

Eternal Woman



Water Element
REGENERATION



Strengthens the body's primordial (core) vitality and replenishes our energy reserves.
In cases of burnout, high stress, or hormonal depletion, it restores strength and balances the hormonal system.
Provides protection against stress.
Promotes the body's fluidity and vitality.

Take between
5:00 PM and 7:00 PM

on the 27th and 28th,
and the 1st, 2nd, and 3rd day
(or of the lunar cycle)

November, December,
January (and February)

Associated with:
Kidneys, ovaries, adrenal glands, pineal and pituitary glands, uterus, the entire hormonal system (sex hormones), lower eyelid, chin area, hearing, hair, bones, teeth, and joints, the brain - connection between the left and right hemispheres, neurotransmitters, memory, libido and fertility, deep rejuvenation, quality sleep and nighttime, regeneration, melatonin, growth hormone, balanced cortisol, bone marrow, mitochondria, and DNA.

Visionary Woman



Wood Element
ENERGY



Returns you to the time of adolescence, youth, and maturation.
A visionary force that restores youthfulness and flexibility to the body, while supporting detoxification and cleansing processes.
It is your Inspiration, your Focus, your Playfulness. Your Growth.
It is the one that explores. The one that progresses. The one that awakens you and fills you with fresh energy.
It represents the energy of sunrise, morning, and clarity.

Take early
in the morning

on the 5th, 6th, 7th,
8th, 9th, and 10th day
(or of the lunar cycle)

March, April (and May)

Associated with:
Liver, gallbladder, eyebrows, jaw joint, eyes and vision, detoxification and body-cleansing processes, the nervous system (vagus nerve,) blood, metabolic flexibility and physical flexibility, rejuvenation, renewal, youthful freshness, mitochondrial signaling, dopamine balance, the SCN (suprachiasmatic nucleus) clock in the brain - in the hypothalamus, which regulates circadian and hormonal rhythms in the body.

Magnetic Woman



Fire Element
JUICY HORMONES



Represents the energy of ovulation, pleasure, fertility, and creation across all areas of your life.
It revitalizes you and your life. It is your inner spark of passion, enthusiasm, and vitality.
It governs intimacy. Your radiance and attractiveness. Joy and love. Self-respect.
The power of manifestation. Speaking and self-expression.

Take between
11:00 AM and 3:00 PM

on the 12th, 13th, 14th,
15th, 16th, and 17th day
(or of the lunar cycle)

May, June, July

Associated with:
Heart and tongue, small intestine the glow of your face and eyes firm, elastic skin, lifted corners of the mouth breasts and the youthful state of reproductive organs Responsible for the optimal functioning of the body's "electrical" system in connection with the nervous system and the brain. Also supports optimal function of the heart, blood vessels, and cellular communication, from circular muscles to orgasms. Connected with the thymus gland. Linked to female hormones and the overall vitality and "juiciness" of the hormonal system.

Alchemy Woman



Earth Element
BALANCE



Represents embodiment. A sense of friendship with the body and an ideal body weight.
Health on all levels. Nurturing of others and yourself.
The ability to savor the sweetness of life. Team spirit.
Motherliness.

Take between
9:00 AM and 11:00 AM

transitions between
phases of the cycle

February, August,
and seasonal transitions

Associated with:
Spleen, pancreas, stomach, cells, all muscles of the face and body upper eyelid, lower cheek area and upper lip and saliva.
Regulates blood sugar and the body's pH balance.
Connected with firmness of the face and body, and fullness of the breasts.
Influences body weight, water retention, and cellulite.
Also related to inflammation.
From the spleen - the Earth element within us - depends whether the body is in a state of degeneration or regeneration.

The Queen



Metal Element
IMMUNE SYSTEM



The Queen within you sits on the throne of your immune system.
She is the protector, the guardian against inflammation.
A reservoir of progesterone. She increases abundance. Your courage and determination - yet also softness and fluidity.
Healthy boundaries. A sense of safety and inner strength. Mental resilience and emotional calm. She represents release, letting go, organization, and discipline.
The ability to complete what you have started.

morning or evening

on the 20th, 21st, 22nd,
23rd, 24th, and 25th day
(or of the lunar cycle)

September, October
(November, December)

Associated with:
Lungs, thyroid and thyroid hormones, skin, and respiratory system, immune system, thymus gland and intestines, metabolism, nutrient absorption, autoimmune conditions and allergies.
On the face: the nasolabial area and cheekbones.
The Queen within you is responsible for the hormone progesterone.