

# Seed Cycling for Hormone Balancing

## The Seeds

**Flaxseeds** contain high concentrations of ALA, fiber and lignans and support healthy estrogen production, and decrease other diseases like cardiovascular disease and diabetes.

**Pumpkin seeds** are rich in omega-3 fatty acids which help control elevated insulin and cholesterol levels, beta-sitosterol which can balance androgen excess, and zinc which promotes the formation of the corpus luteum which produces progesterone during the luteal phase of the menstrual cycle and thickens the uterine lining in preparation for potential embryo implantation.

**Sesame seeds** are a rich source of essential fatty acids, Vitamin E, zinc and lignans which support both progesterone production and thyroid function.

**Sunflower seeds** are a rich source of Vitamin E, zinc and selenium. Selenium supports the liver's ability to detoxify estrogen, and all three - Vitamin E, zinc, and selenium - support thyroid function.

## The Process

The rotation can be done either according to the menstrual cycle or to the phases of the moon (if the menstrual cycle is too irregular or if post-menopausal)

- From days 1 to 14 of the menstrual cycle (or from the new moon to the full moon): 1 to 2 Tbsp per day of a mixture of ground flax and pumpkin seeds
- From days 15 to 28 of the menstrual cycle (or from the full moon to the new moon): 1 to 2 Tbsp per day of a mixture of ground sesame and sunflower seeds

## The Details

Use organic, raw, whole seeds and grind as needed. Only prepare a few day's supply at a time as the seeds may oxidize and become less potent. Store the ground seeds in a jar with a tight fitting lid and keep in the refrigerator. The seeds can be eaten on a salad, cereal, vegetables, soup, in a smoothie, etc. Be patient with the process as it can take up to 3 months to notice a change in hormone levels.

**Bon appetit!**

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