



EATING FOR YOUR MENSTRUAL CYCLE



Generally:

Eat intuitively

Follow a low GI/GL Diet

Include nutrient-dense foods in your diet

Minimise inflammatory foods



EATING FOR YOUR MENSTRUAL CYCLE

During Menstruation

Emphasise foods rich in iron and zinc

Eat according to your constitution

Follicular phase:

Higher protein if increased weight training

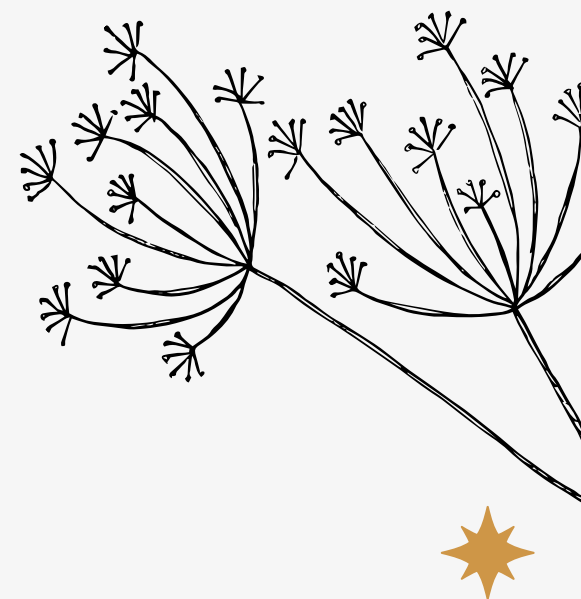
You are more carbohydrate tolerant

Luteal Phase:

★ Increase magnesium rich foods

Complex carbohydrates

Spices like rosemary, ginger and turmeric.



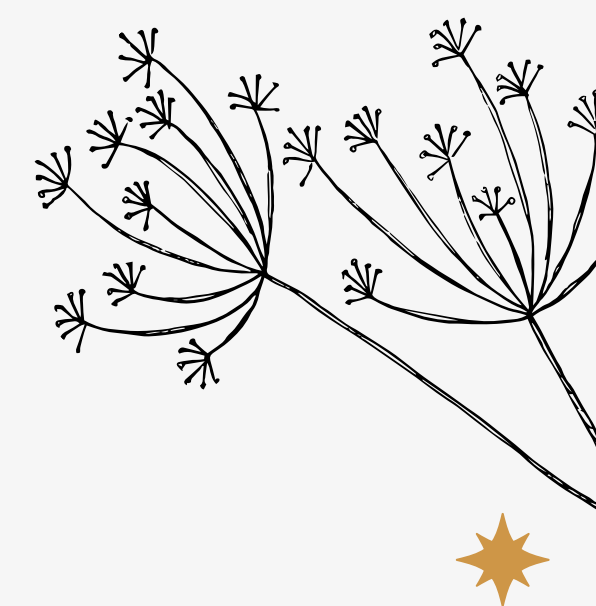


EATING FOR YOUR MENSTRUAL CYCLE

Chinese Sibut Soup

Perfect to enjoy after your period,
or in the postpartum period

Combination of 5 spices to nourish the blood





EATING FOR YOUR MENSTRUAL CYCLE

Chinese Sibut Soup

Herbs vary in traditional recipes. You can buy a prepackaged sicut pack, or blend one yourself.

Suggested combination:

Dong Quai

Codonopsis

Ligusticum

Red Chinese dates

★ Goji Berries (always add these last)

Rehmannia





SIBUT SOUP RECIPE

~ SERVES 1 ~

INGREDIENTS

2 lbs bone-in skin-on organic free range chicken drumsticks or thighs, skin removed

6 cups water

Salt to taste

Sibut herbs (or use 1 prepackaged sibut pack):

10 gr Shu Di (Rehmannia Glutinosa)

5 gr Dong Quay (Angelica Simensis)

5 gr Dang Shen (Radix Codonopsis)

4 piece Chuan Xiong (Ligusticum Striatum)

Optional herbs:

4 -5 piece Yu Zhu (Solomonseal Rhizome)

5-6 Chinese red dates

2 Chinese black dates

1/4 cup goji berries

Garnishes:

Few sprigs of fresh cilantro leaves

1 stalk green onion thinly sliced



METHOD

- Wash all the Chinese herbs before cooking. Make a few shallow slits on red and black dates. You can remove the pits too if you want. This helps to release the sweetness to the soup. Put the herbs, except for goji berries and the dates, inside a soup bag if you have one. This is optional. You can put the herbs directly into the water without the soup bag too
 - Bring a large pot of water to a boil, parboil the chicken for about 5 minutes. Discard the water and rinse the chicken to get rid of the scum
 - Pour in 6 cups of water. Add the meat and Chinese herbs, except for goji berries. Bring to boil and then lower the heat and let it gently simmer for about 1 hour
 - You may need to skim off the foam as they form. Add the goji berries and let it cook for another 1 minute. Have a taste and season with salt to your taste
- 