

# SEED CYCLING

A gentle way to balance hormones.

Appropriate for: PCOS, post-birth control nutrition, amenorrhea, irregular cycles, and PMS.

Takes 3-6 months to see a benefit.

## PHASE ONE

---

Seeds to support the Estrogen Dominant portion of your cycle

### DAYS 1 - 14 OF YOUR CYCLE

(starting from day one of your period or new moon to full moon) ingest the following daily:

- 2 Tablespoons of fresh ground flax seeds or chia seeds
- 2 Tablespoons of fresh ground raw hempseeds
- 2,000mg EPA/DHA (such as fish oil)

## PHASE TWO

---

Seeds to support the Progesterone Dominant portion of your cycle

### DAYS 15 - 28 OF YOUR CYCLE

(or full moon to new moon) ingest the following daily

- 2 Tablespoons fresh raw sunflower seeds or sesame seeds
- 2 Tablespoons fresh raw pumpkin seeds (pepitas)
- GLA (such as from borage oil or Evening Primrose Oil) 500mg
- 1,000mg EPA/DHA (such as from fish oil)

### SEED CYCLING TIPS:

- Use a coffee grinder to grind seeds. Store the ground seeds in a jar with a tight-fitting lid in the refrigerator.
- If you don't have a cycle, follow the moon cycles.
- Remember to check with your doctor before beginning any supplement regimen. High doses of fish oil can cause blood thinning.
- In addition, high doses of fish oil and any GLA is not recommended if you are actively trying to conceive.

**\*Stock up on seeds and supplements for seed cycling through Thrive Market and get 25% off your first order!**