

**Woman are  
Cyclical Beings**

✦

Within Us

28 Day Infradian Cycle  
24 Hour Circadian Cycle  
3 Month Oocyte Recruitment Cycle  
7 year life cycles

✦

Outside Us

Lunar Cycle  
Meteorological Seasons  
Astronomical Seasons  
Astrological Cycles



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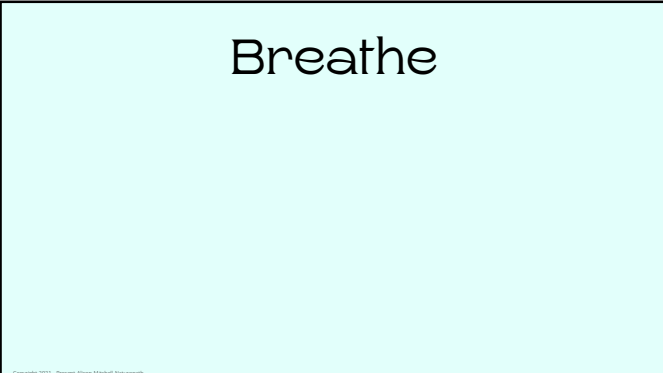
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**Breathe**



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**Traditional Chinese Medicine  
7 Year Cycles**

7 years - A woman's kidney becomes abundant, teeth change and hair grows strong. The reproductive system is beginning to develop.

14 Years - Ren meridian flowers and the chong meridian becomes prosperous. Menstruation may appear, and conception is possible.

21 years - Kidney energy is considered balanced, teeth and bones have developed and the body has reached its full height. Fertility energy is peaking. A prime period of health and fertility.

35 years - Peak Condition begins its decline, the energy in the yangming meridian starts to decline and the appearance of aging may begin.

42 - Sanyang energy declines.

✦ 49 - The ren and chong meridians lose vital energy, menstruation may cease and the fertile period reaches its close.



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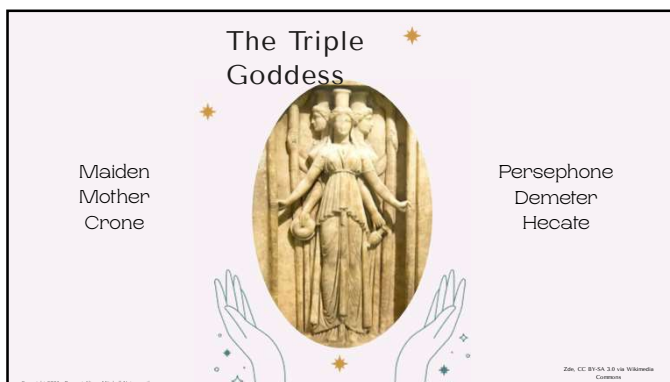
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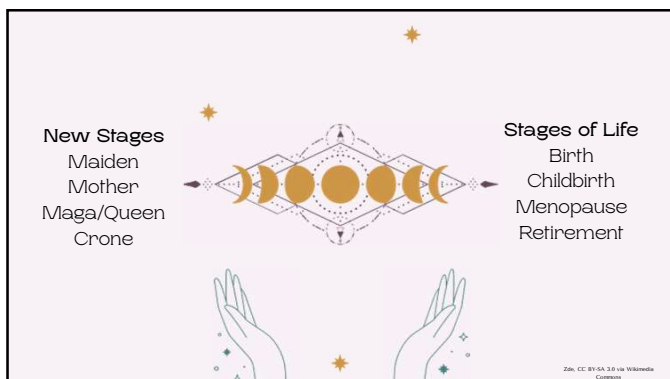
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A Masque for the Four Seasons, by Walter Crane  
Daderot, Public domain, via Wikimedia

