

Aimee Raupp

## LIVING IN HARMONY WITH YOUR CYCLE

Living For The Health Of Your Period  
(because when your period is healthy, you are more fertile)

Your menstrual cycle reflects the dynamic interplay between your hormones, mitochondria, nervous system, and reproductive organs. In Chinese medicine, your cycle reflects the health of your Qi, Blood, Yin, Yang, and Kidney essence (Jing), which governs fertility, aging, and reproductive potential.

Modern research now confirms what Chinese medicine has understood for thousands of years: egg quality, hormone balance, and reproductive health are deeply influenced by energy production, blood flow, inflammation, nervous system safety, and circadian rhythm alignment.

Each phase of your cycle represents a unique physiological and energetic state. Supporting your body appropriately during each phase strengthens egg quality, improves hormone signaling, supports implantation, and optimizes fertility potential.

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## MENSTRUAL PHASE

Days 1–5 approximately

Element: Water

TCM Focus: Blood movement and renewal, Kidney and Liver regulation

Circadian Focus: Restoration, inward energy, parasympathetic dominance

This phase represents release, clearing, and renewal. Your uterine lining sheds, inflammatory signaling temporarily rises, and estrogen and progesterone are at their lowest. Your body is directing energy inward to repair, rebuild, and prepare for the next cycle.

In Chinese medicine, menstruation reflects the proper movement of Liver Qi and the smooth flow of Blood through the uterus. Healthy menstrual flow indicates proper communication between the Heart, Kidneys, and uterus through the Bao Mai, the energetic channel that connects the Heart to the uterus.

This phase is governed by Yin and Blood. Blood must move freely, without stagnation or deficiency, to support future egg development and implantation.

Circadian rhythm alignment is especially important now. Your nervous system and mitochondria rely on proper sleep to repair and rebuild. This is a time to prioritize early sleep, reduced stimulation, and inward focus.

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## How to Move

Support gentle movement of Qi and Blood without depleting energy:

- Gentle walking
- Light stretching
- Restorative yoga
- Avoid intense exercise

Overexertion during this phase can deplete Blood and Kidney essence, which are foundational to egg quality.

## Nervous System and Circadian Support

Prioritize sleep before 10:30 pm to support melatonin production. Melatonin is not only a sleep hormone but also a powerful antioxidant within the ovary that protects egg mitochondria.

Morning sunlight exposure helps regulate circadian rhythms and supports hormone signaling.

Place your hands over your lower abdomen and breathe deeply. In Chinese medicine, this supports communication between the Heart and uterus through the Bao Mai.

Affirmation:

My body releases what is complete and prepares for renewal.

## What to Eat

Focus on rebuilding Blood and nourishing Yin.

Prioritize:

- Grass-fed red meat and liver to rebuild Blood
- Bone broth to nourish Kidney essence and provide glycine
- Dark leafy greens to replenish folate and minerals
- Beets to support Blood production
- Warm, cooked foods to support digestion and Qi production

Avoid excessive cold, raw foods, which weaken digestive Qi and impair nutrient absorption.

Key nutrients during this phase support Blood rebuilding and mitochondrial repair:

- Iron
- Glycine
- Zinc
- Magnesium
- B vitamins

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# FOLLICULAR PHASE

Days 6–12 approximately

Element: Wood

TCM Focus: Blood building and Yin nourishment, Liver Blood support

Circadian Focus: Increasing energy, mitochondrial activation, morning light exposure

This phase represents rebuilding and growth. Follicles develop and mature, and estrogen rises. This is one of the most critical phases for egg quality, as mitochondrial activity increases within developing follicles.

In Chinese medicine, this phase reflects the rebuilding of Blood and Yin, which nourish the ovaries and uterus. Liver Blood supports follicle development, while Kidney Yin supports the maturation of the egg.

Circadian alignment directly influences egg quality during this phase. Morning light exposure strengthens circadian signaling, improves mitochondrial function, and supports hormone production.

## How to Move

This is the best time to increase physical activity.

Recommended:

- Strength training
- Moderate cardiovascular exercise
- Movement that increases circulation

Movement supports Liver Qi flow, which promotes healthy follicle development and hormone balance.

