

How does seed cycling work?

PHASE 1: FOLLICULAR

As we already know, estrogen is one of the primary hormones involved in the follicular phase, and we can help support our bodies by including seeds such as pumpkin seeds and flax seeds for the duration of this phase. Both of these seeds contain phytoestrogens that can help balance estrogen levels. As the name suggests, phytoestrogens are plant-based sources of estrogen that modulate estrogen receptors, helping to regulate estrogen levels and supporting their antiestrogenic and estrogenic effects.

The phytoestrogens in pumpkin seeds have been shown to support women with symptoms related to low estrogen, such as hot flashes, joint pain, and headaches related to hormone fluctuations. (Flax seeds are considered a functional food as they contain hormone balancing omega-3 fatty acids, soluble fiber, and protein.) These little seeds contain lignans, a type of phytochemical that has been studied for its effects on the menstrual cycle, such as supporting longer luteal phases and higher progesterone to estradiol ratios. Both seeds are also a great source of zinc, which helps support the production, metabolism, and removal of estrogen.

DURING THE FOLLICULAR PHASE 1 TO OVULATION (DAYS 1 TO 14)



EAT 1-2 TABLESPOONS EACH OF RAW, FRESH GROUND FLAX SEEDS AND PUMPKIN SEEDS.

DURING OVULATION-LUTEAL PHASE 2 (DAYS 15 TO 28)



EAT 1-2 TABLESPOONS EACH OF RAW, FRESH GROUND SUNFLOWER AND SESAME SEEDS.

THIS SUPER SIMPLE, COST EFFECTIVE PRACTICE IS EFFORTLESS TO ADD INTO YOUR ROUTINE.

Note: use seeds that are raw, grind them fresh.



PHASE 2: LUTEAL

During the luteal phase, when progesterone is at its peak, we can focus on consuming sesame seeds and sunflower seeds to support optimal progesterone production. Both seeds are high in selenium, an essential mineral that has been shown to support sex hormone production, specifically in the luteal phase. Sesame seeds are not only anti-inflammatory but have been shown to support hormonal health by improving antioxidant status and blood lipid levels in women in their postmenopausal years. Sunflower seeds are also a great dietary source of vitamin E, a beneficial lipid-soluble antioxidant that has been shown to support female reproductive health via its anti-inflammatory properties.