

## What is 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)

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



# Seed Cycling

## NATURALLY BALANCE HORMONES

This protocol should be done according to your menstrual cycle if it is regular, or according to the phases of the moon if your own cycle is irregular or absent. Enjoy 1-2 tablespoons each day.

### Follicular Phase

Days 1-14 of your cycle  
New moon to full moon

Seeds: Flax & Pumpkin

**Benefits:** Flax & pumpkin seeds help support & balance estrogen. Flax seeds contain lignans which bind to excess estrogen. Pumpkin seeds are high in zinc which helps support progesterone production

### Luteal Phase

Days 15-28 of your cycle  
Full moon to new moon

Seeds: Sesame & Sunflower

**Benefits:** Sesame and sunflower seeds help nourish progesterone. Sesame seeds are high in zinc, which boosts progesterone production. Sunflower seeds are high in vitamin E (increases progesterone) and selenium (removes excess estrogen).

## Quick Recipe: Seed Cycling Energy Bites

### INGREDIENTS

- 1/2 cup pumpkin seeds (or sunflower seeds if in luteal phase)
- 1/2 cup flax seeds (or sesame seeds if in luteal phase)
- 1/2 cup quick oats
- 1/4 cup collagen peptides (or plant-based protein powder)
- 5 Medjool dates
- 1/2 cup almond butter
- 2 tablespoons filter water
- 1 teaspoon vanilla
- pinch of sea salt

### INSTRUCTIONS

- In a food processor, add seeds, oats, collagen/protein powder, dates & process until dates are completely broken down.
- Add almond butter, vanilla and sea salt until a big dough ball forms.
- Slowly add water to help dough stick together.
- Line plate or small baking sheet with parchment paper and roll dough into fourteen 1-inch sized balls.
- Place in fridge for 1 hour to firm
- Store seed bites in an airtight container in the fridge for up to 2 weeks or freezer for 4-6 weeks.