



eBook

12-Weeks Journey Towards Healing

A guided program to restore hormonal balance, boost energy, and enhance overall well-being. Transform your health with research-backed strategies and sustainable lifestyle changes!

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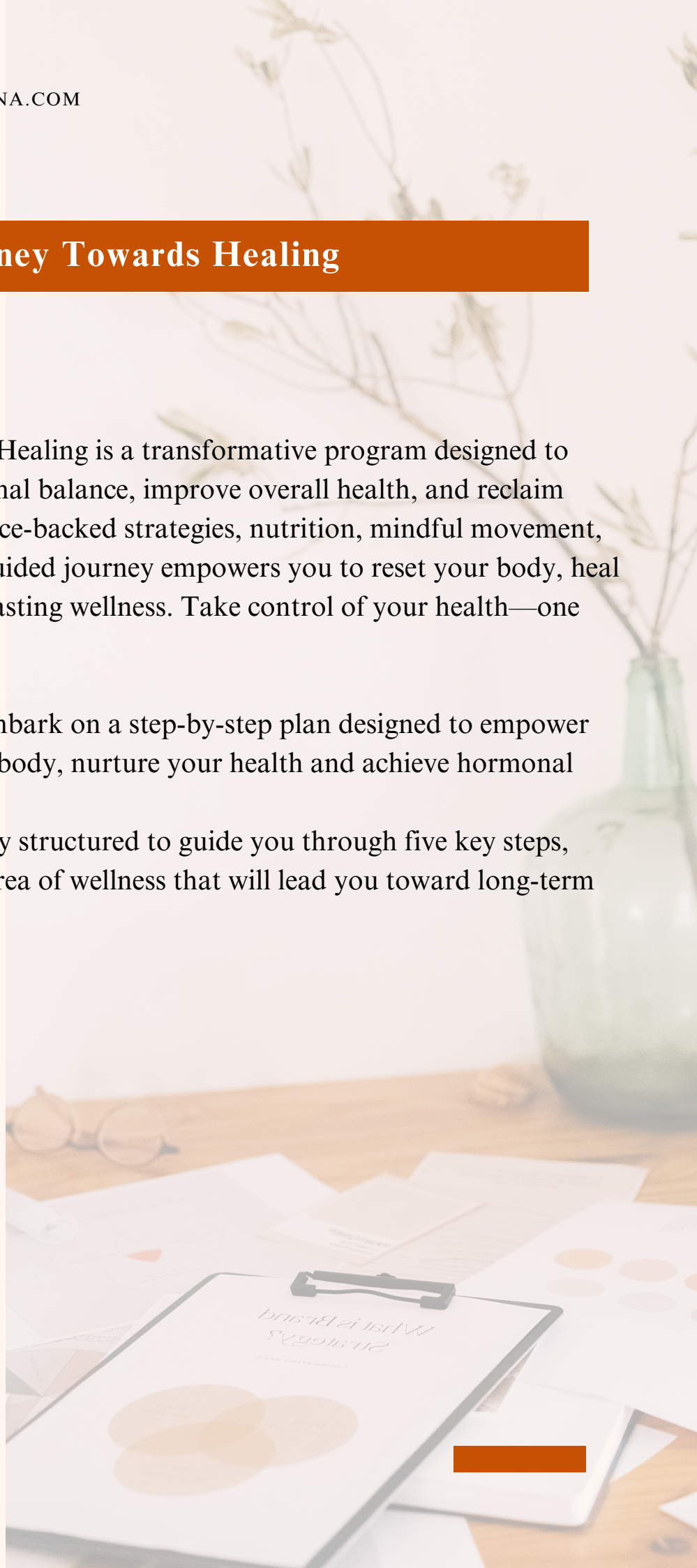
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12-Weeks Journey Towards Healing

12-Week Journey Towards Healing is a transformative program designed to help women achieve hormonal balance, improve overall health, and reclaim their vitality. Through science-backed strategies, nutrition, mindful movement, and lifestyle changes, this guided journey empowers you to reset your body, heal from within, and cultivate lasting wellness. Take control of your health—one week at a time!

