

# Womb Healing & Cycle Syncing Guide

A Moonlight Path to  
Hormonal Harmony & Feminine Flow



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# Introduction

*Welcome to your Sacred Journey.*

This guide will help you understand and align with your four natural menstrual phases, supporting fertility, womb health, and hormonal harmony.

Each section includes foods, herbs, rituals, affirmations, and journaling prompts to honor your cycle.



Menstrual Phase (Days 1–5)  
Theme: Release + Rest  
Element: *Water*

Your womb is shedding and renewing.

Focus on rest, nourishment, and release.

**Foods:** Iron-rich (beets, spinach, lentils, seaweed), warm soups, ginger or nettle tea.

**Herbs:** Raspberry Leaf, Nettle, Ginger, Frankincense.

**Self-Care:** Warm baths, journaling, lavender oil, gentle abdominal balm massage.

**Affirmation:** *“I release what no longer serves my womb.”*



Follicular Phase (Days 6–14)  
Theme: Rebirth + Creativity  
Element: *Air*

Estrogen rises, energy and inspiration bloom.

**Foods:** Fresh greens, sprouts, fruits, light proteins, omega-3s.

**Herbs:** Red Clover, Dong Quai, Lemon Balm, Rosemary.

**Self-Care:** Dance, yoga, clary sage & citrus oils.

**Affirmation:** *“I open myself to new beginnings.”*



Ovulatory Phase (Days 14–17)  
Theme: Connection + Fertility  
Element: *Fire*

Your fertile peak – vibrant, social, magnetic.

**Foods:** Protein-rich, colorful meals, seeds, berries, hydration.

**Herbs:** Shatavari, Maca, Chaste Tree Berry, Jasmine.

**Self-Care:** Connection, intimacy, fertility visualization.

**Affirmation:** *“I am fertile in body, mind, and spirit.”*



Luteal Phase (Days 18–28)  
Theme: Nurture + Ground  
Element: *Earth*

Progesterone rises — your time for grounding and reflection.

**Foods:** Warm, grounding meals (soups, oats, root vegetables).

**Herbs:** Wild Yam, Ashwagandha, Lavender, Vitex.

**Self-Care:** Rest, gentle walks, womb balm, early sleep.

**Affirmation:** *“I am rooted, nourished, and safe.”*



## Herbal & Essential Oil Glossary

**Wild Yam:** Supports progesterone balance.

**Red Clover:** Phytoestrogen for hormonal harmony.

**Chaste Tree Berry (Vitex):** Balances pituitary hormones, supports fertility.

**Shatavari:** Fertility and ovarian health.

**Ashwagandha:** Reduces stress and cortisol.

**Raspberry Leaf:** Uterus tonic.

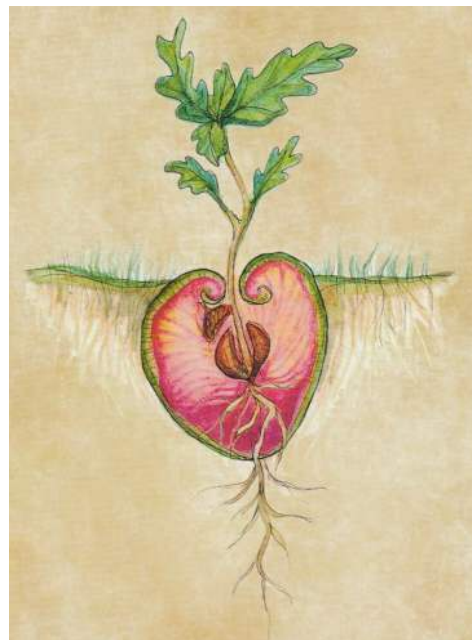
**Nettle:** Mineral-rich, supports blood health.

