

How To Thrive In Your Female Body?

Agenda

- Introduce myself
- What Is The Feminine Current?
- Four phases of creation
- Four phases of your menstrual cycle
- How to eat, exercise and socialize in alignment with the feminine current?
- How to thrive in a female body using all of this?

Nice to meet you!

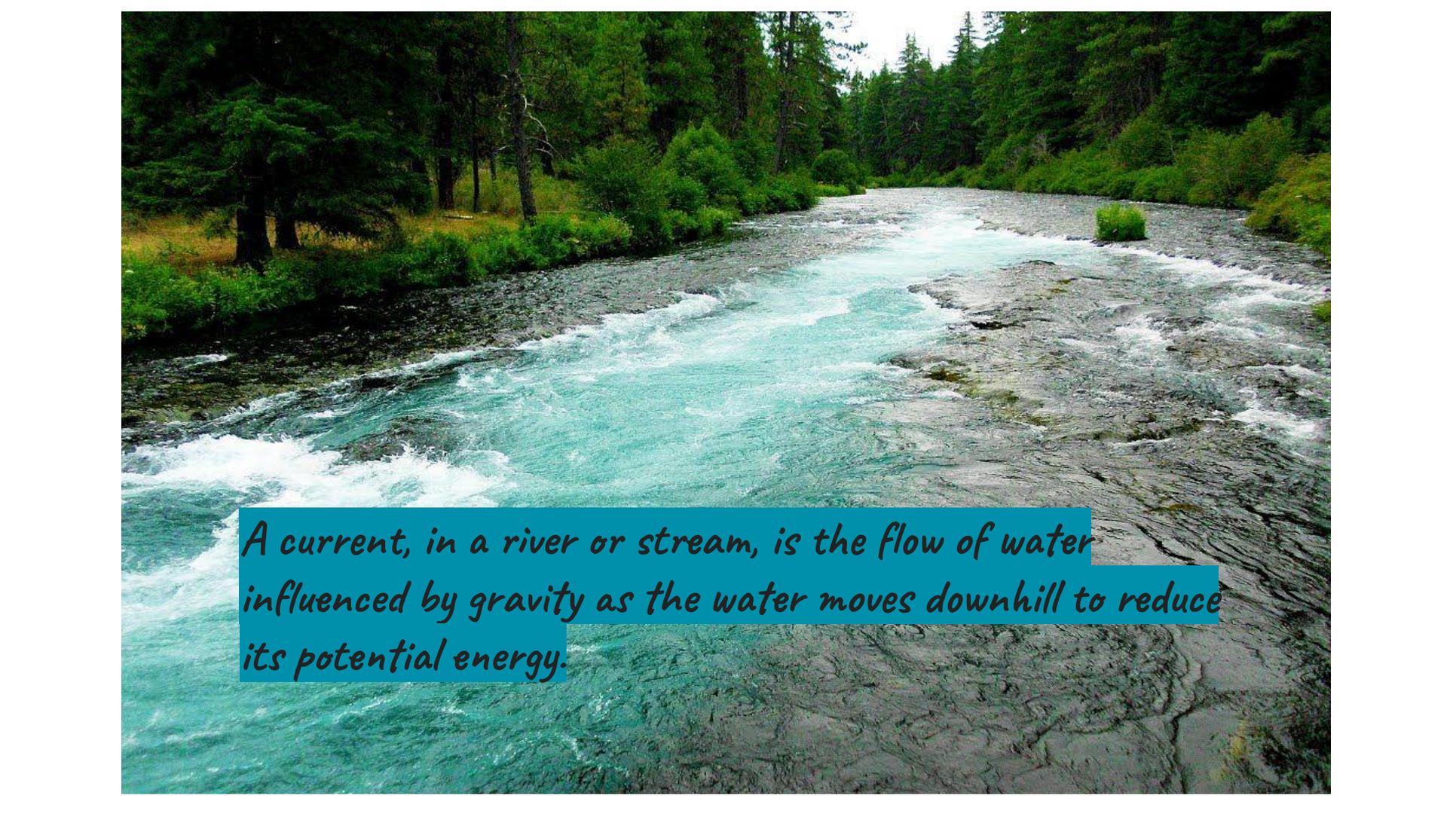
Dorit Palvanov, BA, RHN,

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Holistic Health Coach For Moms

I help mothers of daughters heal their hormonal imbalances and thrive inside of their female body so they can reclaim their divine feminine superpowers, become more resilient emotionally, learn to take better care of themselves, live with joy and purpose every single day and raise fierce, confident and healthy daughters as a result.



