

## SEED CYCLING ~ A Way to Regulate your Cycle

If you are experiencing irregular menstrual cycles, PMS, or heavy bleeds, this may well be a sign of unbalanced hormones. Similarly, if you are perimenopausal, menopausal or post menopause, you might still be experiencing things like sleep disturbance, hot flashes/flushes, or anxiety. Again, this may be linked to hormones dropping, as you would expect, but may be not as smoothly as you would wish.



The great news is that seed cycling can be adopted as part of your self-care routine to support to first and second phase of your cycle.

### The Follicular Phase Day 1 to day 14

In the first phase, oestrogen is the dominate hormone. And its role is to help build the lining of the womb after it has been shed during your bleed/moontime. It's vital to experience a healthy first (and second) phase, especially when there also fertility issues.

Seeds to use in the phase are: **Flax seed + Pumpkin seed.**

You need a tablespoon of each, per day, from day 1 (first day of “full” flow, not spotting) up to ovulation. In reality this could be from day 11 onwards, so it’s always good to know when you ovulate (check cervical mucous, position of cervix, basal body chart, ovulation test sticks, or chart your cycle). If you are no longer bleeding, for what ever reason, you can cycle with the moon phase. So, this first phase would be akin to the dark/new moon up until full moon.

These seeds will help to ensure there a balanced level of oestrogen, which will help to reduce symptoms & regulate your cycle and increase your flow if your bleed is light.

### **The Luteal Phase Day 15 to day 28 (or until your next day 1)**

In this second phase, the dominate hormone is progesterone. And this is the hormone which is responsible for thickening the lining of the womb. This is essential for creating the right thickness of lining, thick & even enough for an embryo to transplant. It will also assist if you have lighter bleeds and help to reduce PMS symptoms. It may also reduce flushes & sleep issues.

Seeds to use in this phase are: **Sesame seed + Sunflower seed**

Again, you need a tablespoon of each, freshly ground (coffee grinder or Nurtibullet), per day from ovulation (full moon). On day 1 of your next bleed (or the next dark moon), begin the cycle again.

You would expect to see may be a lengthening of a short cycle as well as a reduction in other symptoms associated with hormonal imbalance

### **Ways to take it: 1 tablespoon of each seed (2 in total)**

- In smoothies, freshly ground
- In juices, freshly squeezed
- Over your porridge
- In “energy balls” ~ you can often modify recipes & substitute nuts and seeds for this purpose. These may include coconut oil, almond oil/almonds, chia seeds, dates, cacao etc