

# GENTLE BIOHACKER'S TOOLKIT:

# 10

SIMPLE DAILY RITUALS TO SUPPORT  
HORMONES, MOOD & VITALITY



# Biohacking Made for Your Rhythm, Not Against It

You don't need gadgets, labs, or extremes to feel better in your body. You just need to listen.

Biohacking, at its core, is about working with your biology—not forcing it.

For women, that means honouring our cycles, protecting our nervous systems, and tuning into the whispers of fatigue, anxiety, or hormonal shifts before they become screams.

This toolkit is a soft, practical guide to help you reset, rebalance, and feel like yourself again. One gentle step at a time.



# 10 Gentle Daily Biohacks

## 1) Morning Sunlight (5-10 mins)

Step outside within 30 minutes of waking. Let natural light hit your face (no sunglasses).

### Why it helps:

Resets your circadian rhythm, improves cortisol balance, boosts mood.

## 2) Cold Face Splash or Gua Sha (30 sec - 2 mins)

Rinse your face with cold water or use a chilled jade roller or Gua Sha on your cheeks and jaw.

### Why it helps:

Activates the vagus nerve, calms anxiety, tones facial muscles, improves lymph flow.

## 3) Magnesium Ritual (Nightly)

Use a magnesium spray or soak your feet in Epsom salts before bed.

### Why it helps:

Eases tension, improves sleep, supports hormone production.

#### 4) Protein-Rich Breakfast (Within 60 mins of waking)

Skip the sugar rush. Focus on 20–30g of protein + fibre + healthy fat.

##### **Why it helps:**

Balances blood sugar, stabilises energy, and reduces cravings.

#### 5) Lymphatic Movement (3–5 mins)

Try humming, deep belly breathing, or gargling.

##### **Why it helps:**

Activates your parasympathetic nervous system—shifting you from stress to calm.

#### 6) Vagus Nerve Toning (Midday Reset)

Rinse your face with cold water or use a chilled jade roller or gua sha on your cheeks and jaw.

##### **Why it helps:**

Activates the vagus nerve, calms anxiety, tones facial muscles, improves lymph flow.

#### 7) Screen-Free Sunset Moment

Pause. Step outside. Watch the sky shift.

##### **Why it helps:**

Supports melatonin production, calms the nervous system, creates emotional closure.

## 8) Blood Sugar Balancing Snack (Mid-afternoon)

Reach for almonds, hummus + veggies, or a boiled egg.

### Why it helps:

Prevents the 4 PM crash, stabilises mood swings, and supports hormonal stability.

## 9) No Screens 1 Hour Before Bed

Swap scrolling for gentle stretching, journaling, or reading.

### Why it helps:

Deepens sleep, improves dream cycles, gives your mind space to exhale.

## 10) Track Just One Thing

Track your mood, energy, cycle, or sleep—just one. Consistency creates awareness.

### Why it helps:

Builds body intuition and shows you what's working.



# Hormone-Friendly Food Swaps

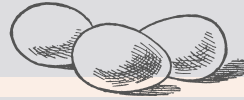
## INSTEAD OF...

SUGARY  
CEREAL



## TRY THIS...

EGGS + SAUTÉED  
VEGGIES



## WHY?

REDUCES INSULIN  
SPIKE, SUPPORTS  
ESTROGEN BALANCE

## INSTEAD OF...

WHITE  
BREAD/TOAST



## TRY THIS...

SPROUTED GRAIN  
OR ALMOND  
FLOUR TOAST



## WHY?

MORE FIBRE =  
BETTER BLOOD  
SUGAR BALANCE

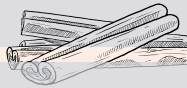
## INSTEAD OF...

SODA OR  
SWEET CHAI



## TRY THIS...

INFUSED  
WATER OR  
CINNAMON TEA

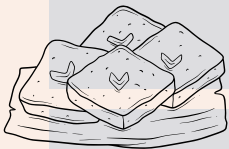


## WHY?

LESS SUGAR =  
FEWER MOOD  
CRASHES

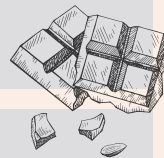
## INSTEAD OF...

