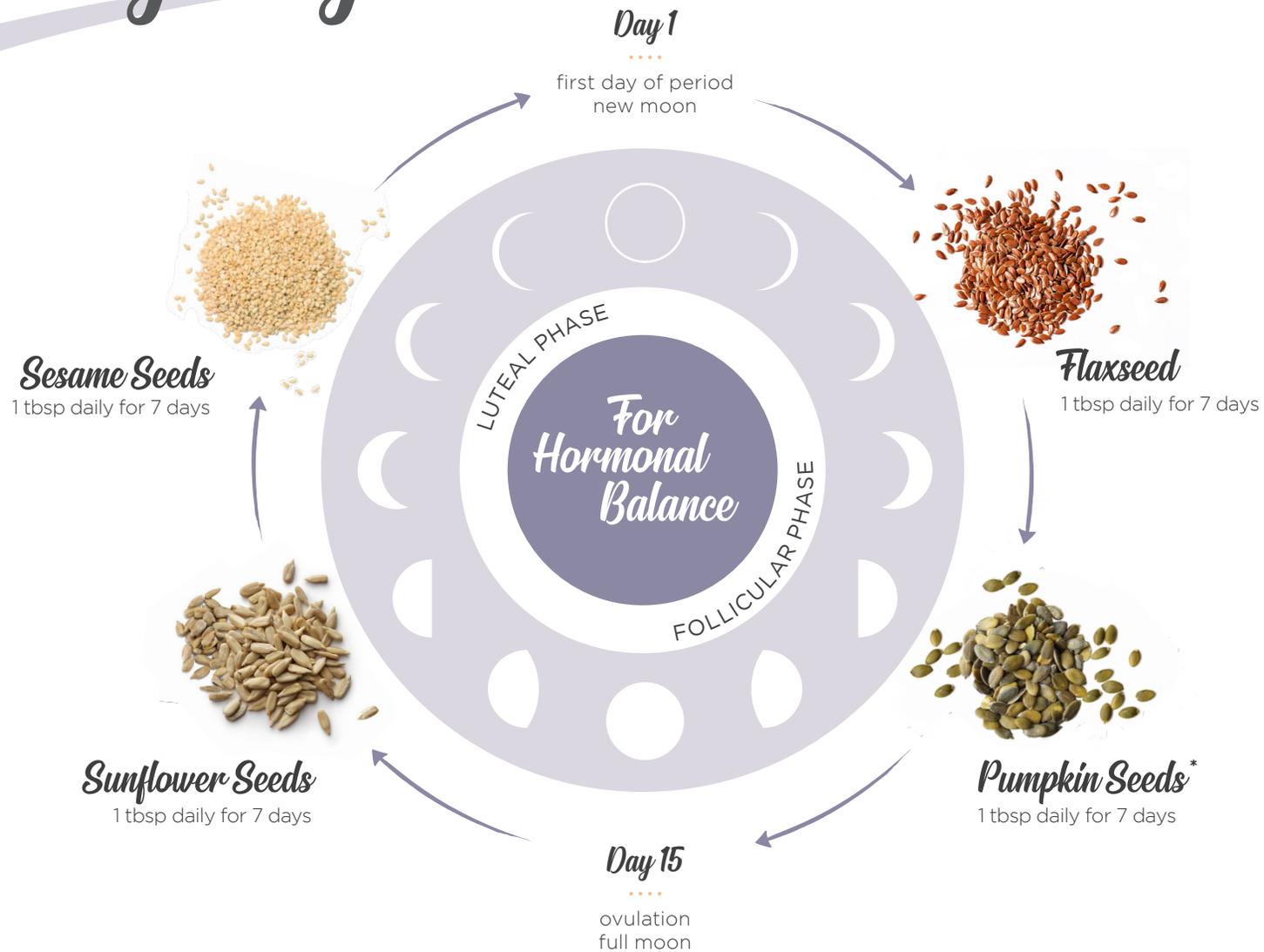


Seed Cycling



If you don't have a period
use the moon as a guide

**remember to grind your seeds*

Seed Cycling



Follicular Phase

Day 1 to 14

The follicular phase begins on the first day of menstruation.

Estrogen levels start low and steadily increase to prepare for ovulation. Flaxseeds are a great way to keep estrogen levels in balance. As an added bonus, if estrogen levels get too high, the lignans in the flax seeds bind to the excess estrogen and help it to be eliminated from the body. Adding pumpkin seeds, which are high in zinc, can help support progesterone production in the next phase.

Omega-3 fatty acids are also beneficial during this phase to reduce inflammation and support reproductive functions. Eating lots of high-quality, wild-caught fatty fish or taking a high-quality fish oil supplement is a good idea.

What to eat: Up to 1 tablespoon of flax seeds or pumpkin seeds per day. You can alternate so you're having flax seeds one day and pumpkin seeds the next. Also take a high-quality fish oil (I like the Nordic Naturals brand) or eat a cold water fish like salmon or halibut at least once a week.





Luteal Phase

Day 15 to 28

The luteal phase begins right after ovulation.

After ovulation there is a sudden drop in estrogen, and progesterone levels begin to steadily rise. Estrogen will also increase during this phase, and if it gets too high, PMS symptoms and painful periods can occur. Progesterone helps keep estrogen in balance, and sesame and sunflower seeds help support the progesterone.

Sesame seeds, which are high in zinc and selenium, block excess estrogen, and sunflower seeds, which are high in vitamin E, support progesterone levels.

Quality gamma-linolenic acids (GLAs) are also beneficial during this phase to boost progesterone and reduce inflammation. Taking a high-quality evening primrose oil supplement is also a good idea during this phase.

What to eat: Up to 1 tablespoon sesame seeds or sunflower seeds (I suggest alternating these) and evening primrose oil (Nordic Natural has a good one, take as directed).

Seed Cycling Summary:

Days 1 to 14:

1 tbsp flax seeds or 1 tbsp pumpkin seeds per day, alternating days.

A daily fish oil supplement or cold water fish at least once each week.

Days 15 to end of cycle:

1 tbsp sesame or 1 tbsp sunflower seeds per day, alternating days.

Daily evening primrose oil supplement.

