

checklist:

Irregular cycle

- Chart the cycle you do have, include observation of the physical changes, such as mucus and temperature.
- Make friends with your cycle and particularly menstruation.
- Be responsive to the changing rhythms you do experience.
- If your life is a little chaotic aim to find ways to bring more rhythm or regularity to it in general, such as having a more regular sleep pattern, eating regular meals, based on the good food guidelines of course.
- Eat a low glycemic diet and have some protein at every meal. Check out [Flo Living](#) for excellent dietary guidance.
- Enjoy being in nature and getting as much natural light as possible.
- If you're someone who's pretty driven and doesn't get much downtime, plan for 'nothing' time, it can release your inner creative forces.
- Do the Deer Exercise and Maya abdominal massage (details can be found within the HH course)
- Traditional Chinese Medicine can be very effective in helping to restore a regular cycle.