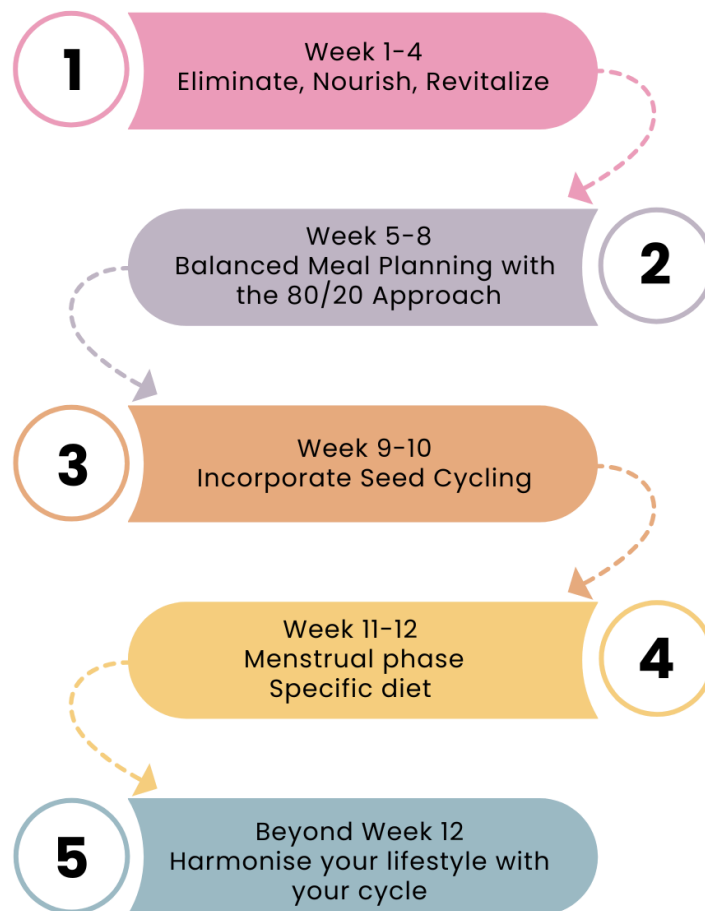
Over the 12 weeks, you'll embark on a step-by-step plan designed to empower you to reconnect with your body, nurture your health and achieve hormonal balance.

This program is thoughtfully structured to guide you through five key steps, each focused on a specific area of wellness that will lead you toward long-term health and vitality.



5 STEPS JOURNEY TOWARDS HEALING

12 weeks Lifestyle Program



Week 1-4: Elimination, Nourishment , Revitalization (ENR method)

During the first four weeks of your journey, the primary goal is to detoxify your body, replenish it with wholesome, nutrient-rich foods and restore your energy levels. This foundational phase is all about clearing toxins, breaking down barriers to well-being and preparing your body to fully absorb the essential nutrients needed for optimal health.

You've already been introduced to the ENR method in Chapter 6. If you're feeling unsure about any steps, revisit that chapter to refresh your understanding—it's your go-to guide during this phase.

I've included a comprehensive Food Manual with a list of approved items for this healing phase. Feel free to get creative with your meals and explore dishes that work best for you. While I've provided a sample diet plan for inspiration, remember it's a flexible framework. Customize it using the items from the list (food manual) to align with your personal tastes and needs. Let this phase be a rejuvenating start to your transformation!

Week 5-8: Balanced Meal Planning with the 80/20 Approach

In this phase, you'll embrace the 80/20 approach to meal planning, which was introduced in Chapter 8. This method encourages you to stick to a healing diet 80% of the time while allowing yourself 20% flexibility to enjoy foods that were restricted during the healing phase.

