

Seed CYCLING



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What is Seed Cycling?

Seed cycling is a beautifully simple, food-based method that supports healthy menstrual rhythms and hormone balance. By rotating specific seeds throughout your menstrual cycle, you can help your body produce, regulate, and detoxify hormones more effectively. Whether you're trying to regulate your cycle, support fertility, ease PMS, or manage the transition into menopause, seed cycling offers a gentle, nurturing approach that fits seamlessly into daily life.

**"Your body is your best friend—it's always working to find balance.
Seed cycling simply gives it a nudge in the right direction."**

What Does It Support?

- Regular ovulation and menstrual cycles
- Hormonal balance: oestrogen & progesterone
- PMS, period pain, breast tenderness
- Perimenopausal hormone shifts
- Liver detoxification and hormone clearance
- Fertility preparation and post-pill recovery

How Does It Work?

Seed cycling aligns with your body's natural hormonal rhythm by using nutrient-rich seeds during two key phases of your cycle:

- Follicular phase (Day 1–14): Supports rising oestrogen
- Luteal phase (Day 15–28): Supports rising progesterone

The seeds provide essential fatty acids, minerals, lignans, and fibre — all critical for hormone production, metabolism, and detoxification.

**"The science might seem complex, but the action is simple:
a tablespoon of freshly ground seeds, once a day."**

Instructions for Use

1. **Grind fresh:** Use a coffee grinder to blitz seeds fresh weekly. Grinding improves nutrient absorption.
2. **Storage:** Store ground seeds in an airtight glass container in the fridge to prevent oxidation.
3. **Dose:** 1 tablespoon of each seed daily (2 tbsp total), added to smoothies, yoghurt, oats, soups, salads, or bliss balls.



Follicular Phase (Day 1–14)

Goal: Support oestrogen, reduce inflammation, and promote ovulation.

1 tbsp ground flaxseeds

- Rich in omega-3s to reduce inflammation
- High in lignans – phytoestrogens that balance oestrogen (Lephart, 2015)
- May help regulate cycles and reduce breast tenderness (Khani et al., 2014)

1 tbsp ground pumpkin seeds (pepitas)

- High in zinc for progesterone production and androgen regulation (Jahan et al., 2011)
- Contains magnesium to support mood and ease cramping

Optional: Include B6-rich foods (avocado, chickpeas) to support hormone metabolism

Luteal Phase (Day 15–28)

Goal: Support progesterone, soothe PMS symptoms, and assist detox.

1 tbsp ground sesame seeds

- Contains lignans to continue hormone regulation (Wang et al., 2018)
- High in calcium, magnesium, selenium, zinc for liver detox and mood support

1 tbsp ground sunflower seeds

- Rich in vitamin E for breast tenderness and mood
- Contains GLA to support progesterone and reduce PMS (Horrobin, 1993)

What If I Don't Have a Regular Cycle?

If your cycle is irregular or you're post-menopausal, follow the lunar rhythm:

- New Moon to Full Moon: Flax & Pumpkin
- Full Moon to New Moon: Sesame & Sunflower

This approach supports hormonal rhythm when natural cues are inconsistent.

What if My Cycle is Irregular (28–60 Days)?

If your cycle ranges from 28 to 60 days—or you skip periods—seed cycling can still work beautifully. Here are two simple approaches:

Option 1: Use the Lunar Calendar

Use the moon's cycle (approx. 29.5 days) to guide your seed cycling:

- New Moon to Full Moon » Flax & Pumpkin (follicular/oestrogen phase)
- Full Moon to New Moon » Sesame & Sunflower (luteal/progesterone phase)

This is ideal if:

- You're coming off hormonal birth control
- You have PCOS, HA, or post-pill amenorrhoea
- Your periods are unpredictable or vary in length
- You're feeling overwhelmed by tracking ovulation

“Your body loves rhythm—even when your periods don't feel rhythmic right now, giving it a structured nutritional cycle helps guide it gently back into balance.”

Option 2: Track Your Own Ovulation (If Possible)

If you do ovulate—even irregularly—you can base your seed cycling on ovulation signs:

- Start flax + pumpkin from Day 1 of bleeding until ovulation
- Switch to sesame + sunflower the day after ovulation is detected

How to track ovulation:

- Changes in cervical mucus (clear and stretchy = fertile)
- Rise in basal body temperature (BBT)
- Ovulation predictor kits

Choosing the Best Method for You

Client Situation

Best Approach

- | | |
|---------------------------------------|--|
| • Post-pill or not ovulating |➤ • Lunar method |
| • PCOS or very long cycles |➤ • Lunar method, possibly extended |
| • Some signs of ovulation present |➤ • Track ovulation signs |
| • Emotionally overwhelmed by tracking |➤ • Stick with lunar phases |

“There's no one right way—just the way that feels do-able and consistent. You can always shift approaches later as your body starts to regulate.”



Why Does Seed Cycling Work So Well?

1. Supports Natural Hormonal Fluctuations

Seed cycling provides key nutrients for each hormonal phase, improving the body's ability to ovulate, menstruate, and recover each month.

2. Regulates Oestrogen Dominance

Flax and sesame seeds contain lignans that modulate oestrogen:

- Bind to receptors to reduce excess oestrogen
- Mimic oestrogen when it's low
- Enhance liver clearance of hormone metabolites

3. Boosts Progesterone Naturally

Pumpkin and sunflower seeds provide:

- Zinc, vitamin E, and GLA for natural progesterone production
- Support for mood, sleep, and healthy luteal function

4. Nourishes the Gut–Liver–Hormone Axis

Seed cycling supports the:

- **Gut:** fibre feeds beneficial bacteria that help metabolise oestrogen
- **Liver:** minerals support detox pathways
- **Bowels:** fibre ensures hormone waste is excreted

5. Encourages Consistency & Self-Trust

- Reconnect with your body
- Honour your cycle
- Create self-nurturing habits that build momentum

6. Safe, Gentle & Accessible

- Appropriate for teens, postpartum, perimenopause
- Cost-effective and easy to implement
- In line with naturopathic and functional food principles

Clinical Naturopathic Tips

- Be consistent for 3–4 cycles to observe changes
- Combine with liver support, stress management, and balanced blood sugar
- Ensure optimal digestion (stomach acid, gallbladder, bowel regularity) for best results
- Gradually introduce if sensitive to histamines (e.g., flax or sunflower seeds)

Gentle Reminder

Your body is not broken—it may simply need the right support. Seed cycling offers a non-invasive, nurturing, and practical way to help your hormones find their rhythm. “Now is the best time to plant the seeds for hormonal balance—literally.

“The beauty of seed cycling lies in its simplicity—it’s a way to feed your hormones the nourishment they crave, at the right time, without creating stress or overwhelm.”

Basal Body Temperature Tracker (Celcius)

Directions:

1. Using a digital thermometer (Celcius) which measures to one decimal place (0.1), take your temperature under the tongue on waking, *before* getting out of bed or interacting with your partner. Refer to your particular thermometer's instructions regarding optimal use.
2. Record your temperature in the chart below, or in your smart phone and add the results into the chart later.
3. Make a note of your temperature for at least 3 consecutive mornings, preferably at the same time of day.

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