



Seed Cycling Treatment

Seed Cycling is a simple, natural way to naturally balance your hormones and restore normal menstrual periods. Your cycle is regulated by the fluctuation of sex hormones, mainly estrogen and progesterone. When these hormones are out of balance, you can experience irregular cycles, menstrual cramps, PMS, bloating, fatigue, breast tenderness, etc. Seed Cycling can regulate and promote the health of your menstrual cycle by supporting healthy hormone production, binding and metabolism.

Indications:

- Estrogen dominance
- Female pelvic disorders (fibroids, ovarian cysts)
- Menstrual cramps
- Pre-menstrual syndrome (PMS)
- Polycystic Ovarian Syndrome (PCOS)
- Many more!

Contraindications:

Active bleeding or bleeding disorders, peptic ulcers, pregnancy.

Directions:

- Phase 1
 - From Day 1 – 14 (first day of menstruating until ovulation), consume 1-2 tablespoons of organic, raw, and freshly ground flax seeds, pumpkin seeds, or whole chia seeds (soak first). These seeds are high in omega 3 fatty acids.
 - Take fish oil every day during this time. Be sure to find a high-quality fish oil at a health food store and store it in the refrigerator to avoid the oil turning rancid.
- Phase 2
 - From Day 15 – 28 (first day of ovulation until menstruation), consume 1-2 tablespoons of organic, raw, and freshly ground sesame and/or sunflower seeds. These seeds are high in omega 6 fatty acids.
 - Continue to take fish oil, but add a high-quality Evening Primrose Oil (EPO) 1500mg.

NOTE: It is important to grind the seeds using a spice/coffee grinder to ensure the lignans (phytochemicals that regulate hormonal pathways) are adequately available and can be absorbed by your GI tract. The easiest way to eat them is on salads or in smoothies, but another option is to soak the ground seeds in water and drink. When storing the seeds, ensure they are in an airtight container in the refrigerator so the oils remain fresh and effective.