**Lavender:** Calms nervous system.

**Clary Sage:** Hormone-balancing.

**Frankincense:** Anti-inflammatory, womb healing.

**Jasmine:** Uplifting and sensual energy.



## Healing Recipes & Rituals

**Fertility/Womb Balm:** Extra virgin olive oil, cacao butter, beeswax, wild yam, red clover, vitex, clary sage, frankincense, lavender. *Apply gently to lower abdomen.*

**Cycle Support Tea:** Red clover, raspberry leaf, nettle, chamomile. *Brew and sip daily.*

**Moon Bath Soak:** Sea salt, lavender, frankincense, rose petals. *Relax in warm bath under moonlight.*

**Daily Rituals:** Gentle yoga, meditation, journaling, affirmations, womb visualization.



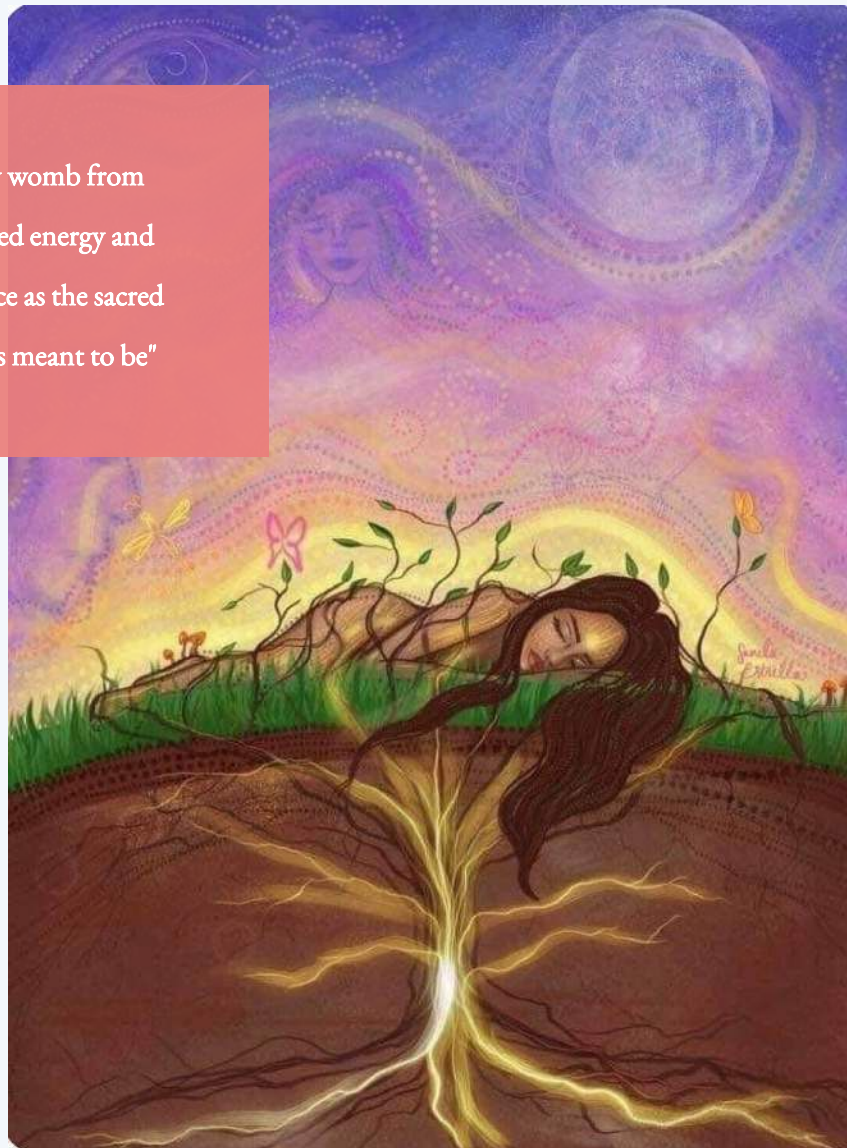
## Cycle Reflection & Tracking Pages

Use these pages to track your emotions, foods, energy, and moon phase each day of your cycle.

Reflect on patterns, fertile windows, and your womb's wisdom.

**Journaling prompts:** - *How do I feel physically today?* - *How do I feel emotionally today?* - *What nourishing foods did I eat?* - *Did I perform any rituals or apply balm?* - Observations on energy and creativity.

"I am clearing my womb from  
trauma & misplaced energy and  
reclaiming this space as the sacred  
creatrix temple it is meant to be"



## *Closing Blessing*

*“My body flows in rhythm with the Moon.*

*I am the keeper of sacred cycles.*

*I honor, nurture, and celebrate my womb.*

*I am aligned with my feminine power and divine rhythm.”*

*My Womb is Protected, Healthy, and Divine. A Sacred Space to hold Life with its perfect design. Under the Moon, honoring cycles all in Natural Time.*

