



Whitney Mack
life coach • feminine guide

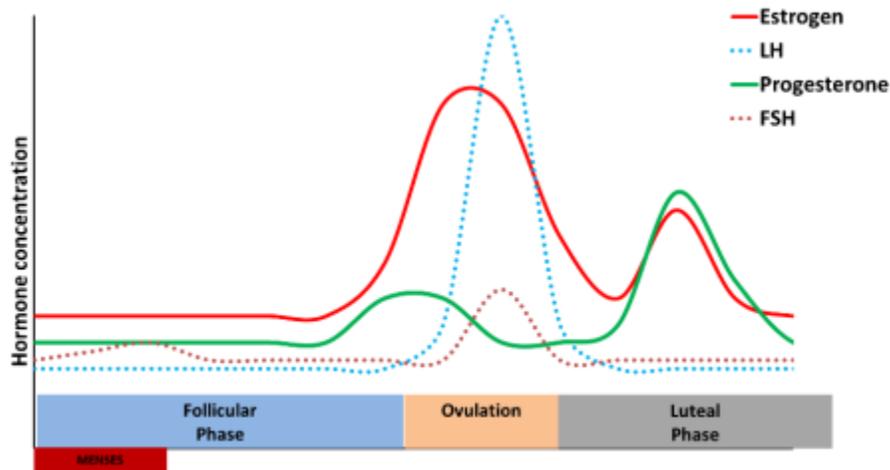


Figure 1. Hormonal fluctuations during the menstrual cycle (modified from Senanayake and Potts, 2008)

Seasons & Phases Of Your Cycle

As a woman, during your reproductive years, your menstrual cycle has **FOUR different hormone phases:**

- **Menstruation**
- **The Follicular Phase** (*the time between the end of your period & start of ovulation*)
- **Ovulation**
- **The Luteal Phase** (*the time between end of ovulation & start of menstruation*)

Each Hormone Phase Has A "Dominant" Hormone(s) That Impacts Your Physiology - which drives the need to cycle your workouts:

- Menstruation - lowest amount of hormones
- The Follicular Phase - Estrogen
- Ovulation - Estrogen, Luteinizing Hormone (LH), Follicular Stimulating Hormone (FSH)
- The Luteal Phase - Progesterone (main) + Estrogen

These four phases energetically mirror the seasons of the Earth:

- Menstruation = Winter
- The Follicular Phase = Spring
- Ovulation = Summer
- The Luteal Phase = Fall

And they also energetically reflect the phases that the moon travels through every 28.5 days:

- Menstruation = New Moon
- The Follicular Phase = Waxing Moon Phases
- Ovulation = Full Moon
- The Luteal Phase = Waning Moon Phases

Lastly, your menstrual cycle has three separate TYPES of hormone phases - low, high and bleeding.

- Low = Follicular Phase Through Ovulation (*minus a one day hormone spike when egg releases*)
- High = Luteal Phase: Post-Ovulation until Menstruation
- Bleeding Phase = hormones at their very lowest as uterine lining sheds

So in summation:

- **Menstruation** // season = mimics the energy of winter // moon phase = the new moon // hormone type = bleeding
- **Follicular Phase** // season = spring // moon phase = waxing moon // type = low
- **Ovulation** // season = summer // moon phase = the full moon // type = low with high spike in the middle (due to a surge in luteinizing hormone {LH} and follicular stimulating hormone {FSH})
- **Luteal Phase** // season = fall // moon phase = waning moon // type = high

Quick Intro To Shifting Energies + Strengths:

- **BLEEDING // WINTER // NEW MOON:** Evaluating, Slowing Down, Intuition, Rest, Emptiness (Void) and Receiving
- **FOLLICULAR PHASE // SPRING // WAXING MOON:** Planning, Growth and Initiation
- **OVULATION // SUMMER // FULL MOON:** Communicating, Launching, Connecting, Sharing and Visibility
- **LUTEAL PHASE // FALL // WAXING MOON:** Completing, Finishing, Releasing // Shedding, Discerning, Organizing and Editing

Once you understand how your hormones work (and what // how they affect), you can start to see and intimately feel the shifts you're going through on a monthly-ish basis. It's predictable AND allows you to shift the story away from "what's wrong with me?" to a deeper awareness around the influence of your hormones on EVERYTHING, which then fosters more love, understanding, empowerment, grace and intention for your body + spirit.

BEGIN HERE:

Tracking Your Female Hormone (Menstrual) Cycle

While you of course want to track your period, the major point to know is **OVULATION** (see methods below that can be used to determine when you're ovulating). When you know where your period is and the day of ovulation, you fill in your cycle chart as follows:

MAPPING OUT YOUR CYCLE

- *see [video demonstration HERE](#)*
- *download [blank calendar HERE](#)*

- 1. Know when your last PERIOD** was and/or when your next when should/will begin. Your period is always Day #1 of your cycle. Average period lasts 4-5 days.

