

HOW TO BIOHACK YOUR SELF-CARE ROUTINE

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WHY YOUR SELF-CARE SHOULDN'T BE THE SAME EVERYDAY

The pursuit of wellness can be, well, overwhelming. With all the self-care practices you “should” be doing all the time – dry brushing, infrared sauna, crystals, acupuncture, acupressure, massage, energy healing, reiki, cranial sacral therapy, to name just a few – it can be triggering for perfectionists and make you feel like you’re never doing enough...which sabotages the very quest you are on to feel better.

That’s not all: making time for every wellness practice under the sun is just one of the problems modern women face in the journey to feel their best. We also suffer because of the widespread belief that we are supposed to do the same things each day – have the same morning routine, for example, or schedule ourselves at work the same way every day. This belief carries over to our self-care practices. It doesn’t matter when we sit in the sauna or schedule a facial, we’re told, so long as we do them regularly.

This insistence on doing the same thing day in and day out caters to the male hormonal biological rhythm. Men’s hormones follow the same predictable pattern everyday: they align with the 24-hour circadian clock. Women follow the circadian clock, too. But that isn’t the only clock we follow.

Women have a second internal timekeeper: *our bodies follow a 28-day infradian rhythm that is connected to our menstrual cycle.* This second clock has a strong influence on our body and brain throughout the month, amplifying certain aspects of our physiology at certain times—and making certain self-care practices more (or less) fitting for each phase of your 28-day cycle. Take temperature-related self-care practices like infrared sauna and cold ice baths, for example: because our body temperature shifts up and down with our hormones throughout each 28-day cycle, there are better and worse times of the month for warming the body up and cooling it down. Another example: IV Therapy makes sense during the ovulation phase when our immune systems are downregulated to support fertilization of an egg. Did you know that:

- The infradian rhythm creates a 25% change in your brain chemistry over the course of the month?
- Your metabolism speeds up and slows down predictably across the month and that you need to change what you eat and the intensity of your workouts each week in order to optimize your metabolism?
- Your cortisol levels are higher in one part of your infradian cycle, so pushing yourself through an intense workout bumps up cortisol levels even further, adding to your stress and inflammation, disrupting your hormones, and making you feel anxious and unfocused?
- People with female biochemistry need more sleep than men because we have a more complex brain and it needs 20 minutes longer to clean itself and reset for the cognitive day?
- People with female physiology tend to need less in the way of extreme self-care practices because we have more efficient biology.

Simply put, you are not the same each week, so your self-care practices shouldn't be either.

When you sync your self-care practices with the different phases of your cycle, not only are you freed from the pressure of having to try to fit everything into your schedule, you will feel better because your self-care practices are tailored to your unique needs each week. Plus, you will experience more joy, better organization, and less overwhelm.



MORNING ROUTINES

Women don't need a morning routine that is the same every day. In fact, that's damaging to their health and increases cortisol levels in the body. A good morning routine has 2 parts:

Stress Management: This includes meditation and movement, but doesn't always include a workout.

Thought Management: This includes directing your attention/intention with visualization, journaling, and intention setting.

