

## Seed and Oil Cycling

Naturally rebalances estrogen and progesterone and is timed with menstrual cycle. It is important to buy whole raw seeds and grind them yourself. A coffee/spice grinder that is dedicated to grinding seeds is ideal. You can grind 1 week of seeds at a time and keep them stored in an airtight container in the refrigerator. The oil is easily oxidized and can become pro-inflammatory, so it is important to store your seeds properly. You can add the seeds to smoothies, salads, oatmeal and grains. You can also make power balls out of them.

**Day 1-14:** Follicular phase, this is when estrogen is most dominant.

Seeds: 2 Tablespoons of ground flax or pumpkin seeds

Oil: 2 grams (2,000mg) of Omega 3's, such as fish oil

**Day 15-28:** Luteal phase, this is when progesterone is most dominant.

Seeds: 2 Tablespoons of ground sesame or sunflower seeds

Oil: 500mg of Evening Primrose Oil