



SEED CYCLING PROTOCOL



Estrogen and progesterone are two of the key hormones that help regulate your menstrual cycle. Estrogen levels rise during the first half of the cycle, whereas progesterone levels rise (while estrogen levels slowly decline) during the second half of your cycle. An imbalance between estrogen and progesterone throughout this cycle, can contribute to emotional and physical PMS symptoms, menstrual cramps, acne, short luteal phases, anovulation and irregular cycles to name a few.

SEED CYCLING IS A TECHNIQUE THAT HELPS YOUR BODY NATURALLY RE-BALANCE IT'S HORMONE LEVELS

(namely estrogen and progesterone) by including different seeds during the different phases of your menstrual cycle. The concept is fairly simple: The seed hulls contain lignans, which are chemicals that help bind up excess hormones, while the seed oils contain essential fatty acids that provide the building blocks for making hormones.

HOW TO DO SEED CYCLING

This protocol should be done according to your menstrual cycle if it is regular, or according to the phases of the moon cycle if your own cycle is irregular or absent. For instance, you would start with Phase 1 of the protocol on the first day of the new moon and begin phase 2 of the protocol approximately 14 days later when the moon is full.

PHASE 1 (FOLLICULAR PHASE)

DAYS 1–14 OF YOUR CYCLE

Day 1 of your cycle is the first day of your period and the two weeks that follow make up the follicular phase. This is the estrogen-dominant phase of your cycle.

Every day take:

- 1 Tablespoon of ORGANIC, RAW and GROUND **FLAX seeds.**
- 1 Tablespoon of ORGANIC, RAW and GROUND **PUMPKIN seeds.**

These seeds are both rich in omega 3 fatty acids which promote healthy cell membranes. Flax seeds contain lignans which will block excess estrogen in the first phase of your cycle. Pumpkin seeds are high in zinc which supports progesterone production and release for the second phase of your cycle.

HELPFUL ADDITION:

Every day take a fish oil supplement that contains at least 1500mg combined total of EPA/DHA. I recommend **Nutrametrix Omega 3 Fish Oil** or **Nordic Naturals Ultimate Omega Fish Oil.***

* If you don't use any of my recommended brands, be sure to find a high quality fish oil at a health food store. Check the label for its EPA & DHA content and make sure you get a minimum combined total of 1500mg daily.

PHASE 2 (LUTEAL PHASE)

DAYS 15–28 OF YOUR CYCLE

Ovulation marks the beginning of Phase 2 of your cycle where your body shifts from estrogen production to progesterone production. This is known as the luteal phase.

Every day take:

- 1 Tablespoon of ORGANIC, RAW and GROUND **SESAME seeds.**
- 1 Tablespoon of ORGANIC, RAW and GROUND **SUNFLOWER seeds.**

These seeds are high in omega 6 fatty acids. Sesame seeds, which also contain lignans, help to block excess estrogen. Sunflower seeds provide the body with selenium, a trace mineral that assists the liver in its detoxification process and thus overall hormonal balance.

HELPFUL ADDITION:

Every day take 500mg of Evening Primrose Oil (EPO). EPO contains gamma linoleic acid (GLA) which inhibits the production of inflammatory prostaglandins that can cause menstrual pain. I recommend **Barleans Evening Primrose Oil softgels.**

SEED PREPARATION

It is best to purchase the whole seeds (raw, organic and unhulled) and use a coffee grinder to grind them. This is **my favorite grinder** and works like a charm every time.

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.

HOW TO CONSUME

The easiest way to eat them is in smoothies, salads, soups, sprinkled on oatmeal and added to vegetables or grains. Or you could just eat them on their own.

RESULTS

While you may notice changes within the first month, it usually takes about 3-4 cycles (months) to see significant improvement in your menstrual-related symptoms. So be patient with your body and be consistent. If you don't see an improvement after 3-4 months, consider checking out **one of my programs** or **products** for additional help in balancing your hormones.

SEED CYCLING FOR THE GUYS

Men can also support their hormones by doing the opposite of the cycle described above.

From the NEW MOON UNTIL THE FULL MOON men should consume:

1 Tablespoon of a mixture of sesame seeds and sunflower seeds.

From the FULL MOON UNTIL THE NEW MOON men should consume:

1 Tablespoon of a mixture of flax and pumpkin seeds.

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NICOLE'S TRAINING & CREDENTIALS

I'm a Certified Women's Health Coach with a specialty in hormonal and reproductive health. In 2010, I trained at the Institute for Integrative Nutrition to become a health coach. In 2011, I completed a 3-month apprenticeship at a women's holistic health center in New York City. In 2012, I did a 1-year training program with Dr. Sara Gottfried, MD (author of *The Hormone Cure*), and became certified in her Gottfried Protocol. In 2013 I completed a 6-month training program with Jessica Drummond MPT, CCN, CHC, founder of **The Integrative Pelvic Health Institute**, and became certified in her Pelvic Pain Relief Method.