

# Seed Cycling

## DEFINED

Seed cycling is the practice of eating specific seeds to support the key hormones of each phase of the menstrual cycle. It can help achieve more hormone balance to help with PMS, acne, headaches and overall support a healthy menstrual cycle.

### What are the menstrual cycle phases?

There are two important phases - the follicular and the luteal phase.

The follicular phase starts on the first day of the cycle, when bleeding begins, and lasts until ovulation, which usually occurs around day 14-16 in those women with a regular period. During the follicular phase, estrogen is rising. If estrogen is irregular it can manifest as symptoms of low libido, decreased fertility, depression, irritability, headaches, breasts cysts.

Next comes the luteal phase. The luteal phase starts right after ovulation until the end of the cycle. At this stage, progesterone is rising and becomes the dominant hormone and irregular levels of progesterone are associated with mood changes, infertility and more.

### What are seed cycling hormones?

Seed Cycling Hormones are complex chemical messengers that affect our health in many ways, from the quality of our skin, sleep cycles, and mood to our fertility, libido, and weight. When our hormone levels are normal and healthy, our bodies function optimally and our minds thrive. When these chemical messengers are unbalanced, we may experience symptoms such as acne, premenstrual syndrome (PMS disorders, mood, infertility, and polycystic ovarian syndrome (PCOS)).

In a world where so many external and internal factors can disrupt this delicate balance, hormonal health is being discussed more than ever.

### What if there was an effective (and inexpensive) way to support your hormones right in your kitchen?

Seed cycling, which has recently become popular in the wellness community, has been proposed as a way to support optimal female hormone balance through the consumption of nutrient-dense seeds at specific times during the menstrual cycle. But, does it really work?

