

Seed Cycling

for Hormones + Fertility



About

Estrogen and progesterone are two essential hormones that help regulate your menstrual cycle.

Estrogen levels rise during the first half of the cycle, and progesterone levels rise (as estrogen levels decline) during the second half of your cycle.

The first half of your cycle is the FOLLICULAR PHASE and begins with the first day of your period (day one). The second half of your cycle is the LUTEAL PHASE and begins the day after ovulation (day 15).

A hormonal imbalance can contribute to irregular cycles, infertility, PMS, and acne, for example.

Using seeds, we can regulate hormone production in the body and hormone excretions from the body. Seed shells contain lignans, which help bind up excess hormones. Seed oils contain essential fatty acids that help make hormones.

SEED CYCLING is a gentle method of balancing hormones during the two phases of your monthly cycle using nutrients found in seeds.

Benefits

Re-balancing your hormones with seed cycling will help to:

- ease PMS
- alleviate painful or heavy periods
- regulate an irregular cycle
- stimulate menstruation if absent
- boost fertility
- heal from conditions like PCOS, endometriosis, and ovarian cysts
- relieve perimenopausal symptoms

Seed cycling can be effective for women who are menstruating, pre-menopause, postpartum, and post-menopause.

Please Note: It is best to purchase raw, organic, unsalted and unshelled seeds and grind them at home. Store in an air-tight container or jar in the fridge or freezer. Try the seeds in salads, oatmeal, smoothies, grain bowls, or on their own.



Method

Seed Cycling — Phase One



This protocol should be done according to your menstrual cycle if it is regular, or according to the lunar (moon) cycle if your own cycle is irregular or absent. A regular cycle is considered to be 28 days long. The best time to start cycling your seeds is the day you start your period (Day One), or, on the new moon.

Phase One

FOLLICULAR PHASE

WHEN: Days 1-14 beginning on the first day of your period. If your period is absent, Day 1 starts with the new moon.

Estrogen levels start low and steadily rise to prepare for ovulation and potential pregnancy. We use seeds that contain phytoestrogens, a plant-based source of estrogen that adapt to the body's estrogen levels, increasing or decreasing estrogen levels where needed. The seeds also contain omega 3s, a fatty acid that decreases inflammation and supports reproductive functions and healthy membranes.

Space for your notes:



EVERY DAY IN PHASE 1 TAKE:

1 tablespoon raw + ground **FLAX seeds**: high in lignans and omega 3s to regulate estrogen production

1 tablespoon raw **PUMPKIN seeds**: high in zinc and omega 3s to prepare the body for progesterone production in the next phase

bonus: high quality fish oil supplement: rich omega 3s



Method

Seed Cycling — Phase Two



Phase Two

LUTEAL PHASE

WHEN: Day 15-28 beginning right after ovulation. If your period is absent, ovulation starts on the full moon.

This phase is brought on by a sudden drop in estrogen right after ovulation. Progesterone levels begin to steadily rise to build up the uterine lining, regulate estrogen levels, and encourage egg implantation. We focus on omega 6s to boost progesterone levels and reduce inflammation that can contribute to PMS.

Space for your notes:



EVERY DAY IN PHASE 2 TAKE:

1 tablespoon ground **SESAME seeds**: high in lignans and omega 6s to regulate progesterone and estrogen levels. Too much estrogen can cause premenstrual symptoms.

