

Seed Cycling: Best Practices

THE BOTTOM LINE

Today, more than ever, our bodies are bombarded with substances and factors that disrupt the delicate balance of our cyclical hormones. By incorporating flax seeds and pumpkin seeds during the follicular phase and sesame seeds and sunflower seeds during the luteal phase, we can better support our bodies and optimal hormone levels through these important transitions. Seed cycling may also be an effective tool for reducing symptoms related to hormone imbalance.



BEST PRACTICES



Ready to start incorporating seed cycling into your routine?

Here are some simple guidelines to follow to ensure effective seed cycling.

- Purchase raw organic seeds when possible for optimal nutritional value.
- Store seeds in the refrigerator or freezer to avoid the oxidation that can occur from sunlight or heat exposure.
- Freshly grind your seeds before consuming.

The practice works best when the seeds are fresh ground and raw. If you're struggling with grinding fresh daily, then you can grind a week's worth and storing in the freezer.