

The Nervous System Reset™

Seed Cycling

Supporting Hormonal Balance Through Nutrition

Seed cycling is a simple nutritional practice that involves rotating specific seeds throughout the menstrual cycle. It is commonly used to support hormone balance, provide essential fatty acids, and supply key nutrients involved in reproductive health.

Different seeds contain compounds such as omega-3 fatty acids, lignans, zinc, selenium, and vitamin E, which play roles in hormone metabolism, liver function, and overall wellbeing.

Key Nutritional Benefits of Seeds

- **Flaxseeds:** Contain lignans and omega-3 fatty acids, which may support healthy estrogen metabolism and hormonal balance
- **Pumpkin seeds:** A source of zinc, an important mineral involved in progesterone production and reproductive health
- **Sesame seeds:** Contain lignans and nutrients that may support hormone balance and progesterone pathways
- **Sunflower seeds:** Rich in vitamin E and selenium, which support antioxidant activity and liver function

How to Seed Cycle

Days 1–14 (Follicular Phase)

Consume daily:

- 1 tbsp **ground flaxseeds**
- 1 tbsp **pumpkin seeds**

Days 15–28 (Luteal Phase)

Consume daily:

- 1 tbsp **sesame seeds**
- 1 tbsp **sunflower seeds**



The Nervous System Reset™

How to Take Them

- Seeds are best **freshly ground where appropriate (especially flaxseeds)** for improved absorption
 - Add to smoothies, yoghurt, porridge, salads, or sprinkle over meals
 - Consistency is key for best results
-

Final Note

Seed cycling is a supportive nutritional strategy and works best as part of a balanced diet and healthy lifestyle. Individual responses may vary.