A photograph of a river with white water rapids flowing over a rocky bed in a forest. The water is a vibrant turquoise color, and the surrounding area is lush with green trees and bushes. The river flows from the background towards the foreground, with white foam from the rapids visible. The text is overlaid on a teal background in the lower-left quadrant of the image.

A current, in a river or stream, is the flow of water influenced by gravity as the water moves downhill to reduce its potential energy.

The Feminine Current

If a river is a metaphor for life then the river's current is a metaphor for the rhythm of life.

Imagine yourself as the person in a little canoe rowing your way through this river's current trying not to tip, stay alive, and maybe even enjoy the adventure!

Doing this "canoeing" for some time, you notice that there are some rules to feeling like you are in the flow, rowing downstream harmoniously instead of rowing upstream where life seems hard, challenging and overwhelming.

The Feminine Current

Just like the river, our days, weeks, months and years have cycles, ebbs and flows. There are days when water is abundant and hence the flow seems more wild than usual. Other days the current seems “dryer” and hence flow is slower and feels more calm and manageable.

As you get older and gain more experience “canoeing” or “rowing” through this current of life you figure out that the way to thrive in it is by becoming adaptable.

The Feminine Current

The more you resist, fight or go against the current the more you will tip and feel like this is hard, unmotivating, uninspiring and a waste of your human potential.

But when you let go of control and follow the cues of the river, listen to the rhythm of nature, tune into the wisdom and intelligence of your body, allow yourself to be adaptable and course correct then, and only then, will you feel in control of your “canoe”.

The Feminine Current

This is all about seeing yourself as the creator of your life (the captain of your “canoe”), believing in yourself and trusting the wisdom of life and your body.

The Feminine Current is a system I’ve developed to help women tap into their God given embodied superpowers as a system of rules that can help you navigate through life in a way that feels easier, more flowing, and more sustainable.

Doing this along with learning to eat right for keeping your hormones in balance will help you feel more alive, connected, inspired and thrive as a woman, wife and mother.

The Feminine Current

I believe that if you live your life in alignment with your feminine current, and pass this knowledge and wisdom on to your daughters we can help make the world a better place one girl, woman and mother at a time.

This is my mission!

I hear women say this all the time

“I’m not doing enough...”

“I don’t exercise enough”, “I don’t eat well enough”, “not spending enough time with my kids”, “Not spending enough time with my husband”, “I’m not making enough money”, “I should be able to do X but I don’t...”

Basically, no matter what you do, the message is that you are not good enough.

You’re good. But still not enough.

Let's make it fun :)

In the chat box, please write what you feel “not good enough about”

“I don't do X enough”

“I wish I was more X”

etc.

The follow up question would be:



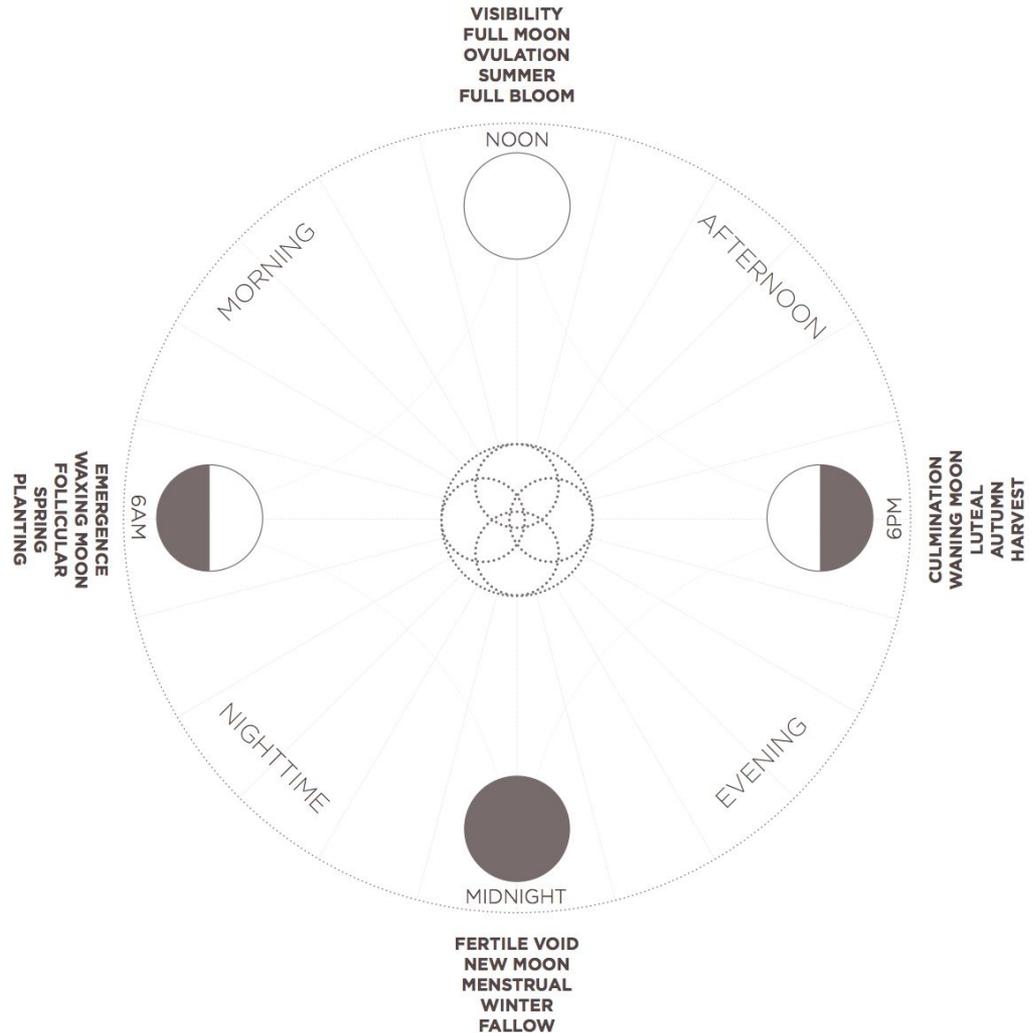
Nothing. Nothing is wrong with you.

