



Week 4 - Lesson 2

Seed Cycling

Seed cycling, which is also called seed rotation, is a safe, natural method that you can use to balance your hormones, regulate your menstrual cycles, relieve PMS symptoms, increase fertility, ease PCOS symptoms, and ease the symptoms of menopause. This method works because it allows you to take advantage of the nutrients, phytoestrogens, and fatty acids in various seeds.

How to Seed Cycle

Simply eat the right seeds at the right time during your cycle, as follows...

The four phases of menstruation:

- Menstruation
- Follicular phase
- Ovulation
- Luteal phase

Of these, the two main ones are the follicular phase and the luteal phase. Different seeds correspond to each of these two phases. By balancing your hormonal levels, your cycles can become a regular, predictable 28-day cycle - just like the moon.



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Seeds for the Follicular Phase

The follicular phase is the first stage of the menstrual cycle and spans about 14 days. It starts on the first day of your period and goes on until you start ovulating. In this stage, oestrogen increase to prepare for implantation.

Seeds that correspond to the follicular phase include:

- Pumpkin seeds and flax seeds
- These seeds contain oestrogen promoting properties.
- Take 1 tbsp. each of pumpkin and flax seeds daily during this phase.

Seeds for the Luteal Phase

The luteal phase starts from day 15 and goes all the way to day 28 of your cycle (will vary from woman to woman). It starts with ovulation and ends when you start your next period. This stage is signalled by a sharp increase in progesterone levels.

Seeds that correspond to the follicular phase include:

- Sunflower seeds and Sesame seeds
- These seeds contain lots of zinc and vitamin E, nutrients that promote progesterone production.
- Take 1 tbsp. each of sunflower and sesame seeds daily during this phase.



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How to Use these Seeds

For seed cycling, it's suggested to take 2 tbsps. of seeds per day. You can simply eat 2 tbsp. of seeds or you can add seeds to your smoothies, salads, or soups. You can also make delicious seed milks! Many women find that adding an ultra-pure fish oil or vegetarian omega oil to their daily wellness ritual is a nice way to boost the effects of seed cycling.

