



# Understanding seed cycling

## *A natural approach to hormonal balance*

### How to do it:

#### **Follicular phase** (Day 1-14)

Start with 1 tablespoon each of ground **flaxseeds** and **pumpkin seeds** per day.

These seeds are rich in phytoestrogens and zinc, supporting the body's natural estrogen production.

#### **Luteal phase** (Day 15-28)

Switch to 1 tablespoon each of ground **sesame** seeds and **sunflower** seeds daily.

These are high in selenium and Vitamin E, which can help support progesterone levels.

### Practical tips:

- **Quality matters**

Opt for organic, raw, and unroasted seeds to maximize nutrient intake.

- **Freshness is key**

Grind the seeds fresh or store your ground seeds in the fridge to keep their oils beneficial.

- **Incorporate creatively**

Add them to smoothies, yogurts, salads, or even as a crunchy topping on your breakfast cereal.

### A word of caution:

Seed cycling is generally safe, but it's always wise to consult with a healthcare professional, especially for young girls or if your daughter has any specific health concerns.

**In summary**, seed cycling could be a wonderful, natural addition to support your cyclical journey. It encourages a mindful connection to her body's rhythms, and who knows, it might just be the gentle support we all can need! Remember, you're not just helping with your dietary choices; you're nurturing your understanding of your body's amazing capabilities. Happy seed cycling!