

Seed Protocol for Regulating Hormones

How it Works

Rotating seeds is a valuable, safe, and effective method for restoring hormonal balance for both men and women. Seed cycling is so effective because the hulls of the seeds contain chemicals called lignans, which help modulate the hormonal pathways of the body while the seed oils are comprised of essential fatty acids that provide the building blocks for steroid hormone synthesis. As each seed type contains variations of these lignans and fatty acids, rotation of these seeds through the month provides the body with the variety of precursors it needs to create normal hormonal cycles.

Instructions

Phase One: Day 1 (beginning of your period) to Day 14

1 tablespoon of ground flax seed and 1 tablespoon of ground pumpkin seed (2tbsp total) every day

Phase Two: Day 15 to the onset of your period

1 tablespoon of ground sesame seed and 1 tablespoon of ground sunflower seed (2tbsp total) every day

*If your cycles are irregular or if you do not get a period at all, use the moon cycle below. Start Day 1 on the day of the new moon, ovulation should be around Day 14. Then continue Days 15-28 as directed.

New moon (Black circle) = start with Phase One

Full moon (White circle) = start with Phase Two

2017 Moon Phases Calendar

Jan	5:☉, 12:☽, 19:☽, 27:☉
Feb	3:☉, 10:☽, 18:☽, 26:☉
Mar	5:☉, 12:☽, 20:☽, 27:☉
Apr	3:☉, 11:☽, 19:☽, 26:☉
May	2:☉, 10:☽, 18:☽, 25:☉
Jun	1:☉, 9:☽, 17:☽, 23:☉, 30:☉
Jul	9:☽, 16:☉, 23:☉, 30:☽
Aug	7:☽, 14:☉, 21:☉, 29:☽
Sep	6:☽, 13:☉, 20:☉, 27:☽
Oct	5:☽, 12:☉, 19:☉, 27:☽
Nov	4:☽, 10:☉, 18:☉, 26:☽
Dec	3:☽, 10:☉, 18:☉, 26:☽

Tips

- ✓ It is best to purchase the whole seeds, raw, and use a coffee grinder, magic bullet, etc. to grind them yourself.
- ✓ The easiest way to eat them is in smoothies, salads, soups, sprinkled on oatmeal, added to vegetables or you could just eat them on their own.
- ✓ Only prepare a 2 day supply at a time as the ground seeds are susceptible to oxidation and can go rancid. Store the ground seeds in an airtight container or jar and keep in the refrigerator to maintain maximum freshness.
- ✓ While you may not notice changes within the first month, changes are often noted after 3-4 cycles. Be patient with your body and be consistent!

Why these Seeds?

Flax seeds: Are rich in omega-3 fatty acids and contain lignans which block excess estrogen. They are the most researched seeds for PMS and menopausal symptoms.

Pumpkin seeds: Are high in zinc which supports progesterone production and release. Progesterone is the dominant hormone needed for the second half of your cycle.

Sesame seeds: Are high in omega-6 fatty acids they also contain lignans and help block excess estrogen.

Sunflower seeds: Are high in omega-6 and vitamin E a fat soluble vitamin that supports reproductive health. Sun flower seeds also contain selenium a trace mineral that helps the liver with detoxification and thus indirectly can help with hormonal imbalance