## Nervous System and Circadian Support

Wake with natural light exposure to strengthen circadian rhythm signaling. This improves mitochondrial function and supports ovarian hormone production.

Affirmation:

My body is building healthy, strong eggs.

## What to Eat

Focus on building Blood, nourishing Yin, and supporting mitochondrial function.

Prioritize:

- High-quality protein such as eggs, grass-fed meat, and wild fish
- Healthy fats such as olive oil and avocado
- Dark leafy greens
- Antioxidant-rich vegetables and berries
- Mineral-rich foods

Aim for consistent protein intake throughout the day to support hormone production and egg development.

Key nutrients during this phase support egg mitochondrial function:

- CoQ10
- Choline
- Methylfolate or folic acid
- Vitamin B12
- Magnesium

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## OVULATION PHASE

Days 13–16 approximately

Element: Fire

TCM Focus: Transformation of Yin into Yang, movement of Qi and Blood

Circadian Focus: Peak metabolic and hormonal activity

Ovulation represents the transformation of Yin into Yang. The egg is released, and the body prepares for possible fertilization.

In Chinese medicine, ovulation requires smooth movement of Liver Qi and sufficient Kidney Yang to support the release of the egg.

Circadian rhythm plays a critical role here. Proper sleep and light exposure regulate luteinizing hormone (LH), which triggers ovulation.

### How to Move

Support circulation and energy flow without overstressing the system.  
Recommended:

- Walking
- Strength training
- Moderate exercise

Movement promotes circulation of Qi and Blood to the reproductive organs.

### Nervous System and Circadian Support

Connection, joy, and emotional safety support hormone signaling and reproductive function.

Avoid excessive late nights, which disrupt circadian rhythm and hormone balance.

Affirmation:

My body supports healthy ovulation and fertility.

### What to Eat

Focus on supporting Yang energy, circulation, and antioxidant protection.

Prioritize:

- Healthy fats
- Antioxidant-rich foods
- Light, nutrient-dense meals
- Warm, cooked foods if digestion is weak

Key nutrients support egg protection and fertilization:

- Vitamin C
- Zinc
- Selenium
- Omega-3 fatty acids

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## LUTEAL PHASE

Days 17–28 approximately  
Element: Earth transitioning to Water

TCM Focus: Yang dominance, Kidney Yang and Spleen support  
Circadian Focus: Stabilization, preparation for implantation

This phase is governed by Yang energy and progesterone. The body prepares for implantation and pregnancy.

In Chinese medicine, Kidney Yang warms the uterus and supports implantation. The Spleen supports nutrient absorption and progesterone production.

Circadian rhythm stability is critical. Disrupted sleep can impair progesterone production and implantation.

### **How to Move**

Support circulation and nervous system balance.  
Recommended:

- Gentle exercise
- Walking
- Yoga

Avoid excessive stress and overtraining.

### **Nervous System and Circadian Support**

Prioritize consistent sleep and stress regulation. Progesterone production is highly sensitive to nervous system stress and circadian disruption.

Affirmation:  
My body supports implantation and healthy pregnancy.

### **What to Eat**

Focus on stabilizing blood sugar, supporting Yang, and nourishing the uterus.

Prioritize:

- Protein with every meal
- Healthy fats
- Warm, cooked foods
- Root vegetables

Avoid excessive sugar and stimulants.

Key nutrients support progesterone production:

- Vitamin B6
- Magnesium
- Zinc
- Vitamin C

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## Foundational Fertility Support Throughout Your Cycle

Support Kidney essence, mitochondrial function, and reproductive health through:

- Adequate protein intake
- Stable blood sugar
- Circadian rhythm alignment
- Proper sleep
- Nervous system regulation
- Avoiding folic acid and using methylfolate or folinic acid instead.

All of my recommended fertility supplements can be found at:  
[AimeeRaupp.com/FertilitySupplements](https://AimeeRaupp.com/FertilitySupplements)

If you would like individualized guidance, my team and I offer comprehensive fertility coaching to support your unique fertility journey:  
[AimeeRaupp.com/Coaching](https://AimeeRaupp.com/Coaching)

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