*For this example, we'll say your period is 5 days long, therefore your
Period = Days 1-5 of your cycle.*

- 2. Know OVULATION.**

*For this example, we'll say you know you ovulate on DAY 15. Ovulation is the middle of a 5 day period. So if you ovulate on Day 15, your
Ovulatory Phase = Days 13 - 17.*

- 3. Last, you need to know when your next period will begin** and/or how long your cycle is.

*For this example, we'll say you have a **30 day cycle**.*

- 4. With information from #1 - 3, you would then map out your cycle on a blank calendar in the following way:**

- WINTER = Days 1 - 5
- *SPRING is the phase between Winter & Summer, so for this example, **Spring = Days 6 - 12.***
- SUMMER = 13 - 17

- *FALL is the phase between Summer & Winter, so for this example, **Fall = Days 18 - 30***
 - Fall is split up into two phases for training // workout purposes based on the shift your hormones are making:
 - Early Fall = first half
 - Late Fall = second half
 - So for this example:
 - Early Fall 18 - 23
 - Later Fall 24 - 30

HOW DO I KNOW WHEN I OVULATE?

OVULATION TRACKING METHODS:

- **Basal body temperature**, taken at the same time every morning, right upon waking
- **Ovulation Urine Test Strips** that measure your peak in luteinizing hormone (LH) when the egg drops. *You can buy ovulation test strips [HERE](#). Begin testing, peeing on one first thing in the morning beginning on day 8 of your cycle until you get a positive reading, (DAY 1 = first day of your cycle). Just in case it's moving around, I think it'd be good to do this - test ovulation - for the next 3 cycles to get a bigger picture.*
- **Feeling the egg drop** - like a gush of fluid, feels a little like you peed your pants
- **Cervical fluid:**
 - a few days before ovulation, your cervical fluid is an uncooked egg white consistency - slippery and clear (these are your most fertile days).
 - on ovulation day, there's the greatest amount of discharge & you'll often find your underwear wet multiple times (including the big gush from the egg dropping).

FERTILITY: on your own, you are only fertile ONE day of your cycle (ovulation day). Your egg can live 24 hours. But because sperm can live up to 5 days, your **fertile window** is 5 days and begins 4 days before ovulation.

UNDERSTANDING THE INFLUENCE OF HORMONAL CONTRACEPTIVES

Hormonal contraceptives that deliver a stream of synthetic hormones (like the Birth Control Pill and Mirena IUD) **influence your physiology in mostly negative ways because it actually *creates hormone imbalance* (because by stopping ovulation, it automatically disrupts sex hormone production).**

Birth control has been an amazing tool for women to gain more autonomy over their bodies; AND the transparency around its effects on the female body is lacking - including, but not limited to, its impact on how you feel (in your body, mind & spirit), your energy, your moods, your weight and your ability to deal with stress. With transparency comes empowerment - you can make a FULLY informed decision and then also put into place effective strategies to mitigate its effects (which I work on with my clients!).

What Happens When On Birth Control Pill

- Downregulates body's natural hormones and instead works with synthetic hormones
- Strips the body of key micronutrients that influence your health + well-being
- Stops ovulation (which means you don't have a cycle - which, as a woman, is your [Fifth Vital Sign](#))
- Withdrawal bleed not same as having a period, and was created so that women initially felt "better" about not having a period
- Affects your sex drive
- Messes with your digestive function
- Affects who you are attracted to
- Increases oxidative stress, which can lead to chronic inflammation and decreased immune response + circulating antioxidants
- Impact your ability to adapt to training (aka see "results" // make physical strides forward) - specifically high intensity training (which includes strength training). In other words, it's really hard to build muscle and lose (or even maintain) weight while on birth control that delivers synthetic hormones

In order to mitigate the effects of the delivery of synthetic hormones, it's imperative to adapt your life, food and training to feel your best and move forward towards your goals.

- **Life** = stress-reducing practices + good sleep hygiene
- **Food** = increase antioxidant intake through real food (not a supplement) and balance blood sugar
- **Exercise** = cycle based on the shift between being on synthetic hormones (a 2-3 week **high hormone** phase) and the sugar pill week (no synthetic hormones // **low hormone phase**) - which I teach in my *Workout Like A Woman Program*.

It's also important to track the moon's cycle ([see video how-to HERE](#)), as it will have a big impact on your mood + energy!

PERIMENOPAUSE

Simply put, perimenopause is the big lead up, the **TRANSITION** to Menopause (when your hormone levels drop off for the rest of your life and you return to one biological clock - the Circadian Rhythm).

