Seed Cycling
for balanced hormones

JUD Help

Seed cycling is a natural method to promote hormonal balance and overall wellness. By incorporating specific seeds into your diet during different phases of your menstrual cycle, you can support your body's natural rhythm and optimize hormonal function. Consuming freshly ground seeds during the follicular and luteal phases can help regulate estrogen and progesterone levels, promoting overall hormonal harmony. For those with irregular cycles or in menopause, syncing seed cycling with the lunar phases can provide additional benefits.

The Four Seeds and Their Benefits

1. **Flaxseeds**: Rich in omega-3 fatty acids and lignans, supporting estrogen metabolism and reducing inflammation.
2. **Pumpkin Seeds**: Packed with zinc and magnesium, enhancing progesterone production and supporting immune function.
3. **Sesame Seeds**: High in calcium and vitamin E, promoting bone health and hormone regulation.
4. **Sunflower Seeds**: Source of vitamin E and selenium, balancing hormones and supporting cardiovascular health.

Understanding Your Cycle

- In the first half of the menstrual cycle, known as the follicular phase, estrogen levels rise, preparing the body for ovulation.
- Following ovulation, during the luteal phase, progesterone takes center stage, supporting potential pregnancy and regulating the menstrual cycle.



How to Seed Cycle

- During the follicular phase (days 1-14), consume one tablespoon each of ground flaxseeds and pumpkin seeds daily. Lunar phase: new moon to full moon.
- In the luteal phase (days 15-28), switch to one tablespoon each of ground sesame seeds and sunflower seeds daily. Lunar phase: full moon to new moon.

Tips for Success

- Grind seeds fresh daily for maximum nutritional benefits, otherwise keep your ground seeds in an airtight container in your freezer.
- Incorporate ground seeds into protein bites, smoothies, salads, or oatmeal for easy consumption.
- Keep a journal or chart with Read Your body app to track symptoms.