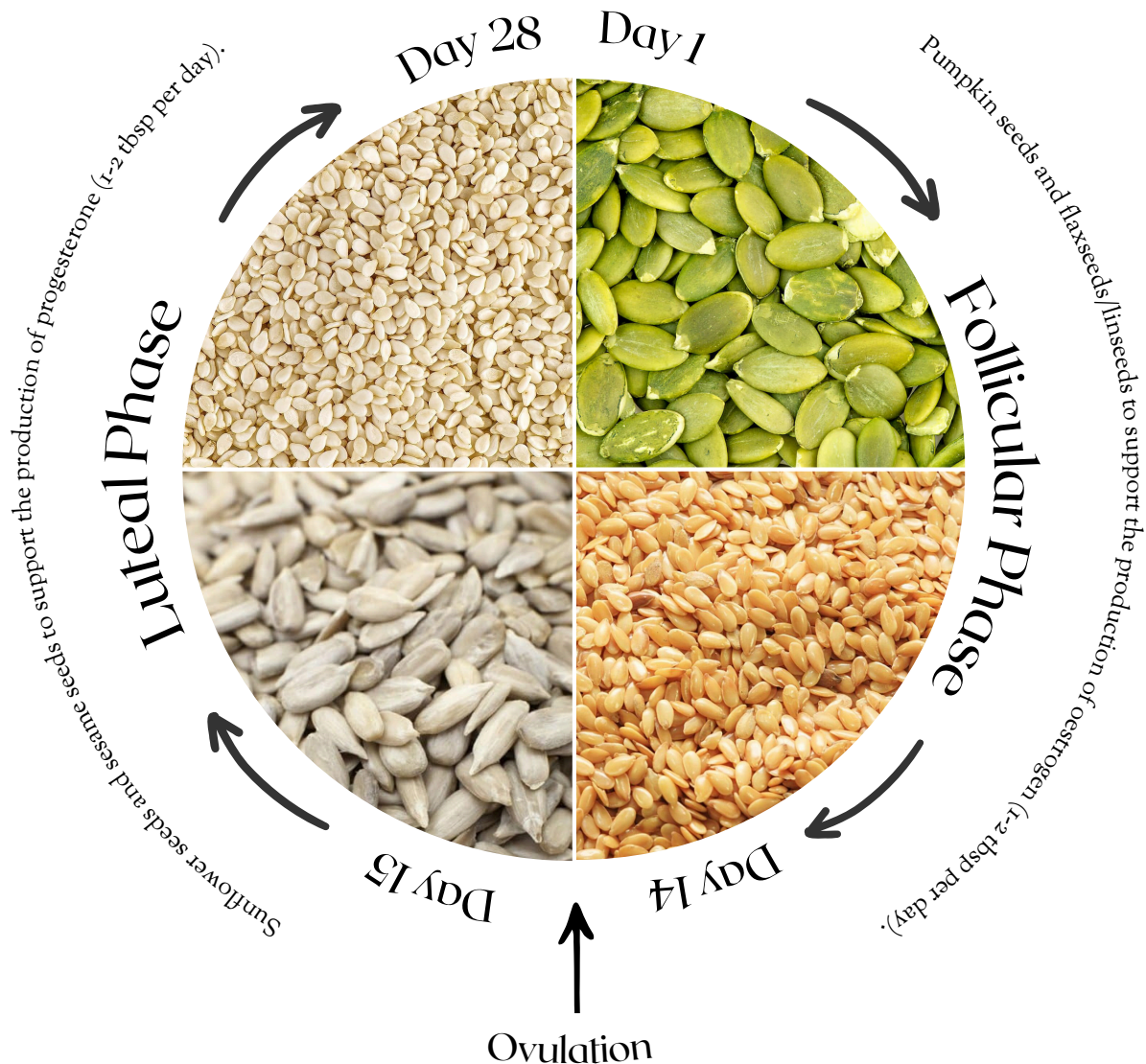


Seed Cycling

FOR BALANCED HORMONES

The purpose of seed cycling is to give your body the nutrients it needs during each half of the menstrual cycle to make either oestrogen or progesterone.



HOW IT WORKS

Day 1 is the first day of your menstrual bleed. Consume 1-2 tbsp of pumpkin seeds and flaxseeds every day until you ovulate. Ovulation is usually around day 14. If you track your ovulation then you can switch to sunflower seeds and sesame seeds after you ovulate, otherwise switch over on day 15. If you don't have a menstrual cycle (either pre- or post-menopause), then you can sync your seed cycling to the moon. Day 1 begins with the New Moon and Day 15 begins with the Full Moon. If you're pre-menopause, you might find that your cycle returns within a few months. It's best to use freshly ground seeds (1-2 tbsp per day), which you can keep in the fridge and sprinkle in smoothies or on porridge, yoghurt, salads or use in any meal.