Four phases of creation

Our societal mindset is that everything in life is linear, but actually, and especially the female body, is cyclical in nature.

When you tap into this cyclicity, your life will feel easier, you will be more gentle on yourself and you will actually get more done as a result.

The circle represents the day, the moon's path around the earth, a year and the menstrual cycle.



The Fertile Void

How would your life look like if you gave yourself the time and space to rest, unplug, get quiet, read, ask for help with household and kids, or simple do nothing “productive” periodically?

The magic is in the question. If you ask yourself “what’s wrong with me”, your brain will come up with answers.

“Because you suck”, “Because you’re lazy”, “Because you’re good for nothing”, “Because you can’t do hard things”, etc....

Instead ask yourself

How Can I?

How can I...

live in a way that nourishes
my body and soul while raising
a family, running a business
and nurturing my marriage?

Tapping into the wisdom of your female body

Four phases of your menstrual cycle:

Phase 1: Menstruation (fertile void)

Phase 2: the follicular phase (emergence)

Phase 3: Ovulation (visibility)

Phase 4: The luteal phase (culmination)

How to **eat** in alignment with the feminine current?

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The one thing to remember throughout this entire process is that estrogen, the female hormone, needs to be excreted properly and efficiently from the body. And the best way to do it is via food.

Most symptoms that occur from hormonal imbalance issues are the result of excess estrogen. The foods I'm going to mention here support the metabolization of estrogen through your elimination organs and the removal of that unwanted excess from your body.

Phase 1: the follicular phase (emergence)

Artichoke, broccoli, carrot, parsley, green peas, string beans and zucchini

Phase 2: Ovulation (visibility)

Asparagus, brussels sprouts, chard, escarole, scallion, spinach

How to **eat** in alignment with the feminine current?

Phase 3: The luteal phase (culmination)

Cauliflower, collard greens, daikon, onion, parsnip, radish, squash, sweet potato

Phase 4: Menstruation (fertile void)

Beet, kale, kelp, mushrooms, soups, stews. The general rule here is to avoid anything cold. You want to keep the body warm and the blood flushing out to be uninterrupted by cold foods which would make the body work harder and hence waste your energy.

If you eat in accordance with your cycle, your body will get the support it needs to live in alignment with nature, excrete the estrogen efficiently and your painful symptoms will be eliminated. Help your body do what it was designed to do!

How to **exercise** in alignment with the feminine current?

Phase 1: the follicular phase (emergence)

This is the time to kick ass. You'll have the energy and the motivation to take on a different style of workout and give it your all.

Phase 2: Ovulation (visibility)

The body can will support you through strenuous exercises like running and weight lifting.

How to **exercise** in alignment with the feminine current?

Phase 3: The luteal phase (culmination)

The closer you get to your menstrual cycle the less energy you will have. This phase is great for exercises like walking, vinyasa yoga and pilates to go easier on the body.

Phase 4: Menstruation (fertile void)

A time for rest and recovery with no guilt! Stretch a little, walk, do some light yoga to keep moving, but let your body take a few days to repair and reset.

How to **socialize** in alignment with the feminine current?

