

# DAY 1 of cycle/Menses

(New Moon if amenorrhea is present)

## Flaxseed

1 TBSP

Estrogen Support

## Pumpkin Seeds

1 TBSP

**SEED CYCLING**  
for  
Hormone  
Balancing

# Day 14 of cycle/Ovulation

(Full Moon if amenorrhea is present)

## Sunflower Seeds

1 TBSP

Progesterone Support

## Sesame Seeds

1 TBSP

*Dr. Melissa*

# Seed Cycling For Hormone Balance and Fertility

Seed Cycling has been used for many years by women looking to find more balance within their hormonal cycle. By understanding which nutrients are needed to boost hormone production during the different phases, we are able to truly use "food as medicine" to get back in balance.

During the first half of your cycle, or follicular phase, eating flaxseed and pumpkin seed can help support healthy levels of estrogen/estradiol production. Healthy estradiol levels help induce a robust ovulation. These seeds are rich in selenium, zinc, and beneficial fats, which can help build healthy hormones. Just 1-2 TBSP daily can help make an impact with hormones, in a simple yet effective way. Freshly ground flaxseed is best (make sure to keep in the refrigerator after opening) as well as raw and/or sprouted pumpkin seeds.

The second half of your cycle, or luteal phase, is when your progesterone levels will surge. Progesterone is produced in hopes that an egg was fertilized during ovulation, but will drop drastically if no fertilization occurred, to prepare for menses. Sesame and sunflower seeds help to support healthy production of progesterone. Magnesium, iron, vitamin B6, and vitamin E are a few of the important nutrients that you will consume in these seeds. Just 1-2 TBSP of raw and/or sprouted seeds to support your progesterone during the luteal phase. Many women will notice the positive effects of seed cycling during the luteal phase more quickly than the follicular phase, due to PMS symptoms being more prominent with low progesterone levels.

When using seed cycling, it is important to know that changes don't happen overnight, It can take 2-3 months (cycles) to notice positive changes with your cycle/hormones. So don't give up hope after the first month if you have no change. Give your body time to heal, and overcome the years of stress of imbalance.

Wondering how to ingest all these different seeds easily? I tend to throw them in my daily smoothie (especially the flaxseed) to ensure they are freshly ground, which can unleash the nutrient power within. Sprinkling on salads is also another easy way to get these superfoods into your diet.

Don't forget to use your "Food as Medicine" to truly heal and find your healthy balance.

Much Love,

Dr. Melissa~