



All you need to
know about
SEED CYCLING
to balance your
hormones

SEED CYCLING

For Women



Follicular
Day 1-14

Luteal
Day 15-28

One TBSP
Each
Pumpkin Seeds
Flax Seeds

One TBSP
Each
Sesame Seeds
Sunflower

BEST WAY TO CONSUME SEEDS



- Raw
- Freshly Ground

(Especially, Sesame and Flax seeds are best absorbed by the body when powdered)

Seeds begin to oxidize 15 mins after they are ground, so it is best to have them shortly after grinding

BENEFITS OF SEED CYCLING



- balances hormone levels
- regulates your cycle
- relieves PMS symptoms
- stimulates menstruation if absent
- increases fertility