

Seed Cycling: A Natural Approach to Hormone Balance

What is Seed Cycling?

Seed cycling is a natural method of supporting hormone balance by eating specific seeds during different phases of the menstrual cycle. This practice may help regulate cycles, reduce PMS symptoms, and support overall reproductive health.

How It Works

Seed cycling is based on the two primary phases of the menstrual cycle:

1. Follicular Phase (Days 1–14)

- Supports estrogen production.
- **Seeds to Consume:**
 - 1 tbsp **Flaxseeds** (rich in lignans that help balance estrogen levels)
 - 1 tbsp **Pumpkin seeds** (high in zinc to support progesterone production later in the cycle)

2. Luteal Phase (Days 15–28)

- Supports progesterone production.
 - **Seeds to Consume:**
 - 1 tbsp **Sesame seeds** (contain lignans to modulate estrogen levels)
 - 1 tbsp **Sunflower seeds** (rich in selenium to support liver detoxification of hormones)
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Benefits of Seed Cycling

- **Regulates Menstrual Cycles** – May promote regular ovulation and cycle length.
 - **Reduces PMS Symptoms** – Can help ease bloating, cramps, mood swings, and acne.
 - **Balances Hormones** – Provides essential nutrients for estrogen and progesterone balance.
 - **Supports Fertility** – Helps create a healthy hormonal environment for conception.
 - **Promotes Healthy Skin & Hair** – Nutrients in seeds contribute to overall skin and hair health.
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How to Incorporate Seed Cycling

- **Grind the seeds** for better absorption (especially flaxseeds and sesame seeds).
 - **Add to smoothies, oatmeal, salads, or yogurt** for an easy daily intake.
 - **Use fresh, organic seeds** for optimal benefits.
 - **Be consistent!** Results may take 3–6 months to notice significant changes.
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Seed Cycling Energy Balls Recipe

Ingredients:

- 1/2 cup ground flaxseeds
- 1/2 cup ground pumpkin seeds
- 1/2 cup ground sesame seeds
- 1/2 cup ground sunflower seeds
- 1 cup rolled oats
- 1/2 cup nut butter (almond, peanut, or cashew)
- 1/3 cup honey or maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- Pinch of sea salt
- Optional: 1/4 cup dark chocolate chips or dried fruit

Instructions:

1. In a large mixing bowl, combine all the ingredients and mix well until a sticky dough forms.
2. Roll the mixture into small bite-sized balls.
3. Place them on a baking sheet lined with parchment paper.
4. Refrigerate for at least 30 minutes to firm up.
5. Store in an airtight container in the fridge for up to a week.

Enjoy these hormone-balancing energy balls as a nutritious snack to support your seed cycling routine!

Who Can Benefit?

- Women with **irregular cycles**
- Those experiencing **PMS or hormonal imbalances**
- Individuals with **PCOS or endometriosis**
- Women looking for **natural fertility support**
- Anyone seeking **hormone-friendly nutrition**

Final Notes

Seed cycling is a simple, food-based approach to hormone health. While it can be a helpful tool, it works best alongside a healthy diet and lifestyle. If you have any concerns about your hormones or menstrual cycle, consult your naturopathic doctor.

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