

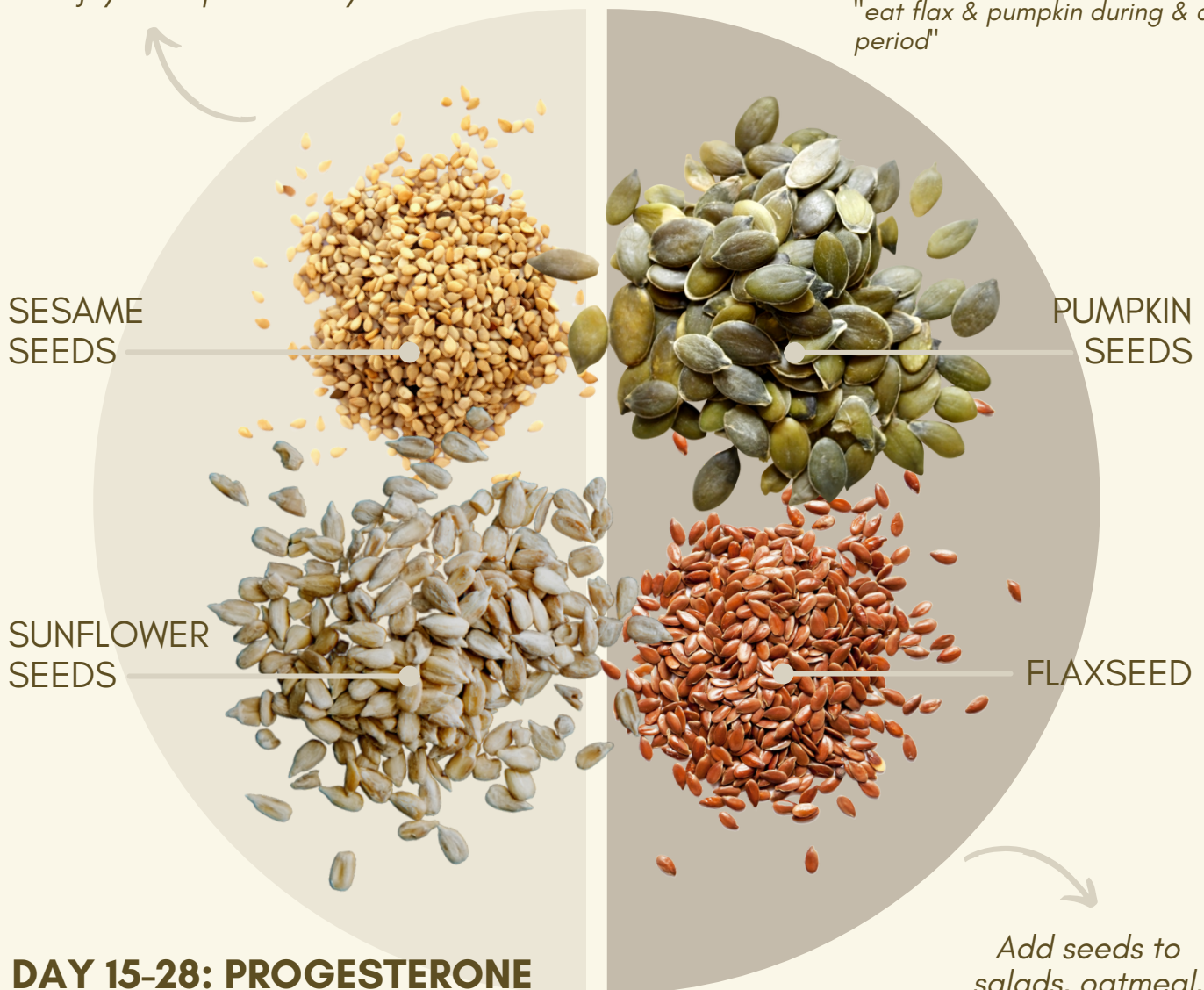
Seed Cycling

Seed cycling is a simple way to support female hormone balance, promote fertility, and manage undesirable period symptoms. Eating certain seeds during certain phases of your monthly cycle supports the production of either estrogen (high during the first half) or progesterone (high during the second half).

DAY 1-14: ESTROGEN

MENSTRUAL & FOLLICULAR
begins first day of period
"eat flax & pumpkin during & after period"

enjoy 2 Tbsp each day



DAY 15-28: PROGESTERONE

OVULATORY & LUTEAL
begins day of ovulation
"eat sesame & sunflower second"

Add seeds to
salads, oatmeal,
yogurt, smoothies,
bowls, toast, or
enjoy by the
handful!