

# Seeds Cycling to Balance Hormones

Seed cycling helps to balance hormones throughout the two phases of your menstrual cycle using the nutrients found in seeds. It helps to boost estrogen in the first phase (follicular) and progesterone in the second phase (luteal) Seed cycling can help to regulate irregular cycles, relieve PMS symptoms, increase fertility, ease pain from conditions like ovarian cysts, endometriosis, and PCOS.

Days 1-14 of your cycle

1 tbsp of ground flax seeds

1 tbsp of ground pumpkin seeds

Days 15-28 of your cycle

1 tbsp of ground sesame seeds

1 tbsp of ground sunflower seeds



Bloom Naturally