

# SEED CYCLING



## SEED CYCLING POWER BALLS

### Ingredients

- ¼ cup ground flax
- ¼ cup pumpkin seeds
- ½ cup nut butter
- ½ cup rolled oats
- 10 dates
- 1 tbsp cacao nibs
- 1 tsp vanilla
- pinch of salt

### Method

Blend all ingredients in a food processor. Roll into 14 balls, store in the fridge. For second 14 days, swap flax and pumpkin to sesame and sunflower seeds. Eat one ball per day.

## Seed Cycling Protocol

The Seed Cycling Protocol can help to re-balance the hormones involved in your cycle: estrogen and progesterone. An imbalance in hormones can produce PMS symptoms, acne, menstrual cramps, etc. Levels of estrogen are increased during the 1st phase, and then decline in the 2nd phase, where the progesterone levels are increased. Seeds contain various amounts of lignans and essential fatty acids. Lignans help to bind the excess amounts of hormones that are produced. Essential fatty acids help with hormone production.

### **1st phase Day 1 to 14 (new moon to full moon):**

Take 1 tablespoon each of ground flax and pumpkin seeds

### **2nd phase Day 15 to Menses (full moon to new moon):**

Take 1 tablespoon each of ground sunflower and sesame seeds