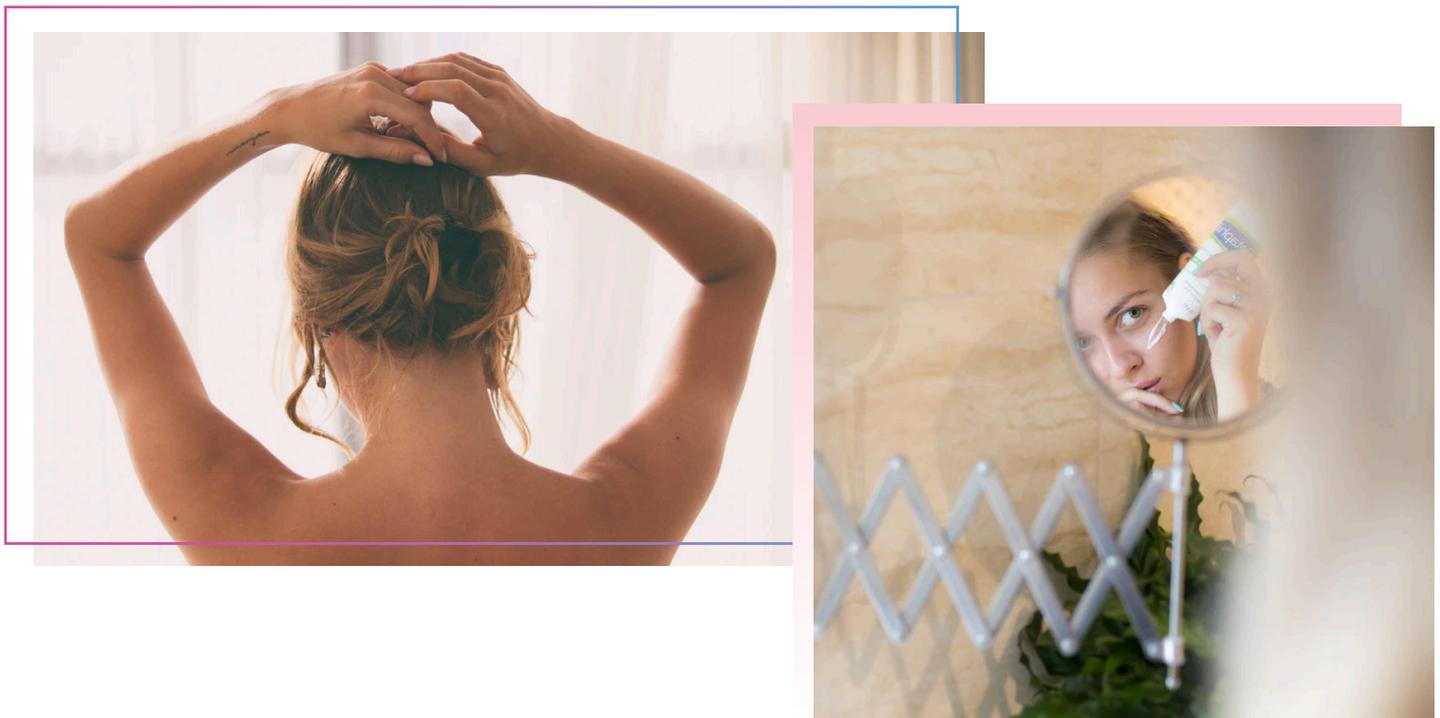
In each of the four phases of your 28-day cycle, you can benefit by waking at slightly different times based your physiology and working out in different in different ways for different lengths of time each morning. I've included my phase-based time recommendations in the chart below.

EXTREME BIOHACKING

In general, people with female hormones need less extreme biohacking than men because our biology is more efficient. That said, when engaging in more extreme self-care practices they are best when matched with what is happening in your body based on your infradian-rhythm each month.

SELF-CARE RITUALS

Phase-based self-care rituals are a way to honor the physical and emotional aspects of your changing biochemistry in each phase of your 28-day cycle.



SELF-CARE CHART

PHASE	SELF-CARE RITUALS
<p>Follicular phase (Days 7-13 of your cycle, or the week after your period)</p> <p>Timing: You can do earlier waking and working out during this phase. This will get oxytocin and dopamine going for optimal performance the rest of the day.</p>	<p><i>Intention:</i> To open up to new beginnings</p> <p>Elixir: Golden milk tonic (see recipe below). This tonic is warming, grounding, and helps you get anchored in your plan.</p> <p>Ritual: while drinking your tea - ask yourself - what do I want to focus my energy on this month, what needs my attention and love?</p>
<p>Ovulatory phase (Days 14-18 of your cycle)</p>	<p><i>Intention:</i> To amplify your capacity to be open and receive</p> <p>Elixir: Milk thistle and Oatstraw tinctures (I recommend HerbPharm brand). These herbs help move stagnant hormones and support clear thinking and bright energy</p> <p>Ritual: Take tincture as indicated on dropper bottle, sit in lotus, one hand on heart, one over abdomen, and visualize what you want to attract into your world this month</p>
<p>Luteal phase (Days 19-28 of your cycle)</p>	<p><i>Intention:</i> To acknowledge the sweetness in your life</p> <p>Elixir: cinnamon-ginger-honey tea (see recipe, below) OR Organic Traditions Chocolate Ashwaganda Latte</p> <p>Ritual: While drinking tea, make a gratitude list</p>
<p>Menstrual phase (Days 1-6 of your cycle)</p>	<p><i>Intention:</i> To honor your intuitive wisdom, listen to your inner truth, and let your spirit guide you</p> <p>Elixir: A tea with red raspberry leaf, and nettle tea (I recommend Traditional Medicinals' "Healthy Cycle" tea). The combination of herbs tonifies the uterus, remineralizes the body, and balances hormones to usher in a new cycle.</p> <p>Ritual: While drinking the tonic, ask for guidance, tap into your intuition, and listen to the voice of your soul.</p>

