstrual Cycle



Menstrual Phase Plant Allies (roughly days 1-6)

It is actually best to take a break from most herbs and plant allies during this time. But you can use some gentle ones. Note that as you work with your cycle more intentionally, cramping and discomfort will ease when the body is not over worked or stressed at times during your cycle when relaxation is key.

- **Cacao:** A beautiful mineral and healthy, fat rich ally, especially offering iron and magnesium to support your bleed. Use cacao for self-ceremony, meditations, visioning, and nutrient support.
- **Raspberry leaf:** Prepared normally as a tea. This is such a great ally for all phases of your cycle as it helps tone the uterus and regulate hormones. It is great to go heavy on it pre-period, during, and 3 days after.
- **Ginger and turmeric:** Topical poultice/rub on womb -or- drink as a tea. It is great to have a prepared tea of this on hand to heat up and is especially helpful to ease cramps and inflammation. It can be mixed with a nervine like chamomile, lavender, or lemon balm to also help relax your body.
- **Cramp bark** in tincture form can ease cramps and discomfort.
- Gentle nervines and/or adaptogenic herbs in tea or topical oil infusions such as **lavender, lemon balm, chamomile, tulsi, or calendula**
- **Calendula infused oil** pure or mixed with pure **rose** essential oil is great very gentle for womb massage during your period (light strokes)
- Topical **CBD oil** or **Copaiba oil** diluted in a carrier oil are a great ally to ease breast soreness or cramps

Follicular Phase Plant Allies (roughly days 7-12)

- **Raspberry leaf:** Prepared normally as a tea. This is such a great ally for bringing balance post-bleed. It is great to go heavy on it for at least 3 days after your bleed. This can also be used for yoni-steaming within the period after your bleed, but before ovulation to release any left over blood, tissues and provide nutrient rich toning.
- **Maca:** Using this in powder form in food or drinks as a great adaptogenic root as well as to restore energy after your body has been working hard.

- **Ashwaganda:** Use an adaptogenic ally like ashwaganda or find a local herb with similar adaptogenic properties. This is very useful in re-aligning your body and hormones, and rebalancing your system, enabling it to adapt to any stressors as your energy and activity levels pick up.
- **Yarrow:** As a harmonizing herb, yarrow can help restore any imbalances in your system, especially in your blood following your bleed. This can pair well with **Rose and Raspberry leaf** in a yoni steam. But always do your research about your specific body and needs before doing this.

Ovulatory Phase Plant Allies (roughly days 13-16)

- **Angelica/Don Quai** is great for blood building, a digestive, and an energizing ally. This and similar blood building herbs like
- **Yarrow, Cacao, and Rose** are great allies for blood support, circulatory support, and connecting to your heart
- **Lemon balm and Tulsi:** gentle adaptogenic and relaxing herbs to regulate your energy during your most potent energetic time

Luteal Phase Plant Allies (roughly days 17-28)

- **Lemon balm** - nervine, relaxing as stress, anxiety and emotional well being as emotions may build (hormonal shifts)
- **Black Cohosh** - cooling, toning for reproductive system, **helps with sore breasts**
- **Motherwort:** cooling, bitter, but don't use if you have really heavy bleeding during your menstrual phase
- **Cacao:** while cacao is great to work with all month long, it is especially helpful no for building nutrients and connecting with self
- **Borage or Rose** in flower essence form, and other uplifting herbs for supporting a positive mental outlook during this time
- **Raspberry Leaf:** This is a great ally to prepare your body, tone and provide key minerals before your bleed.

- **Nettle leaf:** rich in iron and other necessary minerals, great for blood building and energy leading up to your bleed. You can make as a tea, eat it in pesto or sauces or mix it into smoothies.

This is a guide to help you learn about your allies. There are many rituals, practices, and preparations for working with these allies and more during your cycle. If you intend to work with a particular herbs, look up all the benefits, herbal actions, energetics and contraindications before using it to ensure it is the right fit for you. The most important thing is to educate yourself, learn how your body works, your allergies, needs, patterns, etc and wisely choose the best allies for your cycle. I recommend educating yourself or working with someone to ensure you are properly using herbs to best support your body in thriving. Now you know what some of your tools are. It is up to you to take things to the next level. Most importantly, happy cycling lovely wombxn.

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