

## Seed cycling:

This can help to balance hormones, specifically when working to balance your menstrual cycle and treat menstrual cycle related conditions such as shortened luteal phase, PMS, and menstrual cramps. It involves consuming seeds higher in omega 3 fatty acids during the follicular phase of the menstrual cycle (from day 1 of bleeding until ovulation) and Gamma linoleic acid during the luteal phase of the menstrual cycle (from ovulation until the day before bleeding)

There are two ways to do seed cycling. The first is with actual seeds, the second is using just the fatty acids in supplement form:

Days 1-14 (or until your positive OPK): 2 TBSP per day of ground flax and/or pumpkin seeds OR 1000-2000 mg per day of omega 3 fatty acids from fish oil.

Days 15-28 (or from positive OPK until you start bleeding): 2 TBPS per day of sesame and/or sunflower seeds OR 2000 mg per day of borage oil (which contains about 400 mg of gamma linoleic acid)

### Notes:

Seeds should be purchase from a fresh source, avoiding packaged seeds that have been sitting around for a long time, as this will ensure freshness and increased levels of the fatty acids.

Keep seeds refrigerated to maintain freshness and effectiveness.

Raw seeds are preferable to roasted seeds.

Seeds can be added to salads, soups, smoothies (it's ok to grind them right into your smoothie), over oatmeal or cereal, or just eaten plain.

If you use fish oil, the brand I recommend most is Nordic Naturals due to their rigorous quality control standards. Keep any opened fish oil refrigerated to maintain freshness. Fish oil should always be used within 3 months of opening.