




INNER SEASONS
GUIDE TO
PLEASURABLE
PERIODS

ROSIE BATTIMELLI

Our periods can be really pleasurable if we let them.

We gain insight when we bleed. We can birth ideas into existence when we ovulate, and we learn how to harness the power of the feminine when we know how to call our energy back to our womb.

Grab yourself a cuppa and a journal, so you can track your progress and use this as your gospel to pleasurable periods 

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INNER SUMMER
Ovulation

INNER SPRING
Follicular Phase



INNER AUTUMN
Luteal Phase

Menstruation
INNER WINTER

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INNER WINTER

Days 1-5

Internal wisdom

REST

Stillness

Alone time

Gentle Walks

Meditation

Yin

Time to discover

Iron rich foods

Pumpkin seeds & Flax
seeds



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INNER SPRING

Days 6-16

Begin hatching project ideas
(ready to launch in Summer)

Slowly come back into the

world

Be playful & patient

Get curious

Dark chocolate, vit b6, berries,

almond butter, bananas,

pumpkin, carrot,

sweet potatoes

Sunflower & sesame seeds

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INNER SUMMER

Days 17-22

Time to socialise

Be seen

Flirt

Be bold

Expansive

Fun activities

Any exercise goes - use your
energy!

Great time to launch new projects
Spinach, asparagus, quinoa, salmon
Sunflower & sesame seeds

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INNER AUTUMN

Days 23-32

Meet the shadow

Time to start slowing down

Complete anything urgent on the list
& forget about the rest until after

you bleed

Strength training

Fruit, whole grains and starchy
vegetables like potatoes, avocados

Pumpkin seeds & Flax seeds

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Checklist²

- Eat within 90 minutes of waking up & according to each phase
- Cut down (or out if possible) caffeine & replace it with roasted dandelion, mushroom elixir, or decaf coffee
- Exercise for the specific phases, rest more in winter
- ALWAYS have water on you. Drink at least 2.7 litres
- Track your cycle with an app & journal so you can cross reference (record how you're feeling on each day)
- Plan events accordingly to the cycle
- Utilise different feminine tools & practices at different phases to be in tune with nature's natural rhythms & cycles
- Get a thermometer to track your temperature each morning

Checklist²

- Only use non toxic products. Check to make sure none of the products you are using contain the following endocrine disrupters;
 - Parabens, phthalates, synthetic colours (can also be labelled as fragrance), synthetic fragrances, sodium lauryl sulphate
- Seed cycling - crush the specific seeds and put them in the fridge so you can add 2 tbsp daily to any smoothie meal or snack
- Dragon Time - essential oil blend is a combination of Fennel, Clary Sage, Marjoram, Lavender, Yarrow, and Jasmine - Rub on your womb when menstruating

Key Information

- The endocrine system is a messenger system comprising feedback loops of the hormones released by internal glands. Our endocrine is made up of hypothalamus, pineal gland, pituitary gland, thyroid gland, parathyroid glands, thymus, adrenal glands, and pancreas. It also includes the testes in males and the ovaries and placenta (during pregnancy) in females.
- Basal body temperature (BBT) is slightly lower in the follicular phase (the first half of the menstrual cycle), and rises after ovulation and stays raised throughout the luteal phase (the second half of the menstrual cycle). This rise in temperature happens in response to progesterone, which is released after ovulation occurs.

Our Endocrine System

Hypothalamus

While it's very small, the hypothalamus plays a crucial role in many important functions, including;

- releasing hormones.
- maintaining daily physiological cycles.
- controlling appetite
- managing sexual drive
- regulating emotional responses
- regulating body temperature

Our Endocrine System

Pituitary

- The major endocrine gland. A pea-sized body attached to the base of the brain, the pituitary is important in controlling growth and development and the functioning of the other endocrine glands.
- The pituitary gland secretes a number of hormones that are used to regulate the function of the ovaries.

Our Endocrine System

Thyroid

- Your thyroid is a small, butterfly-shaped gland located at the front of your neck under your skin. It's a part of your endocrine system and controls many of your body's important functions by producing and releasing (secreting) certain hormones.
- The thyroid gland produces hormones that regulate the body's metabolic rate, growth and development. It plays a role in controlling heart, muscle and digestive function, brain development and bone maintenance.

Our Endocrine System

Adrenal Glands

- Adrenal glands produce hormones that help regulate your metabolism, immune system, blood pressure, response to stress and other essential functions.
- The adrenal glands play an important role in the body's stress response, including the fight-or-flight reaction. While some stress prepares the body to take action, too much can result in feelings of anxiety and chronic stress, which can take a serious toll on a person's physical and mental well-being, acne & low moods/sex drive.

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Our Endocrine System

Pancreas

- Your pancreas plays a big role in digestion. It is located inside your abdomen, just behind your stomach. It's about the size of your hand.
- During digestion, your pancreas makes pancreatic juices called enzymes. These enzymes break down sugars, fats, and starches.

Meditation

[Download the mp3.](#)

Carve out 30-40 minutes, get your nest ready with candles, cushions, incense, anything that makes you feel grounded - make sure you have enough space to move around and listen to the meditation with a journal as I guide you through your inner seasons.

You can also draw or paint the archetypes you meet if you wish.

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Seed Cycling



Seed cycling is a great way to start connecting your gut brain connection to the different seasons of the cycle. Crush them up & add them to your meals. Around 1tsp daily.

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work with me



Elevate 1-1 Mentorship

3 months, x2 spots open



Safe, Secure & Sensual Group Programme

Enrolling now



Bespoke Breakthrough 90 min

To work on relationships, self, your
cycle, career or intimacy