

# Seed Cycling Cheat Sheet

What

Seed cycling is the practice of eating specific seeds to support the key hormones (estrogen & progesterone) in each phase in the menstrual cycle (follicular & luteal).

How

Each type of the seed utilized contains certain vitamins, minerals, essential fatty acids and lignans (type of phytochemical) that help support and balance the menstrual cycle.

When

Two phases of the menstrual cycle  
Follicular: First 14 days or menstruation to ovulation.  
Luteal: Days 15-28 or ovulation to menstruation.

Phase 1

Days 1-14: Follicular - New Moon (menstruation to ovulation)  
Eat 1 tbsp of raw, organic & ground flax seeds & 1 tbsp pumpkin seeds.

Phase 2

Days 15-28: Luteal - Full Moon (ovulation to menstruation)  
Eat 1 tbsp of raw, organic & ground sesame seeds & 1 tbsp sunflower seeds.

## When to start

For those with a regular cycle you will begin your first round of seeds on day 1 on the first day of your period and switch to the second set of seeds after you ovulate.

Those without a regular cycle or in menopause, we suggest using the cycles of the moon to set pace for your seed cycling.

Day 1 beginning on the new moon (period) and then switching to the second set of seed on the full moon (ovulation).

*Note: If you don't have a 28-day menstrual cycle, you can adjust the length of time you consume each seed combination based on your cycle length.*

## How to prepare

Pre-measure seeds. Use a coffee grinder to grind them into a fine powder. Grind for each phase in advance, and store the leftover powder in a glass container.

## Starter Kit

We got you covered. Visit our Nourish Shop to get everything you need to start seeding. Visit this link: <https://a.co/9ExpznN>

[Nourish-FunctionalHealth.Com](https://www.Nourish-FunctionalHealth.Com)