



Hi,

We feel like women have a superpower that they aren't aware of. It is like you have a ferrari in the driveway but you are walking everywhere because you don't know that it is in the driveway.

We are here to teach you how to unlock the door to your innate female superpower. Why not use your cycle to your advantage instead of fighting it each month?

And how about applying what is happening at each part of your cycle to better understand your relationships?! And also create a framework for our partners, family and friends to better understand us!

Challenge Day 5: How does the cycle affect our relationships?

The infographic is divided into two main sections. The top section is titled "PHASES 1 & 2" and includes the text "FROM START OF PERIOD TO OVULATION". It lists two bullet points: "✓ Plan a date with your partner" and "✓ Plan an outing with your kids". The bottom section is titled "PHASE 3 & 4" and includes the text "FROM OVULATION UNTIL NEXT PERIOD". It lists two bullet points: "✓ Start thinking about boundaries that need to be set" and "✓ Make a list of things that are no longer OK in your life." The background of the infographic features a calendar, a pen, and a hand writing in a notebook.

Ladies in Phase 1 & 2 - A soothing cut of 3 Ginger Tea.

In the first week of our cycle, our brain is more interconnected than ever. This is an amazing time for introspection, planning and prioritizing. So bring your family, friends or partner in to discuss some future plans!

Here is a simple step to take:

- Plan a date with your partner
- Plan an outing with your kids

Ladies in Phase 3 & 4 - Let's sip on some Burdock Root tea!

After ovulation and as we get closer to our next period, you will notice the tendency to really want to draw inward. This is a time that we would be best supportive by being nurtured by other and setting boundaries.

Here is a simple step to take:

- Start thinking about boundaries that need to be set.
- Make a list of things that are no longer OK in your life.

Ex. Alex is no longer available to sit in the back of an airplane

Ex. Megan is not available to pick up on the negative energy of people around her who are in a bad mood

Want to hear about this?!

Go watch today's video inside the program!

Make sure to take notes on how to enter to win the \$100 Visa gift card! Stock up on supplements for every phase with 30% off on Fullscript.

Here is how you participate:

1. Take a picture of yourself participating in Day 5 of the challenge

2. Share on [Instagram](#) and use #Zestier
3. Tag us [@zesty_ginger](#)
4. **5 Bonus entries** for referring a friend who joins Zestier. Just email us the name of your friend after they have joined.

We are so excited to have you join us in this challenge!

Today is the last day of the challenge!!!

We are going to go into MUCH more detail about how to optimally flow your cycle and take back your energy and productivity!!

XOXO,

Dr. Alex & Megan