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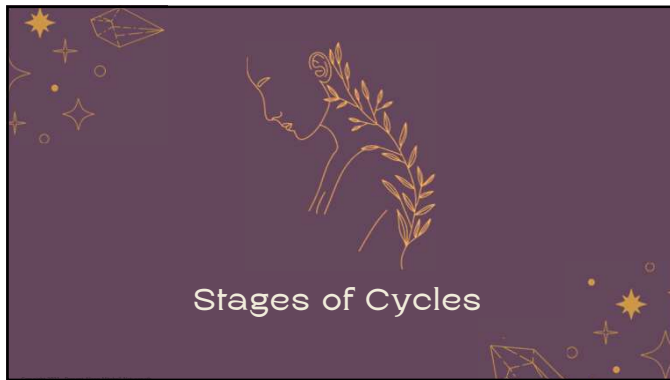
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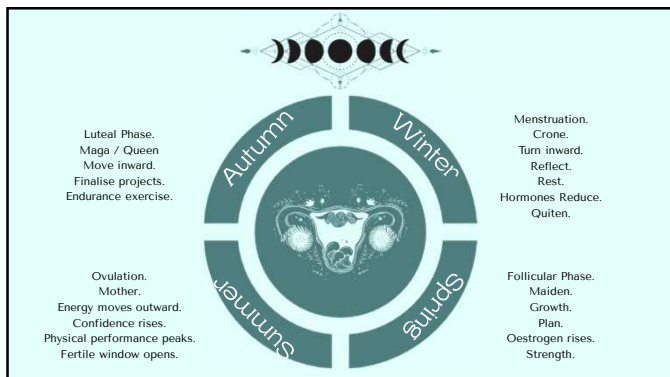
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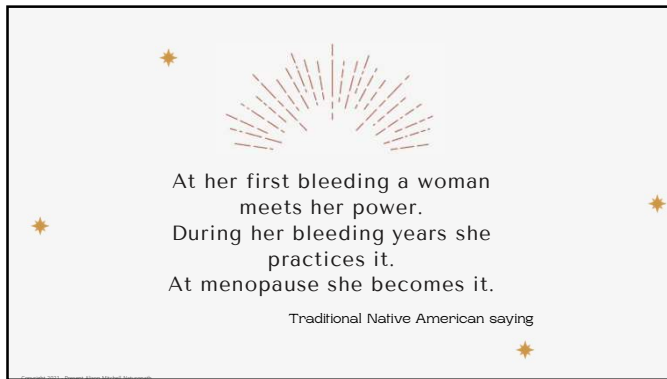
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## Autumn



- Drink plenty of water
- Body oil with infused cinnamon, ginger, calendula, lavender and/or valerian infused oil
- Enjoy sour foods to prevent fluid loss
- Take herbs to tone stomach and lung function
  - E.g. Mullein, Lemon balm, Licorice, Meadowsweet
- Take immune boosting herbs and nutrients
  - E.g. Echinacea, Zinc, Vitamin A, Vitamin C, Probiotics, SB

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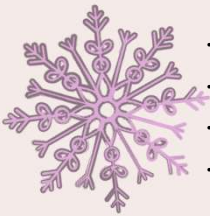
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## Winter



- Balance the nervous system and rebuild the adrenal glands with herbs E.g. Licorice, rehmannia, chamomile, oats, passionflower
- Energising herbs help to eradicate chronic disease and improve metabolism during winter. See a naturopath or herbalist for recommendations specific to you.
- Eat more seasonal root vegetables, roasted or in soups and stews. Keep your diet nutrient dense.
- Include more spices with your meals. Try spiced mylk/milk before bed, or enjoy the occasional glass of spiced wine.
- Body oil with infused herb oils of rosemary, st johns wort, calendula, ginger, orange, mustard, clove and/or juniper.
- Keep warm, rugged up and active.

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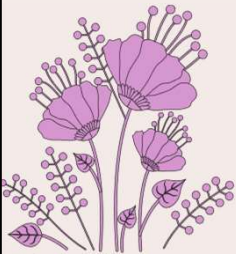
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## Spring



- Support liver function with herbs
  - E.g. Dandelion root, St Mary's Thistle, Schisandra, Globe Artichoke
- Reduce heavy food foods
- Increase sour, sweet and pungent foods
- Increase green leafy vegetables
- Body oil – rose, lavender, gotu kola

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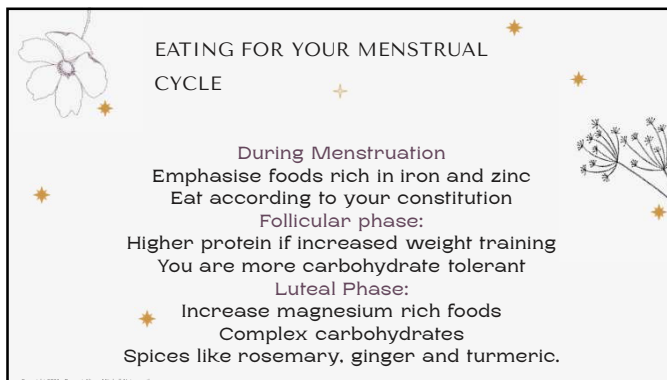
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