
Balancing Hormones

Seed Cycling:

One of the easiest ways to help regulate a woman's menstrual cycle is by implementing seed cycling. These seeds are a natural way to help the body increase and decrease the correct hormones needed for a healthy cycle. Seed cycling can be beneficial for anyone experiencing irregular periods, perimenopause, and menopause.

From **Day 1 to Day 14** (menstruation to ovulation): **1 Tbsp. each, ground Flax & Pumpkin Seeds**

From **Day 15 to Day 28** (ovulation to menstruation): **1 Tbsp. each, Sesame & Sunflower Seeds**

Every woman is unique, so it is important to track your own cycle and eat the seeds accordingly. If you do not currently have a cycle, start seed cycling with the moon. So, new moon to full moon will be Day 1-14 of your cycle, eating flax and pumpkin seeds. Followed by full moon to new moon (Day 15-28) with sesame and sunflower seeds. If your cycle is currently too long or too short, seed cycle as per a 28 day cycle.

All seeds need to be raw, and flax needs to be ground for optimal digestion. Other than that, you can add them to your diet however you'd like (salads, smoothies, etc.)!

Tracking:

In order to take control of your hormones, **tracking your cycle is key**. There are a variety of apps available that make this super easy. *Glow* and *Natral Cycles* have been personal favorites, but find what works for you! At a minimum, make sure to track the following: sex, physical symptoms (acne, headache, brain fog, fatigue, bloating, etc), mood, menstruation flow, and basal body temperature (BBT).

BBT is measured immediately when you wake up in the morning while the body is still at rest. Try to take BBT at the same time every morning, before getting out of bed. BBT is helpful in tracking as your temperature will increase slightly when ovulation occurs. There are thermometers available that sync to your phone, however, nothing fancy is required – a simple BBT thermometer works just as well.

Balance & Heal:

Most importantly, remember to **be patient and love on your body!** If you have ever been on any form of hormonal birth control or have struggled with hormone issues for a while, it will take your body time to heal and balance your hormones naturally.