

SEED CYCLING

1

Estrogen Supporting

DAY 1-14 (DAY 1 IS THE START OF MENSES) - 2 tablespoons of organic raw ground flax, pumpkin or chia seeds.

2

Progesterone Supporting

DAY 15-28 - (OVULATION TILL START OF MENSES) - 2 tablespoons of organic, raw, ground sesame or sunflower seeds.

If you are not experiencing menses at all use the moon cycle - new moon start day 1-14 protocol, ovulation should be around full moon (day 14). Then continue day 15-28 protocol as directed below.

If you are in menopause I recommend taking one tablespoon of the estrogen supporting seeds and 1 tablespoon of the progesterone supporting seeds a day.