EXTREME BIOHACKING CHART

PHASE	BIOHACK
FOLLICULAR PHASE (Days 7-13 of your cycle, or the week after your period)	hydro/laser facials and extractions
OVULATION (Days 14-18 of your cycle)	Cryotherapy, IV therapy
LUTEAL PHASE (Days 19-28 of your cycle)	Floatation tank, bodywork
MENSTRUATION (Days 1-6 of your cycle)	After day 2 or 3, Hot sauna or steam bath

MORNING ROUTINE CHART

	Stress Management/Exercise	Thought Management
<p>Follicular phase (Days 7-13 of your cycle, or the week after your period)</p> <p>A note on timing: You can do earlier waking and working out during this phase. This will get oxytocin and dopamine going for optimal performance the rest of the day.</p>	<p>Seated meditation Visualization/Set or review intentions for the month</p> <p>Exercise: 20-30 cardio at home/or 30 min walk – morning time OR lunch time is great</p>	<p>Read or listen to something new/inspiring/learn something new set or review intentions for the month</p>
<p>Ovulatory phase (Days 14-18 of your cycle)</p>	<p>Early wake up and HIIT workout - 20 minutes</p> <p>Then seated meditation - 20 minutes OR If short on time in the morning:</p> <p>Movement-based meditation (Example: dance to a few favorite songs and lose yourself – this flushes cortisol, builds oxytocin, boosts dopamine - 10 minutes</p> <p>And then do HIIT workout when it fits with your schedule 30-60 minutes</p>	<p>Set intentions of who to connect with. Your verbal and social centers are hormonally supercharged during this phase, so each day focus on connecting with your community in some way.</p>

<p>Luteal phase (Days 19-28 of your cycle)</p>	<p>Dance (movement-based meditation) - 10 minutes OR Self pleasure session without a vibrator OR Jump on a mini trampoline - 5 minutes</p> <p>Seated meditation - 10 minutes Jump on a mini trampoline - 5 minutes</p> <p>Seated meditation - 10 minutes</p> <p>Exercise: Mid-day or later in the day Pilates, strength training - (no cardio or HIIT) 30 minutes max or cortisol disruption occurs</p>	<p>Review daily task list and cancel any unnecessary meetings, focus on solo work, make list of gratitudes - 20 mins</p>
<p>Menstrual phase (Days 1-6 of your cycle)</p>	<p>Seated meditation - 10 mins</p> <p>Exercise: Any time of day that works for you, though typically not in the morning during this phase yin/gentle yoga/walk - 30 to 60 mins</p>	<p>Thought Management: Journal about major life areas and reflect, make gratitude list - 15 mins</p>

RECIPES

CINNAMON-GINGER-HONEY TEA

PLACE IN A LARGE MUG:

- 1 stick cinnamon broken in half
- 1/2 inch of ginger (with the peel on, just wash it and slice a bit of the knob off) — 1 tsp honey

Bring water to a seriously hot boil, pour immediately over contents of mug, cover with a small plate or plastic wrap to intensify elixir for 5 minutes.

Sip and enjoy the sweetness!

GOLDEN PASTE

INGREDIENTS:

- 1/2 cup organic turmeric powder — 1 cup water
- 1.5 teaspoons black pepper
- 5 tablespoons virgin coconut oil

DIRECTIONS:

1. In a stainless steel pot, cook the water, turmeric, and black pepper until it forms a thick paste, stirring and cooking for about 7 to 10 minutes.
2. Remove from heat and add virgin coconut oil, using a whisk to fully mix in the coconut oil.
3. Transfer the Golden Paste into a glass jar with a lid, and store in the refrigerator for up to 2 weeks.
4. You will use this paste to make your Golden Milk below.

GOLDEN MILK

INGREDIENTS:

- 1 teaspoon Golden Paste
- 2 cups coconut milk
- 1/8 teaspoon vanilla (optional)
- Raw honey [or stevia] to taste (optional) — Pinch cinnamon (optional)

DIRECTIONS:

1. In a stainless steel pot, gently heat, but do not boil, 2 cups of milk with 1 teaspoon of golden paste.
2. A whisk is helpful to fully mix the paste into the milk.
3. Add optional vanilla, honey [or stevia], and/or cinnamon.

