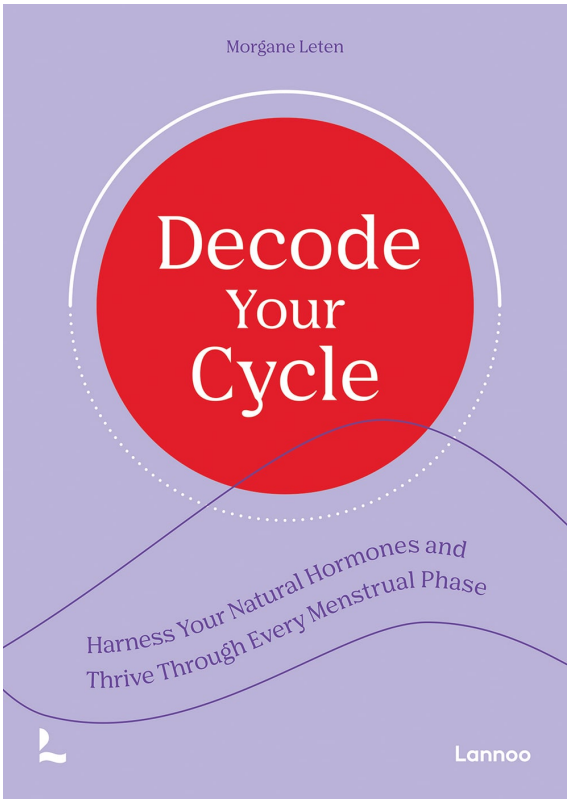
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Decode Your Cycle

Harness Your Natural Hormones And Thrive Through Every Menstrual Phase

Morgane Leten

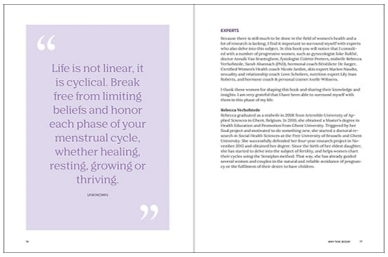
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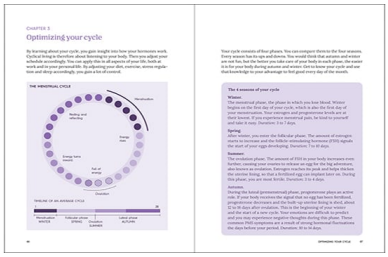
- A groundbreaking book that will forever change your perspective on hormones!
- The complete blueprint for your hormonal health, based on the latest scientific insights
- Practical tips for optimising not just your sleep, activity and nutrition, but also decision-making, productivity and performance throughout the menstrual phases, with advice from experts and real stories from women living in sync with their cycles

Did you know that you feel more confident and experience a higher libido around the time of ovulation? That you perform at your athletic best when estrogen levels are rising? And that it's better to avoid making important decisions right before your period? On average, a person with a uterus will menstruate around 450 times in their life. Yet, many women are unaware of how their performance, energy levels, and mood fluctuate with their cycle. It's a missed opportunity—because once you start syncing your life with your cycle, your hormones can quickly become your ultimate partner in crime. In this book, cycle expert Morgane Leten presents a positive case for embracing natural hormones and equips you with essential insights into women's health. Learn how to manage menstrual symptoms, optimise your sleep, diet, and schedule according to your cycle, and explore the unique workings of your hormonal system.

Morgane Leten is a nutrition and fertility coach, as well as the co-founder of Guud Woman. After being diagnosed with PCOS, she embarked on a journey to find solutions and discovered the incredible benefits of aligning her life with her menstrual cycle.







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