Seed Cycling for Hormone Balance

Make sure seeds are organic and raw.
Use a coffee grinder or dry container blender to grind seeds.
Store ground seeds no longer than 2 days in the fridge in tightly sealed glass container.

Add seeds to salads, smoothies, "power balls" etc.

From day 1 until day 14 take daily:

- 1 tsbp ground **pumpkin seeds**
- 1 tbsp ground flax seeds

plus fishoil (1500 mg EFA + 1500 mg DHA)

From day 15 until day 28 take daily:

1 tsbp ground sunflower seeds1 tbsp ground sesame seeds

plus evening primrose oil or borage oil (500 mg GLA)











day 1 first day of period

day 14 ovulation

day 28 last day of cycle

follicular phase - support estrogen

luteal phase - support progesterone

