

# Woman's Fasting and Diet Hormone Chart

	Menstruation				Follicular Phase						Ovulation Period					Luteal Phase												
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
<b>Hormones</b>	Low hormone levels Follicle Stimulating Hormone Rises (FSH)										Hormones up, Estrogen high, Luteinizing hormone (LH) spike causes egg release.					Hormones can Dip LH usually up FSH dips				FSH level falls. Progesterone dominant LH released steadily stimulating Progesterone								
<b>Stage</b>	Power										Manifestation					Power				Nurture								
<b>How do you feel</b>	Good Mood, Feeling Strong, clarity and able to handle stressful events, High energy.										Motivation, Drive and energy are high, Feeling Best?					Dip in energy and mental clarity				Feeling less aggressive, and chill, no rushing about, lower energy, possible irritability								
<b>Cortisol</b>																				Need low Cortisol to build Progesterone = low stress								
<b>Estrogen</b>	Low but starting to rise slowly										Rising fast to a peak					Drops quickly				Rises a little then falls towards last day								
<b>Testosterone</b>	Flat/low - body makes Estrogen from Testosterone										Bumps up = higher libido					Falling				Is Flat/low								
<b>Progesterone</b>	Dips low										Climbing to small peak at end					drops slowly				Rises fast to highest Progesterone peak mid phase then drops								
<b>Glucose</b>	<b>Critical</b> - Keep Glucose low or Estrogen will be impacted Result can be excess androgens (male hormones)										Critical - Keep low or Estrogen will be impacted					keep low				Body will benefit from slightly higher Glucose								
<b>Insulin</b>	Keep down or Estrogen will be low = Infertile										Keep low					keep low				Too high can stimulate Fibroids.								
<b>Fasting</b>	Fasting is good during this period, up to 72 hours OK, This can help to reduce glucose = better fertility.										Max fasting = 15 hours					Fasting Good up to 72 hours OK				Zero Fasting								
<b>Exercise</b>	Comfortable Exercising hard										A good time to build muscle Do tough things					Downward energy shift, less motivation, lower clarity				Limit exercise as this increases stressors and pushes up Cortisol								
<b>Notes</b>	Body focus is producing estrogen Without sufficient estrogen, no egg will be released This is the classic PCOS problem.										Estrogen rises fast but are conditions right to release an egg?					Post Ovulation				Need DHEA as precursor to Progesterone, if DHEA is low it can cause missed cycles, poor sleep and irritability								
<b>Diet</b>	Ketogenic diet is good at this time. Eat Good fats, green veges, Dairy, Meats, Fish about 50 gram carbs <b>max</b> Up to 75 grams protein about 60% of food coming from fat.										Not Keto, Salmon, Protein, cruiferous veges, green leafy veges,fermented foods, apples, berries up to 50 grams protein 150 grams carbs <b>max</b>					Keto diet is good Good fats, veges, Dairy, Meats, Fish <b>max</b> 50 grams carbs also high fats				Not Keto , Sweet potato, squash, lentils, citrus, tropical fruits, pumpkin seeds, brown rice, apples, berries Up tp 50 grams protein 150 grams of carbs <b>max</b> .								