Your hormones begin fluctuating outside your "normal" cycle and your periods become more irregular. Even so, it's important to still track your cycles (specifically energy & mood). You can also use the moon as an energetic guide to sync up with your cycle.

If you're having trouble nailing down your cycle, try using ovulation test strips or getting your Follicular Stimulating Hormone (FSH) and Luteinizing Hormone (LH) tested (during Day 3-4 of your cycle // both these hormones will start to rise as estrogen drops, along with progesterone); both of these can help give you information on what your cycle is doing and where you're at in your perimenopausal journey.

Is your body changing and you're wondering if you're in perimenopause? Here are some signs // symptoms*:

- You're still having periods, but they're not the same. They may be shorter, longer, lighter, or heavier, and you can no longer set your clock by them if you could before. *As perimenopause tends to get underway, women tend to experience:*
 - Earlier ovulation
 - Shorter menstrual cycles
 - Increased anovulatory cycles
 - Decreased progesterone, which leads to heavy periods, or flooding and mood issues
 - As a result, some women experience irregular pattern of bleeding, with some months being heavy & long, while others are short & light.
- Maybe you're sleeping a little less well, waking up too early in the morning and having trouble falling back to sleep.
- Your libido just isn't what it used to be.
- A few pounds seem to be creeping up around your middle.
- You're overheated and sweating more than usual, and at inconvenient times.

*SOURCE: If you're not familiar with her work, I LOVE Dr. Aviva Romm for her wisdom and support of all things women's health and at all stages. She's Western Medicine trained, but also a midwife who approaches health from a functional & holistic perspective.

If you've started to notice shifts in your previously regular cycle and are going through Perimenopause:

- Begin charting your **MOOD & ENERGY** daily
- Track the moon's cycle ([see video how-to HERE](#))
- Help mitigate negative symptoms and improve energy, brain fog, stress threshold, insulin sensitivity and mood by:
 - Training in two different workout-focused blocks based on the charting of your mood + energy (*all taught in the Workout Like A Woman Program*)
 - Implementing specific food + lifestyle practices (*which I teach my 1-on-1 clients*)

MENOPAUSE // POSTMENOPAUSE

What is Menopause? *"Menopause is the change in our hormones, a decline in estrogen and progesterone that brings us into our 'wisdom years.' The actual menopause is defined as when we've been period-free for a full year and for most women around the world this occurs around age 51."* - Aviva Romm

Postmenopause is the name given to the stage after a woman hasn't had a period for a year.

TRACKING: In Menopause + Post, you return to a circadian (24-hour) rhythm, but you're still influenced by the moon (mood // emotions + energy).

So while taking an entirely different approach than your reproductive years to exercise (including refueling + recovery) and food is imperative & necessary to feel your best and move forward towards your goals, it's **equally as important to track the moon** ([see video how-to here](#)). You'll likely feel three weeks of pretty solid energy, then around one week of moderate to lower energy.

Like Perimenopause, it's also helpful to track your daily mood + energy to help find deeper, bioindividual patterns.

INTERESTED IN MY WORKOUT LIKE A WOMAN FITNESS PROGRAM {Beta-Testing Group}?

I believe it's high time you started working out like the **woman you are**. This complete workout program includes 35+ workouts for your female body and creates a new paradigm for exercise that was designed AROUND your female hormones based on research done ON women, so that you feel amazing NOW *and* move towards your goals in a sustainable way.

It will teach you how to train with hormones and cycle your exercise based on the female life season that you're in (which includes your reproductive years + birth control, perimenopause & menopause + post). Through it, you'll gain energy, strength, radiance and body confidence; finding renewed motivation and inspiration via movement that matches your current season of life.

Be part of the movement that recognizes *women are not small men*, thus should have a workout paradigm that is designed specifically for the unique female physiology - so you can stop being frustrated and start maximizing your energy. To be the first to test this program, before it launches to the public this fall, [join the waitlist HERE](#).

{Whitney Mack - About Me}



I'm here to radically change the way you care for yourself from the inside-out. My goal is to help you find ease, tune into your natural cycle, and navigate the current season of your life with vibrancy and joy. My approach to holistic living starts with helping you rediscover your feminine power and ends with you living from a foundation of personalized wellness that grows & shifts as you do.

My Wholistic Health, Hormone & Fitness Coaching shifts the focus to the present moment and how you desire to FEEL in all aspects of your body, spirit, relationships, work (seen + unseen, paid & unpaid) and life; because let's be real - at the end of the day, how you feel matters most.

This revolutionary pivot allows you to create space for yourself, even on the days when space feels limited or non-existent. My goal is to turn the modern // mainstream approach of "wellness" on its head by simplifying and tailoring all aspects of health, lifestyle, nutrition, and exercise techniques to YOU using a cyclical approach. As we develop your custom program together, we will build a healthy momentum that feels

natural and easy with a focus on creating a sustainable lifestyle.

