

28-DAY LYMPH & HORMONE CLEANSE

SEED CYCLING

A properly functioning hormonal cycle is critical to a woman's overall health. The hormones involved in preparing the body for menses and pregnancy play crucial roles in many of the other body systems including muscle growth, immune system regulation, energy and stamina, and even bone density. While there are also many reasons why women may have an irregular menses or cycle, modern "mainstream medicine" has little to offer as a solution other than artificially increasing estrogen or progesterone to create a false "regular" menses. If you have been diagnosed with a condition associated with irregularities in your menstrual cycle or if you are experiencing issues with PMS or infertility, the following treatment protocol may help rebalance your hormones.

SUPPORTING ESTROGEN PRODUCTION (DAYS 1-14)

Estrogen is the hormone in charge of the first half of the menstrual cycle. It assists in the formation of a healthy uterine lining in preparation for pregnancy. Flax and pumpkin seeds contain molecules called lignans that appear to have actions on the body similar to those of the hormone estrogen. These lignans have therefore been labeled phytoestrogens (plant-based estrogens). By increasing your intake of phytoestrogens during the first half of your menstrual cycle, it is believed that you can gently encourage your body to increase your natural estrogen production without supplementing with synthetic hormones.

PROTOCOL

- ✓ Take 1 tablespoon of organic raw ground flax and pumpkin seeds daily (as part of a smoothie or added to yogurt, oatmeal or cereal) from day 1 to day 14 of your cycle for a minimum of three months.
- ✓ Take a high-quality Omega 3 supplement daily during this phase.

If your cycle is longer or shorter than 28 days, your naturopath can help you adjust the prescription accordingly. If you are not currently experiencing a regular monthly menses, begin taking flax or pumpkin at the next new moon.

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SUPPORTING PROGESTERONE PRODUCTION (DAYS 15-28)

Progesterone is the hormone in charge of the second half of your cycle. Its production increases after ovulation, which helps to maintain a pregnancy once conception has occurred. Sunflower and sesame seeds contain a variety of lignans thought to mimic the actions of progesterone. Studies show these lignans may reduce the symptoms of PMS as well as menopause.

PROTOCOL

- ✓ Take 1 tablespoon of organic raw ground sesame and sunflower seeds daily (as part of a smoothie or added to yogurt, oatmeal or cereal) from day 15 to day 29 of your cycle for a minimum of three months.
- ✓ Take a high-quality Primrose Oil supplement daily during this phase.

PHASES OF THE MENSTRUAL CYCLE



NEW MOON



FULL MOON



NEW MOON

ESTROGENIC PHASE

Day 1 - Day 14

PROGESTERONIC PHASE

Day 15 - Day 28

MENSES

OVULATION

MENSES

NUTRITIONAL THERAPY

1 TBS flax + pumpkin seeds
And Omega 3 supplement in
smoothie or cereal daily

1 TBS sesame + sunflower seeds
And Primrose Oil supplement in
smoothie or cereal daily

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SEED CYCLING FAQs

Should I seed cycle if I'm menopausal?

Seed cycling is excellent even for postmenopausal women as it still helps support your nervous system and the hormones--your hormones are not fluctuating as much anymore but the seeds are still important for skin, brain, and other tissues due to the high essential fatty acid content.

Should the seeds be sprouted? Is it OK to grind the seeds in a coffee grinder each day?

It is not necessary to use sprouted seeds, so you can really get any brand or even the bulk ones as long as you know they are fresh!

I would not recommend using a coffee grinder unless you don't use the grinder for coffee. It is best to use a small food processor or buy a pre-ground flax meal. We DO have a favorite brand for that and it is Bob's Red Mill organic flax meal.

Do the seeds need to be ground?

Ground flaxseeds, for sure. Grinding them all for most nutritional benefit, but even if the sesame, pumpkin, or sunflower seeds are not ground, they will still be beneficial.