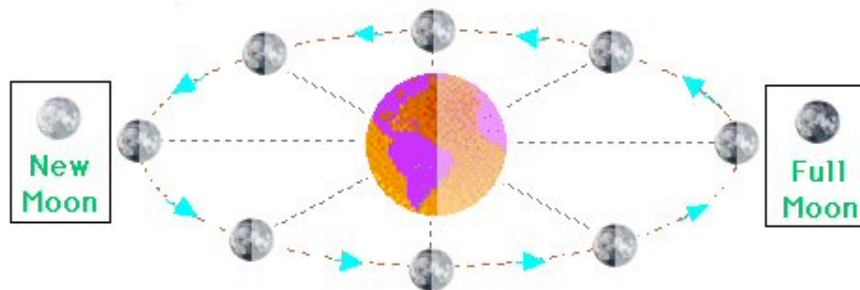




### SEED CYCLING - NATURAL HORMONE BALANCING

This seed rotation plan has been used to restore hormone balance for both women and men. It works so well because the hulls of the seeds are high in fiber and the seed oils contain omega-3 fatty acids as well as omega-6 fatty acids which help to naturally balance the hormonal pathways of the body that provide the building blocks for natural foods based hormone synthesis.



**New Moon** – Best to balance **Omega 3** pathways.

**Full Moon** – Best to balance **Omega 6** pathways.

Each seed type contains variations of these lignans and fatty acids; rotation of these seeds through the month provides the body with the variety of precursors it needs to create normal hormonal cycles.

#### WOMEN:

**From days 1-14 (New moon)** ingest the following daily, rich in Omega 3's



2 - Tablespoons fresh raw ground flax

2 - Tablespoons fresh raw pumpkin seeds

**EPA/DHA 2,000 – 3,000 mg EPA/DHA (1,500 each)**

**Flax and pumpkin seeds** support the **ESTROGEN** dominant time of your cycle.

**From days 15 – 28 (Full moon)** ingest the following daily, rich in Omega 6's



2 - Tablespoons fresh raw ground sesame

2 - Tablespoons fresh raw sunflower seeds

**GLA (Borage or Evening Primrose Oil) 500 mg**

**GLA** (rich in Omega 6s that contains linoleic acid) converts in the body ultimately to prostaglandins, hormone-like molecules that help regulate Inflammation and blood pressure as well as heart, gastrointestinal, and kidney functions

**Sesame and sunflower seeds** support the **PROGESTERONE** peaks of your cycle.

#### Men:

The seed rotation plan is done **opposite** of women's rotation.

#### Seed Preparation:

It works best to use a coffee or spice grinder to grind the seeds. Only prepare a few days supply at a time as the seeds may oxidize and become less potent. Store the ground seeds in a jar with a tight fitting lid and keep in the refrigerator. One or two tablespoons per day can be used. You can eat the seeds on salad, cereal, vegetables, or mix them in a little rice or soymilk and drink them. It adds a nutty crunchy taste to foods. **IT IS BEST TO USE ORGANIC AND RAW SEEDS.**



## More SEED Facts

### Flax Seeds



Flax seeds are high in B vitamins, manganese and magnesium. These power-packed seeds have many other nutrition components. 100 grams of ground flax seed supplies about 450 kilocalories, 28 grams/fiber and 20 grams/protein. Flax seeds should be ALWAYS be ground fresh before consumption (reduces rancidity) and can be added to any meal.

### Pumpkin Seeds



Pumpkin seeds are very beneficial to your health because of the minerals they provide. The seeds contain high amounts of iron, magnesium, phosphorus and zinc. They are also a fantastic source of protein (2 grams per tablespoon), phytosterols and beneficial polyunsaturated fats.

### Sesame Seeds



Sesame seeds are very rich in iron, magnesium, manganese and copper. There are about 90 mg of calcium in one tablespoon of unhulled seeds and 10 mg in hulled seeds. They also contain vitamin E (tocopherol) and vitamin B1 (thiamine). Sesame seeds contain the richest source of lignans, namely sesamin (a phytoestrogen), which has antioxidant and anti-cancer properties. The phytosterols present in sesame seeds are associated with reduced levels of blood cholesterol.

### Sunflower Seeds



Sunflower Seeds are a rich source of vitamin E; also contain linoleic acid (an essential fatty acid), amino acids and minerals that include magnesium, potassium, zinc and calcium. Sunflower seeds are rich in phytosterols and can be part of a cholesterol-lowering diet. The nutritional value in one serving (1/4 cup) includes, 3.0 g/fiber and 6.0 g/protein. A serving of raw sunflower seeds also provides a person's daily requirement of iron (about 13%).