EVENING  
SWEETS



## TRY THIS...

DATES + NUT  
BUTTER OR DARK  
CHOCOLATE  
(70%+)



## WHY?

SATISFIES  
CRAVINGS  
WITHOUT SPIKING  
CORTISOL

## INSTEAD OF...

COW'S MILK  
(IF BLOATED)



## TRY THIS...

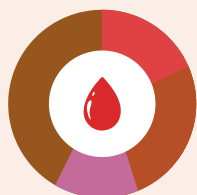
COCONUT OR  
ALMOND MILK



## WHY?

DAIRY CAN  
TRIGGER  
INFLAMMATION  
IN SOME WOMEN

# Cycle Syncing Cheat Sheet



## Menstrual (Days 1-5)

### Your Energy - Low

#### Best Movements

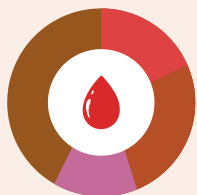
Rest, gentle stretching

#### Food Focus

Iron-rich foods, warm soups

#### Self-Care Ritual

Warm baths, journaling



## Follicular (Days 6-13)

### Your Energy - Rising

#### Best Movements

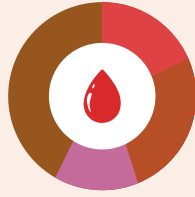
Walking, light cardio

#### Food Focus

Fresh greens, sprouts

#### Self-Care Ritual

Plan creative projects



## Luteal (Days 17–28)

### Your Energy - Waning

#### Best Movements

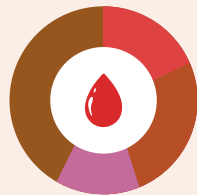
Yoga, pilates, walking

#### Food Focus

Complex carbs, magnesium-rich foods

#### Self-Care Ritual

Nesting, early nights



## Ovulatory (Days 14–16)

### Your Energy - High

#### Best Movements

Intense workouts

#### Food Focus

Lean protein, colourful fruits

#### Self-Care Ritual

Social time, expressive play

# Energy Dip Self-Check Worksheet

***“Where does my energy dip—and why?”***

Use this space daily or weekly to observe your patterns.

TIME OF DAY	HOW DO I FEEL?	WHAT DID I EAT OR DO BEFORE THIS?	WHAT MIGHT I NEED INSTEAD?
MORNING			
AFTERNOON			
EVENING			



## Reflect weekly:

- Am I honouring my natural energy cycles?

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- Are my meals grounding or draining?

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- What small shift can I make tomorrow?

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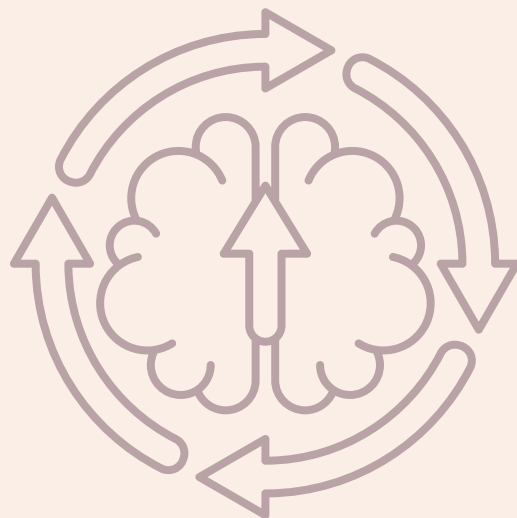


# You Don't Have to Push—You Just Have to Listen

Your body isn't broken—it's brilliant. It's not trying to fight you; it's trying to speak to you.

With a little daily rhythm and a lot more self-trust, you'll find your way back to balance. One gentle hack at a time.

Let this be your invitation to soften, tune in, and rise.





The  
BeachHOUSE  
Goa