



Evergreen Naturopathic

## Seed Cycling

Perhaps one of the easiest, most gently powerful hormone balancing strategies to implement at home is seed cycling. Estrogen-promoting nuts, seeds & oils are consumed during the first half of the menstrual cycle, and those that are progesterone-promoting are consumed during the second half. This mirrors and reinforces the natural fluctuations which occur in typical female reproductive hormone levels.

### First Half of the Monthly Cycle (Days 1-14)

Welcome to the follicular phase! This first phase begins on day 1, which is the day you begin bleeding. For a normal 28 day cycle, it runs about 14 days; you are in your follicular phase until ovulation.

If your cycles are quite irregular or absent, you may choose to begin seed cycling on either the full or new moon appropriate to your cycle (or where you'd like it to be). Otherwise, if your cycles are mostly regular, begin seed cycling on day 1 (the day your period begins).\*

During the first half of your cycle/the seed cycling plan, focus particularly on **ground flax seeds** and **pumpkin seeds**. Aim to consume 1 tablespoon/day of each. Form doesn't matter; they can be eaten over salads, in smoothies or yogurt, as seed butter, or alone. If you regularly supplement with an omega source, focus on **fish oil** during this first half of your cycle.

\*If your doctor has recommended specific seed cycle timing, set your schedule according to that timing.

## Second Half of the Monthly Cycle (Days 14-28)

Welcome to the luteal phase! This second phase begins on roughly day 14 of a typical 28 day cycle, at the time of ovulation. This phase ends when you begin bleeding, at which point the first half (the follicular phase) begins again. As described above, plan your seed cycling according to your own unique circumstance or your doctor's orders: align your nuts/seeds/oils with your current cycle, or with the phases of the moon if you're trying to reset a missing or irregular period.

During the second half of your cycle/the seed cycling plan, focus particularly on **sunflower seeds** and **sesame seeds**. Aim to consume 1 tablespoon/day. Again, form doesn't matter; they can be ground or whole, eaten over salads, in smoothies or yogurt, in the form of nut butter, even alone. If you regularly supplement with an omega source, focus on **evening primrose oil** or **borage oil** during this second half of your cycle.

While seed cycling is often prescribed as part of a broader holistic hormone-healing protocol, sometimes it will be recommended as a stand alone therapy. A few correctly timed nuts and seeds can be just what many women's bodies need to swing back into a regular, hormone-balanced rhythm. Healthy hormones help set the stage for an overall healthy body!

## Seed Cycling Graphic

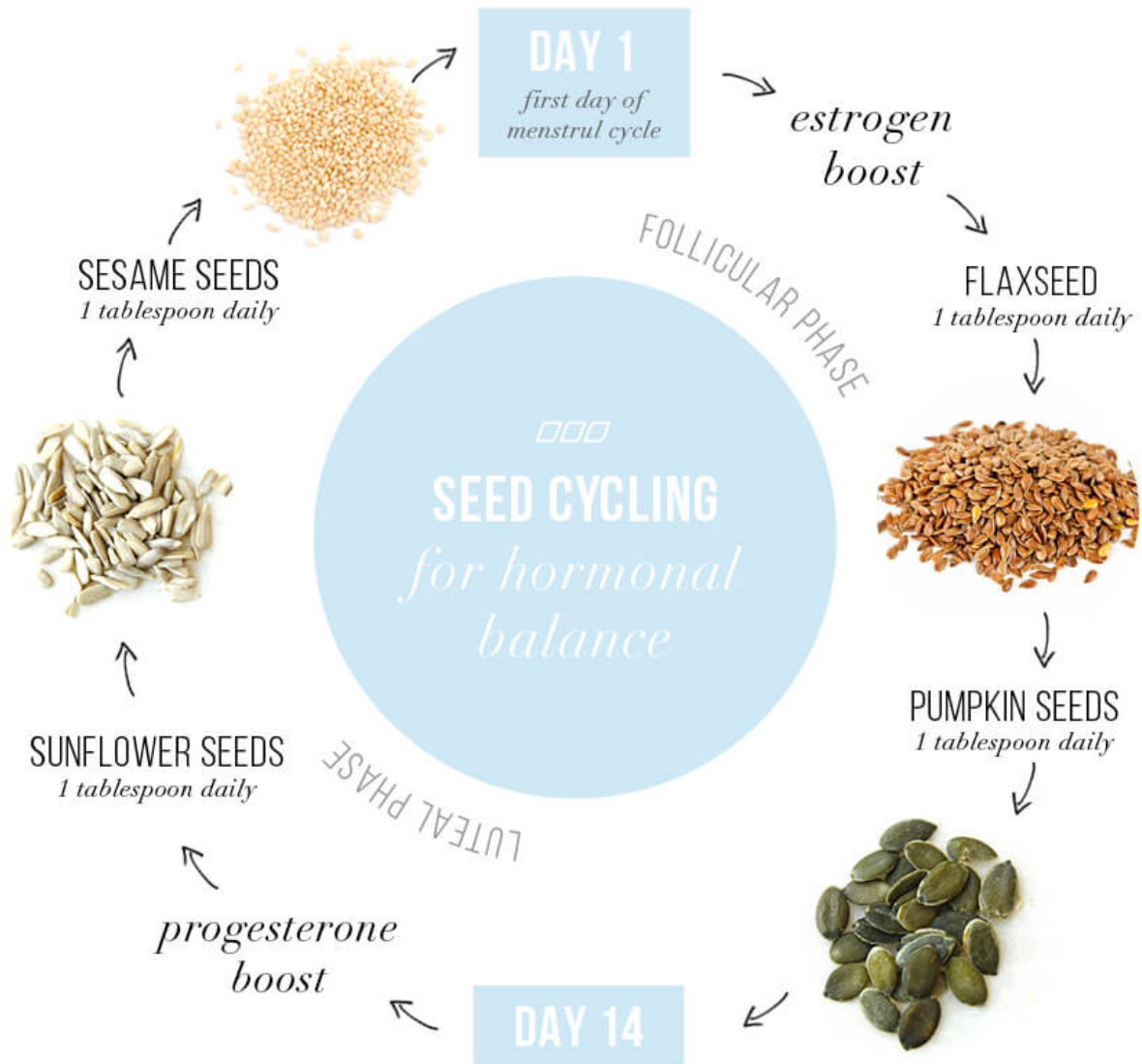


Image above from [Have You Heard Of Seed Cycling? - Move Nourish Believe](#)