You know how sometimes you're feeling magnetic, energized, and dying to meet new people, and other times in the month you feel withdrawn, antisocial, and like you need to retreat and not talk to anybody?

Do you have those times when you don't want your kids to climb on you, talk to you or even touch you.

I am not talking about your hubby...

If yes, then you're actually already cycling syncing without even knowing! I'm going to talk about where to put the female social and energetic focus during each phase.

How to **socialize** in alignment with the feminine current?

Phase 1: the follicular phase (emergence)

In the follicular phase, I set goals for myself and plan out my month. I also set intentions for myself and my career. It's a great time to start projects as your brain is most active with structural thinking.

Phase 2: Ovulation (visibility)

During my ovulation phase, I'm normally most social. I crave time with my girlfriends and say yes to all social invites. I also plan my own calendar according to my cycle. When I'm ovulating, I am most communicative so I plan podcast interviews, networking calls and important business meetings around this time. I'm also most apt to collaborate during this time. It's a great time to call an old friend or your mother.

How to **socialize** in alignment with the feminine current?

Phase 3: The luteal phase (culmination)

In the first half of my luteal phase, I still feel social so I do go out and hang with friends. I'm usually most assertive during this phase though, no BS. Halfway through, I begin to feel agitated if I am around people too much and begin to feel myself turning inwards. Obviously, in modern day America I don't have the pleasure of saying "no" to all social obligations and meetings, so I practice grace here and do my best to honor my body while staying realistic.

Phase 4: Menstruation (fertile void)

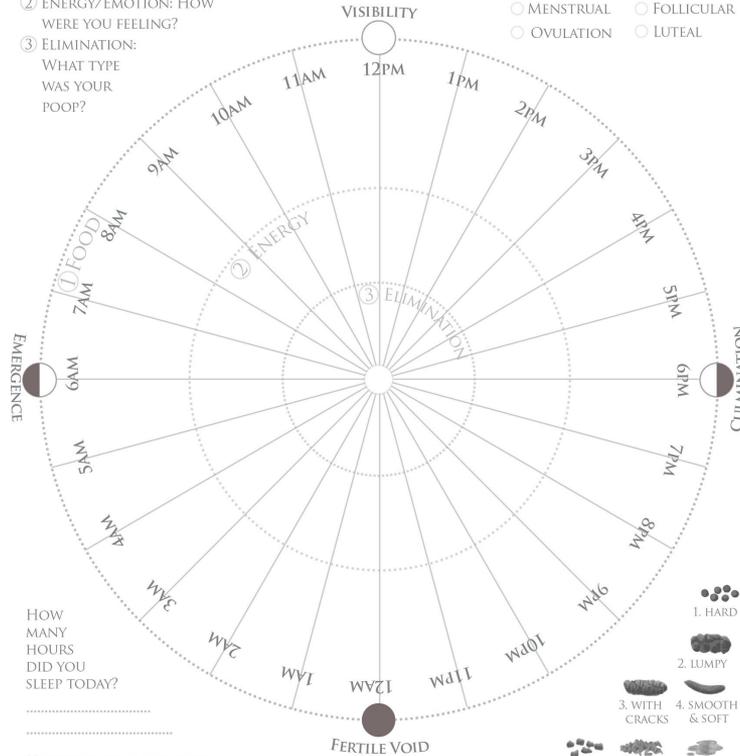
during my period I spend lots of time alone, reflecting, journaling, and taking long baths. I say "no" to most social situations and use this time as a way to reflect on the past month to see what worked and what didn't. Think of it as a time when your body is shedding a lining, and for you to shed specific habits, people, or hobbies that are no longer serving you. A little "spring cleaning", if you will.

F-E-M-A-L-E DAILY TRACKING SHEET

(FOOD, ENERGY/EMOTION, MENSTRUAL CYCLE, AT REST (SLEEP), LIBIDO (SEX DRIVE), ELIMINATION (POOP))

- ① FOOD: WHAT DID YOU EAT?
- ② ENERGY/EMOTION: HOW WERE YOU FEELING?
- ③ ELIMINATION: WHAT TYPE WAS YOUR POOP?

- WHERE ARE YOU IN YOUR CYCLE?
- MENSTRUAL FOLLICULAR
 - OVULATION LUTEAL



HOW MANY HOURS DID YOU SLEEP TODAY?

HOW WAS YOUR SEX DRIVE (LIBIDO) TODAY?

-  1. HARD
-  2. LUMPY
-  3. WITH CRACKS
-  4. SMOOTH & SOFT
-  5. SOFT BLOBS
-  6. FLUFFY/ MUSHY
-  7. WATERY/ LIQUID