By focusing on balance, you'll discover how to prioritise wholesome, nutrient-dense foods without feeling deprived. The 80/20 approach ensures sustainability by creating space for flexibility and enjoyment, making it easier to maintain your progress and achieve long-term success in your health journey.

Week 9-10: Incorporate Seed Cycling

In this phase, for two weeks you'll dive into the practice of seed cycling—a simple yet effective method to support hormonal health, as explored in Chapter 9. Seed cycling is designed to harmonize your hormones, regulate your menstrual cycle and enhance overall vitality by incorporating specific seeds during different phases of your cycle.

If your periods have become regular after eight weeks of dietary adjustments, you can begin seed cycling on the first day of your period.

Your existing diet will remain unchanged, you'll simply add the recommended seeds according to your menstrual phase. For those whose cycles are still irregular, you can follow the moon or lunar cycle (as explained in chapter 9) to guide your seed cycling practice.

By aligning your seed intake with these rhythms, you can accelerate the process of hormonal balance and create a solid foundation for your overall well-being.

Week 11-12: Menstrual Phase-Specific Diet

As we enter the final phase of your journey, you'll focus on aligning your diet with the unique needs of each menstrual phase—a concept you've explored in Chapters 3 and 4, in continuation with seed cycling. This phase is all about providing your body with the nourishment it craves at every stage of your cycle.

By incorporating specific foods tailored to each phase, you'll not only optimise your energy levels but also ease discomfort and support your overall well-being. This personalised approach empowers you to work in harmony with your body, fostering balance and vitality as you embrace your natural rhythms.

Beyond Week 12: Harmonise Your Lifestyle with Your Cycle

After 12 weeks, you'll be ready to embrace a lifestyle that works in harmony with your menstrual cycle. If your cycles are still irregular, I recommend continuing with the healing diet followed by seed cycling for a little longer to give your body the support it needs.

This transformative journey involves making small yet impactful adjustments to your daily routine, aligning your activities, nutrition and self-care practices with your body's natural rhythm. The goal is to maintain balance, vitality and sustained healing forever.

This 12-week lifestyle program is designed to lay the groundwork for enduring health and well-being, connecting your mind, body and spirit in perfect harmony.

Food Manual for Healing Diet Week 1- 4

Category	Foods
50% Vegetables, Complex Carbs and Fruits	Vegetables (25%): Spinach, cabbage, broccoli, carrots, bell peppers, ladies' finger, pumpkin, brinjal, sweet potatoes, bottle gourd, beetroot, zucchini, cabbage, beans, onion, tomatoes.
	Complex Carbs (15%): Whole grains like brown rice, unpolished rice, quinoa, rolled or steel cut oats, barley, millet (bajra, jowar), whole wheat, sweet potatoes, and whole wheat pasta.
	Fruits (10%): Seasonal fruits such as bananas, papayas, apples, guavas, berries, oranges, pomegranates, mangoes, and watermelon.
25% Proteins	Plant-Based Proteins: Sprouted Lentils (dal), chickpeas, kidney beans (rajma), tofu, edamame, mung beans, peas.
	Animal-Based Proteins: Chicken, fish (salmon, mackerel, tuna), eggs, lean beef, goat meat.
25% Healthy Fats	Ghee, olive oil, coconut oil, sesame oil, avocado, nuts (almonds, cashews, walnuts), seeds (flax seeds, chia seeds, pumpkin seeds), nut butters (peanut butter).