As a women's wholistic health, fitness and hormone coach with over a decade of experience and knowledge, my favorite thing about coaching is watching my shift from loathing (or fighting) to loving their bodies in every season of their life. When you learn how to work with your physiology you're your female hormones), instead of against them, EVERYTHING changes - including your daily energy, mental focus, body confidence, the strength of your intuition, metabolism, digestion, immune function, fertility and so. much. more!

Curious about my one-on-one client offerings? Check out the work my clients and I move through together in 10+ weeks (*below*) to transform your life from the inside-out.

Whitney Mack Wholistic Health, Hormone & Fitness Coaching

Scope of Work: In my one-on-one work with clients, it doesn't always happen in this order, because your needs + goals at the time may bring us into discussing a topic sooner. In addition, topics don't always remain separate from each other based on questions that come up and the nature of all things being connected! However, this is the general outline I move from when working with clients.

Session #1: How Do You Want To Feel? // Assessing Where You're Currently At (Intake Form, Symptoms and "Season of Life") // Goals

- Core Desired Feelings - setting goals that matter, in alignment with your female hormones.
- Circle Of Life - honest look into where your time & energy is currently going and the contrast to how you desire it to look (another way of creating goals with meaning).
- Burn Letter (symbolic fresh start to make space for your desires + goals).

Session #2: Hormones 101 + Life Seasons

- Cycle 101 basic education - hormones (including symptoms + imbalances), seasons & phases // the education you should've received in sex ed so that you can work *with* your biology + physiology.
- Life seasons - understanding the basics of your hormones for your age, and how your current "season" on life influences that.

Session #3: Wholistic Living Diagram + Fulfilled Life - intro to finding "balance" and looking at the 4 critical components to feeling fulfilled and in alignment with your body, purpose + passions // then, we weave these into your core desired feelings.

Session #4: Track Cycle + Yin/Yang Energy

- Masculine + feminine energy (lowest & highest expressions) // examining the way imbalance shows up in work, life, mothering, relationships and your body
- Learning how to track your cycle (observe your energy & mood, plus moon)

Sessions #5 & 6: Food (likely needs to be a 90 min session)

- Food 101 (food quality continuum + reading ingredient labels)
- Eating with your cycle (the four different hormones seasons, plus simple ways to begin cycling your food - includes recipes + guidelines)
- Problem foods for the female hormone system and why (along with how this changes as we go through perimenopause + menopause)
- Macronutrients + plate composition
- Blood Sugar 101
- Gut Health // Digestion (Gut Healing Protocol)
- Macks-imiziing Your Time In The Kitchen (solutions for simplifying meals with a consistently stocked pantry, fridge + freezer // grocery lists & recommended brands for hormone health)

Session #7: Movement (can be more than one session depending on desired level of knowledge & guidance)

- Cycling your movement (breaking down movement with the 4 hormonal phases // individual movement schedule based on needs, goals & what you love doing // hormone-friendly workouts provided)
- Learning to use movement as a tool to feel deeper & tap into your intuition, feminine energy and core desired feelings
- The equation between exercise & weight loss

Session #8: Stress + The Anti-Exhaustion & Anti-Hustle Solution

- Soul Cravings (food + otherwise)
- Nervous Systems (examining the parasympathetic & sympathetic nervous systems & their impact on our hormones // stress - your sources, controllables vs. uncontrollables and bioindividual solutions to mitigate yours)
- The Anti-Exhaustion & Anti-Hustle Solution: Grace + Nourishment
- Sleep (sleep hygiene // rituals // increasing quality of sleep)
- Toxins (deep dive into toxins that disrupt your hormones in the environment, your home, self-care products, water and more, plus product recommendations & solutions to decrease)

Session #9: Breathing + Relationships

- Different breathing techniques for different phases of your cycle
- Self Regulation, Mood + Emotions (bioindividual self-regulation techniques // understanding factors that contribute to mood disorders - like anxiety & depression & how to mitigate symptoms // releasing + moving through emotions)
- Connected to Center (grounding meditations and techniques to remain centered - calm in the chaos!)
- Cultivating Meaningful Relationships (getting clarity on your own unique brand of connecting & being attuned to your needs // building awareness around input versus output & your "why")

Session #10: Spirituality and Spirit // Pleasure & Passions // Growth

- Intuition (cultivating & tuning into your unique voice // rituals & practices to strengthen your voice)
- Rituals (making life sacred and fun again, with rituals that connect you to your spirit & pleasure)
- Examining Your Soul Fire, Passions + What Nourishes Your Soul (includes deep dive into cultivating pleasure & a life you love)
- Cultivating Intentional Space (consistent physical, mental, emotional & spiritual)

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