



Seed Cycling Guide

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Estrogen and progesterone are two of the key hormones that help regulate your menstrual cycle. Estrogen levels rise during the first half of the cycle, whereas progesterone levels rise (while estrogen levels slowly decline) during the second half of your cycle. Some of the common symptoms/ conditions that seed cycling may help with: acne, PMS, irregular cycles, infertility, too light or too heavy bleeding, peri-menopause, post-menopause, low libido, PCOS, irregular cycles. To learn more about regulating your irregular cycle, check the last page of my guide.



SEED CYCLING IS A TECHNIQUE THAT HELPS YOUR BODY RE-BALANCE IT'S HORMONE LEVELS NATURALLY

The concept is fairly simple and works on regulating estrogen and progesterone. The seed hulls contain lignans, which are chemicals that help bind up excess hormones. Adding healthy fats is super important to regulating your hormones. The seed oils contain essential fatty acids that provide the building blocks for making hormones.

HOW TO: SEED CYCLING

This protocol should be done according to your menstrual cycle if it is regular, or according to the phases of the moon cycle if your own cycle is irregular or absent (check the end of the guide for more on seed cycling for an irregular or absent cycle). For instance, you would start with Phase 1 of the protocol on the first day of the full moon and begin phase 2 of the protocol approximately 14 days later on the new moon.

PHASE 1 (FOLLICULAR PHASE)

DAYS 1–14 OF YOUR CYCLE

Day 1 of your cycle is the first day of your period. This is the estrogen-dominant phase of your cycle.

Every day take:

- 1 Tablespoon of ORGANIC, RAW and GROUND FLAX seeds. 1 Tablespoon of ORGANIC, RAW
- and GROUND PUMPKIN seeds. Alternatively, pumpkin seed butter can be used.

These seeds are both rich in omega 3 fatty acids which promote healthy hormone production. Flax seeds contain lignans which will block excess estrogen in the first phase of your cycle. Pumpkin seeds are high in zinc which supports your body for the next phase of your menstrual cycle.

PRO TIP

Fish oil supplements containing at least 1500mg combined total of EPA/DHA may help support hormones during this phase.



PHASE 2 (LUTEAL PHASE)

DAYS 15–28 OF YOUR CYCLE

Ovulation marks the beginning of Phase 2 of your cycle where your body produces a lot more progesterone. This is known as the luteal phase.

- 1 Tablespoon of ORGANIC, RAW and GROUND SESAME seeds. Alternatively, you can use tahini.
- 1 Tablespoon of ORGANIC, RAW and GROUND SUNFLOWER seeds. Alternatively, you can use sunflower seed butter.

These seeds are high in omega 6 fatty acids. Sesame seeds, which also contain lignans, help to block excess estrogen. Sunflower seeds provide the body with selenium, a trace mineral that assists the liver in its detoxification process and thus overall hormonal balance. Selenium is very important in thyroid health.

PRO TIP

Evening Primrose oil supplements containing at least 500mg. The gamma linoleic acid (GLA) helps to reduce inflammation that may lead to menstrual pain.



SEED PREPARATION

It is best to purchase the whole seeds (raw, organic, and unhulled) and use a coffee grinder to grind them. For ease of use, you can combine the 2 seeds of the phase your on in 1 jar and the other 2 seeds in another jar. Label them and remember to store the ground seeds in an airtight container or jar and keep in the refrigerator to maintain maximum freshness.

HOW TO CONSUME

The seeds can be added to your favorite smoothie recipe, salads, soups, sprinkled on oatmeal or can be eaten on their own.

While you may notice changes within the first month, it usually takes about 3-4 cycles (months) to see significant improvement in your menstrual-related symptoms. Try your best to be patient with your body and consistent with your seed cycling. If you don't see an improvement after 3-4 months, consider booking your appointment with me or your healthcare provider.



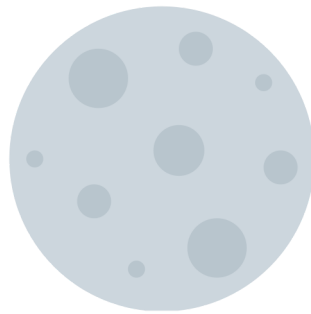
SEED CYCLING FOR IRREGULAR CYCLES

NEW MOON



1 TABLESPOON OF SESAME SEEDS (TAHINI)
AND/OR SUNFLOWER SEEDS (SUNBUTTER)

FULL MOON



1 TABLESPOON OF GROUND FLAX SEEDS,
CHIA SEEDS AND/OR PUMPKIN SEEDS