STEP 01

WEEK 1-4 HEALING DIET PLAN

Meal	Option 1	Option 2
Morning Routine	Start your day with warm water with 1 tsp ghee or coconut oil	
Breakfast	Poha: Flattened rice with vegetables (carrots, peas, beans but no peanuts)	Rice Flour Pancakes with banana or a drizzle of honey
Mid-Morning Snack (any one)	Soaked Nuts: 5 Almonds or 2 walnuts or 5 cashews	Smoothie: Banana or papaya with water/cashew milk.
Lunch	Carrot - Peas, cashew Rice	Mixed vegetables (carrots, beans, peas) made with cashew gravy with Rice Flour Chapati or rice.
Afternoon Snack	Edamame or green peas (Steamed) with lemon & salt	Roasted fox nuts/ makhana
Dinner	Rice flour dosa with coconut chutney.	Vegetable curry or chicken curry with Rice Flour Chapati.
Dessert	1 Prunes or 5 raisins or 1 date	

Kindly Note: The options provided in this plan are flexible suggestions to guide your meals. Feel free to switch or interchange foods based on your hunger levels—there's no need to force-feed yourself. Listen to your body and eat when you're truly hungry. You can also adjust your food choices, as long as you stick to the list of recommended foods and avoid those on the "must-avoid" list. This approach ensures you meet your nutritional needs while respecting your body's natural cues.

FOOD OPTIONS FOR HEALING DIET

Breakfast	Samak rice (Barnyard Millet) Upma (Sama Chawal Upma) Sabudana khichdi Poha with vegetables Rice flour banana pancakes Papaya smoothie with cashew milk Omelette Rice flour dosa
Snacks	Roasted fox nuts (Makhane) Sweet potato baked fries Papaya and nut salad Rice wraps with avocado dip Dry fruit laddoo Boiled potato chaat Roasted cashew Roasted puffed rice
Main course	Carrot - peas cashew rice Cashew chicken curry with rice flour chapati Barnyard millet vegetable pulao Fish curry with rice Sweet potato and spinach Curry Rice noodles with edamame and mushrooms Grilled fish with avocado Salad Pumpkin soup Chicken and vegetable stir-fry Bottle-gourd curry and rice Lemon rice with veggies(no peanuts) Rice flour dosa with coconut chutney

STEP 01

WEEK 1-4 HEALING HYDRATION PLAN

Time of Day	Drink	Benefits
Morning or evening	Bone Broth	High in collagen and minerals, bone broth supports gut lining, helping to repair and soothe the digestive system for a strong start to your day.
Mid-Morning	Tender Coconut Water	Rich in natural electrolytes, coconut water aids hydration, promotes digestion, and is gentle on the stomach, making it ideal for digestive health.
Afternoon	Kombucha (sugar free)	Kombucha's probiotics and antioxidants promote a healthy gut flora balance, giving your digestion a friendly boost with a tangy, fizzy treat.
Mid-Morning or evening	Herbal Infused Tea (no milk & sugar)	Chamomile calms the gut, peppermint eases digestion, and ginger combats inflammation. Choose based on your mood or specific digestive needs.
Throughout the Day	Infused Water	Staying hydrated is essential for digestion, nutrient absorption, and overall gut function.

STEP 02

WEEK 5-8 BALANCED MEAL PLAN (80/20)

(Follow Balanced Wellness plate)

Meal	Option 1	Option 2
Breakfast (Use 1 teaspoon of ghee or sesame oil for cooking)	Moong dal chilla (lentil pancakes) with veggies + 2 boiled eggs.	Poha with peas, carrots, and peanuts.
Lunch	Chana masala with rice or millet chapati with curd and a side of cucumber and tomato salad.	Palak (spinach) and tofu curry with whole wheat or millet chapati & sliced tomato.
Snack	Any fruit + some nuts	Puffed rice and black chana chaat
Dinner	Chicken curry/fish curry with rice or a millet chapati with salad/cooked veggies.	Vegetable biryani with yogurt and salad.
Desserts	Dark chocolate	Dates & nuts halwa

STEP 02
WEEK 5-8 BALANCED MEAL PLAN (80/20)
(Follow Balanced Wellness plate)

Fiber (50%) includes vegetables like spinach (palak), carrots, peas, and broccoli, along with complex carbohydrates like rice, whole wheat roti, quinoa, millets, puffed rice, poha.

