Now you know your type, diet and lifestyle and Dr Sami David in this

Boost your chances with changes, say Jill Blakeway exclusive book extract

Dry

FOOD

Choose:
- Simple foods with few components at each meal. Emphasises complex carbohydrates (50%), with the addition of vegetables and fruits (50%) and high-quality proteins (25%).
- Easy-to-digest, warming, slow-cooked foods such as soups and stews.
- Lots of pulses (mildly kidney beans, adzuki beans and lentils).
- Small amounts of lean organic meat and poultry, preferably hormone-free, and fish, such as salmon.
- Whole grains, including brown rice, quinoa, barley and oats.
- Including brown rice, quinoa, barley and oats.

LIFESTYLE

- Avoid saunas and hot showers.
- Avoid saunas and hot showers.
- Avoid smoking and dry alcohol (wine, beer and spirits).
- Avoid smoking and dry alcohol (wine, beer and spirits).
- Exercise is particularly important during phases two and three of your cycle (menstruation). Movement and flexibility, such as swimming or walking.
- Exercise is particularly important during phases two and three of your cycle (menstruation). Movement and flexibility, such as swimming or walking.

Waterlogged

FOOD

Choose:
- A diet that regulates 30% protein (animal protein is especially beneficial), 30% complex carbohydrates (grains and starchy vegetables) and 40% vegetables and fruits.
- At least one serving a day of milk (especially if malted or slow-cooked, and hormone-free if possible), poultry, fish, eggs (specifically the yolks) or pulses. If you are a committed vegetarian, make sure you eat a broad range of proteins from different sources (fruits, seeds, beans, high-protein sprouts and grains) in order to get the essential amino acids you need.
- Foods with phytoestrogens, such as flax seeds (flaxseed and soya).
- Iron-rich foods, including blackstrap molasses, eggs, lentils, walnuts, lean meat, liver and kidney, and blackstrap molasses. Vitamin C helps with the absorption of iron, so be sure to get plenty of it from sources such as leafy dark-green vegetables, broccoli, oranges and kiwi fruit.
- Soups with stock made from bones, such as chicken stock. This is particularly beneficial during phase two of your cycle (pre-ovulation).

LIFESTYLE

- Be sure to get enough rest. This is particularly important during phase one of your cycle (menstruation).
- Develop your time-management skills and work or study habits.
- Try not to worry about things you can’t do anything about.

Supplements

- Probiotics (beneficial bacteria). Such as yoghurt.
- Iron-rich foods, including blackstrap molasses, eggs, lentils, walnuts, lean meat, liver and kidney, and blackstrap molasses. Vitamin C helps with the absorption of iron, so be sure to get plenty of it from sources such as leafy dark-green vegetables, broccoli, oranges and kiwi fruit.
- Soups with stock made from bones, such as chicken stock. This is particularly beneficial during phase two of your cycle (pre-ovulation).

Avoid:
- Tobacco. It dehydrates your skin and makes symptoms worse.
- Tobacco. It dehydrates your skin and makes symptoms worse.
- Alcohol. Alcohol dehydrates the body, as does coffee. It also increases the amount of candida (yeast infections). Beer, bread, soy sauce, wine, vinegar, mustard and blue cheeses are out.
- Dairy. Foods with the exception of yoghurt, which can lead to excess mucous. Such as yoghurt and soft cheese.
- Processed foods. Waterlogged types are especially likely to react badly to them.
- Sugars and artificial phytosterogens, especially high-fructose corn syrup.

An overdose of refined-wheat products, animal products and high fructose corn syrup can make symptoms worse by affecting the bacteria in the digestive tract. The wholefoods we rely on for good health are beneficial to stuck women during phase four (potential impetus) supporting a good blood flow to the uterus.
- Stop jogging and all high impact exercise during phase one (ovulation) as it will cause heavy periods.
- Avoid saunas and hot showers.

FOOD

Choose:
- A diet that won’t stress your liver or bloodstream.
- Wholefoods, including beans and pulses.
- Choose foods that will make your saliva and digestive enzymes work harder and faster.
- Consciously set limits with the people around you; you will achieve them.
- Write down your goals (menstruation, ovulation). Men: don’t masturbate; women: don’t use tampons.
- Consciously set limits with the people around you; you will achieve them.
- Write down your goals (menstruation, ovulation). Men: don’t masturbate; women: don’t use tampons.
- Consciously set limits with the people around you; you will achieve them.
- Write down your goals (menstruation, ovulation). Men: don’t masturbate; women: don’t use tampons.
- Consciously set limits with the people around you; you will achieve them.
- Write down your goals (menstruation, ovulation). Men: don’t masturbate; women: don’t use tampons.
- Consciously set limits with the people around you; you will achieve them.
- Write down your goals (menstruation, ovulation). Men: don’t masturbate; women: don’t use tampons.
- Consciously set limits with the people around you; you will achieve them.
- Write down your goals (menstruation, ovulation). Men: don’t masturbate; women: don’t use tampons.