1 tablespoon **SUNFLOWER seeds**: rich in selenium to support the liver's detoxification process and proper hormone excretion

bonus: evening primrose oil, which is high in omega 6s

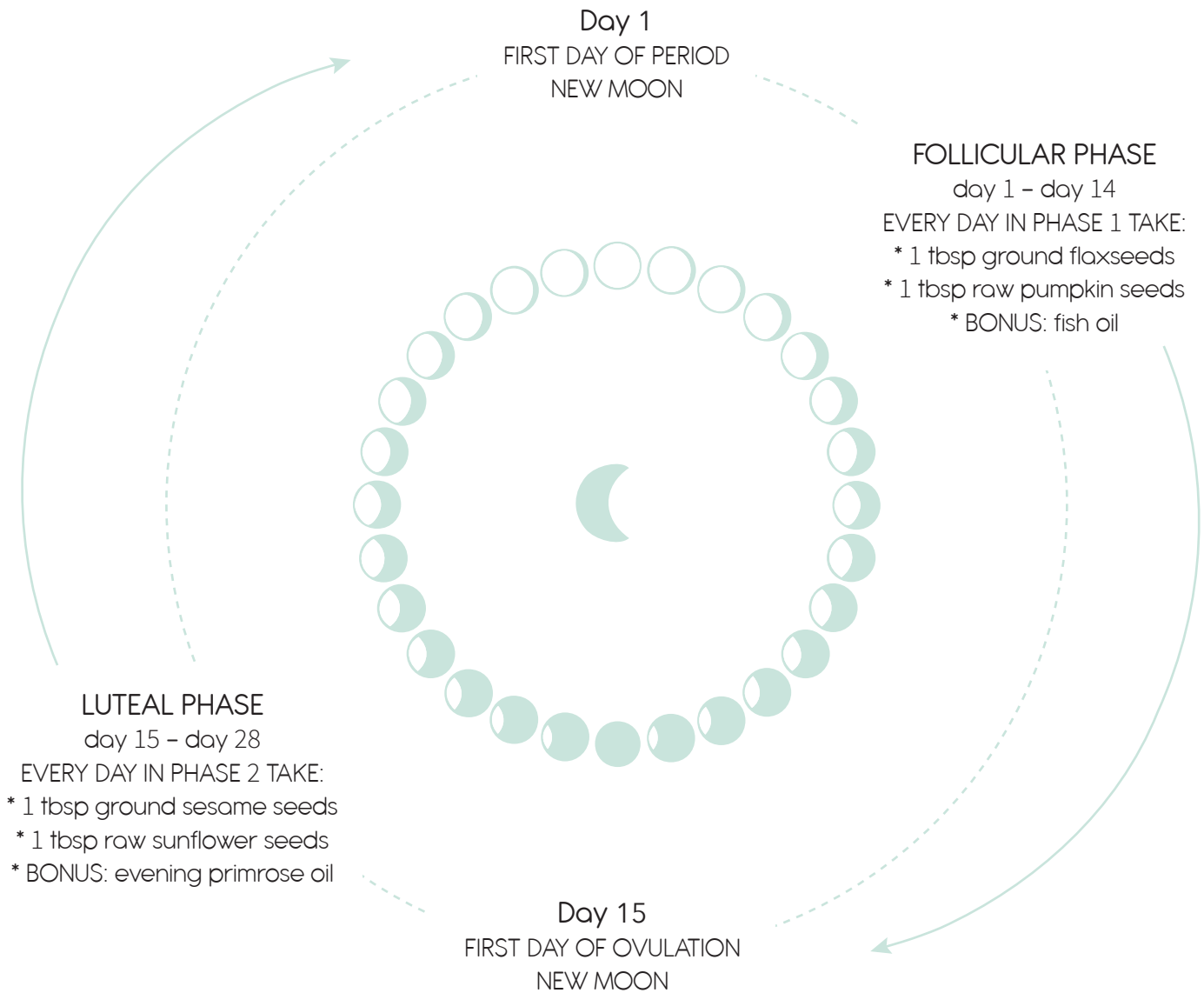
While you may see improvement in your first month of seed cycling, it will likely take 3-4 cycles to begin feeling significant changes. It's helpful to continue cycling even after you have noticed substantial improvement.



Seed Cycling Worksheet

My period started on: _____
date

I will switch seeds on: _____
date



* If you're not having a period, follow the moon cycle.