Protein (25%) focuses on plant-based sources like lentils, chickpeas, tofu, and legumes, as well as lean animal proteins like chicken.

Good Fat (25%) comes from sources such as ghee, sesame oil, nuts, and seeds. For every meal, try to use 1 teaspoon of ghee or sesame oil for cooking.

For sweet tooth you can enjoy one or two: Dark chocolate, Figs, prunes, or apricots, any one of it (with small portion size)

STEP 03

WEEK 9-10 BALANCED MEAL PLAN (with Seed cycling)

(Follow Balanced Wellness plate)

Meal	Option 1	Option 2
Breakfast	Vegetable upma (semolina with peas, carrots, and mustard seeds) with a side of coconut chutney	Oats or broken wheat porridge topped with berries or banana
Mid Morning Snack	Any fruit	Any nuts
Lunch	Lentil curry (dal) with spinach combine with whole wheat/millet chapati with cooked vegetables and a salad	Mix vegetable biryani with curd and pickle.
Snack	Sprouted moong (green gram) and 1 spoon of each seeds as per menstrual cycle	Roasted peanuts and 1 spoon of each seeds as per menstrual cycle
Dinner	Chicken curry/fish curry with rice and salad.	Baingan bharta (roasted eggplant) with a side of bajra (pearl millet) roti with baked tofu.
Dessert	One piece jaggery	Chikki

STEP 04

WEEK 11-12 BALANCED MEAL PLAN (Based on Menstrual phase)

Phase of Menstrual Cycle	Foods to Eat
Menstrual Phase (Days 1-5)	<p>Iron-rich foods (spinach, amaranth leaves, beetroot, pomegranate, dates) to replenish iron stores.</p> <p>Anti-inflammatory foods (turmeric, ginger, Indian gooseberry) to reduce cramps and inflammation.</p> <p>Hydration (Coconut water)</p>
Follicular Phase (Days 6-14)	<p>Protein-rich foods (sprouted lentils, eggs, tofu, chicken) to support tissue growth and repair.</p> <p>Fiber-rich foods (fruits such as guava, papaya & whole grains such as millets, rolled oats) to support digestion and hormonal balance.</p> <p>Healthy fats (ghee & coconut oil) for hormone production.</p> <p>Hydration (Butter milk & water rich fruits/vegetables)</p>
Ovulation Phase (Days 15-17)	<p>Power-up Protein with fats (Cottage cheese (Paneer), Fish, eggs, whole chicken, chickpeas)</p> <p>Cruciferous vegetables (cabbage, mustard green, cauliflower)</p> <p>Hydration (Watermelon, Electrolyte)</p>
Luteal Phase (Days 18-28)	<p>Magnesium-rich foods (fox nuts, dark chocolate, pumpkin seeds) to ease PMS symptoms and reduce bloating.</p> <p>Complex carbohydrates (whole grains, sweet potatoes, millets, beans, lentils) to stabilize blood sugar levels and support.</p> <p>Hydration (Peppermint tea, fennel tea)</p>

STEP 05

WEEK 12 & ABOVE LIFESTYLE PLAN (Based on Menstrual phase)

