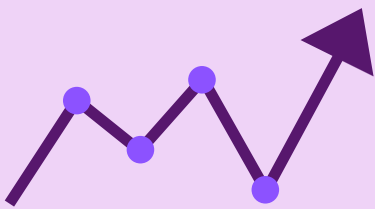


REPRODUCTIVE HORMONE CYCLE

Estrogen



WEEK 1:

- Menstruation happens
- Begins with low Estrogen = fatigue, body aches
- Mid-week Estrogen rises, uplifting mood and energy

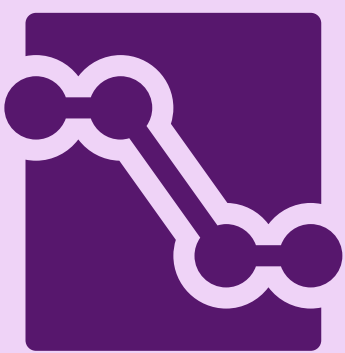
WEEK 2:

- Begins with high levels of Estrogen which boost mood, confidence, coordination, pain tolerance
- Appetite is suppressed
- Ovulation on day 14 = cramping, anxiety, stress

Mood



Variations



WEEK 3:

- Begins with rising Progesterone, Estrogen and testosterone drop
- Feelings of fatigue, irritability & PMS symptoms, food cravings, constipation & water retention, drop in libido
- Mid-week, Estrogen rises again, boosting mood

WEEK 4:

- Estrogen & Progesterone decline significantly
- Mood : pessimistic, irritable, anxious
- Energy levels & libido rise

Estrogen & Progesterone