Phase of Menstrual Cycle	Lifestyle Suggestion
Menstrual Phase (Days 1-5)	<p>Nutrition: Iron-rich foods (spinach, amaranth leaves, beetroot, pomegranate, dates) to replenish iron stores.</p> <p>Anti-inflammatory foods (turmeric, ginger, Indian gooseberry) to reduce cramps and inflammation.</p> <p>Hydration: Coconut water</p> <p>Exercise: Keep it light with slow walks and gentle yoga or stretching to reduce cramps.</p> <p>Fasting: Can be challenging, so better to avoid.</p> <p>Self-Care: Focus on rest, relaxation, and mindfulness. Practice belly breathing to support emotional well-being during this time.</p>
Follicular Phase (Days 6-14)	<p>Protein-rich foods (sprouted lentils, eggs, tofu, chicken) to support tissue growth and repair. Fiber-rich foods (fruits such as guava, papaya & whole grains such as millet, rolled oats) to support digestion and hormonal balance. Healthy fats (ghee & coconut oil) for hormone production.</p> <p>Hydration: Butter milk & water rich fruits/vegetables</p> <p>Exercise: Increase exercise intensity with cardio or strength training to take advantage of the higher energy levels. Power yoga with Pranayama to match increased energy.</p> <p>Fasting: Good time to introduce Intermittent fasting in your daily routine.</p> <p>Self-Care: Use this phase to set new goals, be more social and engage in creative activities. This is a great time for personal growth and planning.</p>

STEP 05

WEEK 12 & ABOVE LIFESTYLE PLAN (Based on Menstrual phase)

Phase of Menstrual Cycle	Lifestyle Suggestion
Ovulation Phase (Days 15-17)	<p>Power-up Protein with fats (Cottage cheese (Paneer), Fish, eggs, whole chicken), add cruciferous vegetables (cabbage, mustard green, cauliflower)</p> <p>Hydration: Electrolytes</p> <p>Exercise: Opt for High intensity interval training, running or competitive sports. Your energy levels are at their peak, so enjoy activities that feel fun and dynamic.</p> <p>Self-Care: Dynamic visualization practices. Embrace your social energy and focus on connection. This is the time for socializing and engaging in community activities.</p>
Luteal Phase (Days 18-28)	<p>Nutrition: Magnesium-rich foods (fox nuts, dark chocolate, pumpkin seeds) to ease PMS symptoms and reduce bloating. Complex carbohydrates (sweet potatoes, millets, beans, lentils) to stabilize blood sugar levels and support energy.</p> <p>Hydration: Peppermint tea, fennel tea</p> <p>Exercise: Engage in moderate exercise such as brisk walking, swimming, cycling. Avoid overexertion and instead focus on activities that support relaxation and grounding.</p> <p>Self-Care: Prioritize self-care by embracing soothing rituals like relaxing baths, uterine breathing, or a calming body scan before bedtime. Address your emotional needs by reducing stress and incorporating these relaxation techniques into your routine. Keeping a gratitude journal is another powerful way to foster positivity and maintain balance during hormonal fluctuations.</p>

These plans are thoughtfully crafted to guide and support you, but it's vital to understand and honor your body's unique needs. Factors like energy, mood, digestion and sleep can fluctuate due to various external influences too, so tuning into your body's signals with care and compassion is key.

Remember, your body's needs may vary daily, and working in harmony with these changes is essential for long-term well-being. Life already comes with its share of stress, so as you embark on making positive changes, avoid the pressure of rushing through the process. Instead, take it slow, stay consistent and focus on progress—not perfection—moving steadily in the right direction without adding unnecessary stress.

Understanding Healing: What Changes You'll Experience in Your Body

You'll know your body is healing when you start to feel a noticeable shift in both your physical and emotional well-being. Physically, you may experience increased energy levels, improved digestion and more restful sleep.

Hormonal balance begins to reflect in regular, less painful menstrual cycles and you will notice less bloating or discomfort. Additionally, your bowel movements will become more regular, indicating improved digestive health.

Mentally and emotionally, you'll feel more balanced, with mood swings becoming less frequent and a greater sense of calm throughout the day. Your body's signals, such as hunger and fullness cues, become clearer and you will feel more connected to your body's needs.

Healing is a gradual process and as you move forward, you'll find yourself with a deeper understanding of your body's rhythms, experiencing a sense of vitality and harmony that was once missing.

Every woman holds the incredible power to nurture and honour the beautiful harmony of her body and mind.

When you deeply understand and honour your body, you unlock the limitless potential to achieve anything you set your heart and soul towards.

Stay Healthy, Stay Happy