

Seed Cycling for Hormone Health. Cora Stover, ND

Many women have issues with menstruation. Some people experience irregular cycles (cycles that vary in length), no cycles or frequent cycles; some people experience PMS, body aches, cramping, and low energy. This may be due to imbalances between certain necessary hormones, and when it comes to menstruation it may be between estrogens and progesterone the two major players in menstruation.

The relationship between estrogen and progesterone results in a cyclical communication between the ovaries and uterus (two of the major female organs). Each cycle is approximately 28 days and involves the release of an egg. If this egg is not fertilized, the endometrium (uterine) lining is shed through menstruation; this is day one of your cycle. In the first part of the cycle estrogen levels rise, and progesterone is low. In the second half of the cycle progesterone rises and estrogen slowly decreases.

If there is an imbalance between these hormones, seed cycling may help correct it. It supports our body's health and menstruation by regulating hormone production, binding and metabolism. It helps provide fiber in our diets, along with lignans and essential fatty acids. Lignans help our body bind excess hormones and essential fatty acids help our hormone production. Together these two methods help balance hormones and regulate the menstrual cycles.

Seed Cycling:

Seed cycling is a way to regulate hormones such as estrogen and progesterone, which help in the regulation of menstruation. Seed cycling is combining two different types of seeds for part of the month (flax and pumpkin seeds) and the other part of the month taking sesame and sunflower seeds. Another option is to link it with the lunar cycle.

To link it with the moon, the ideal candidate is someone who really doesn't know when to expect their next cycle or their cycle varies on days either from being too close together or too far apart.

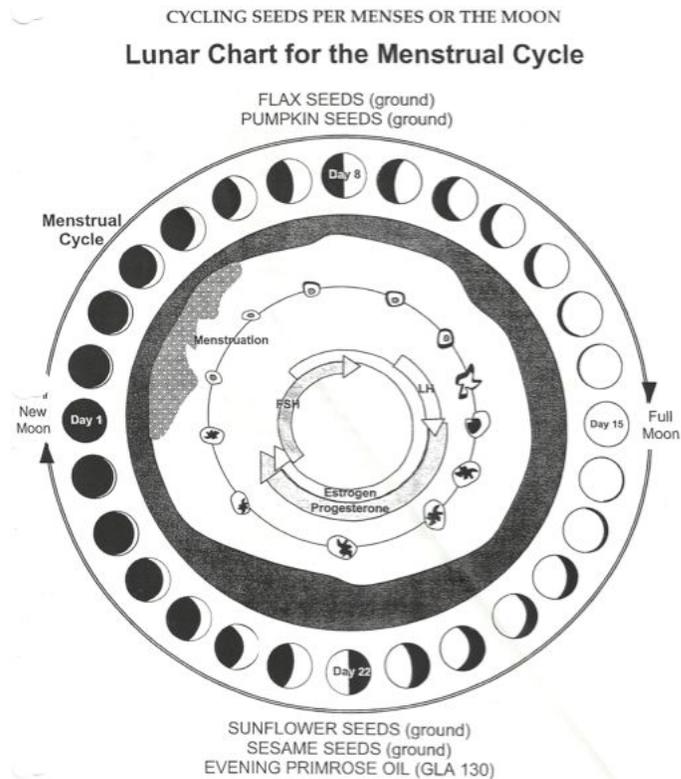
Protocol:

Days 1 – 14 grind up one – tablespoon fresh pumpkin seeds and fresh flax seeds. You may also add fish oils during this period (contact your naturopath to see if this is beneficial for you and what dose is best for you).

Days 15 – 28 grind up one – tablespoon of fresh sunflower seeds and fresh sesame seeds. You may also add evening primrose oil (contact your naturopath to see if this is beneficial for you and what dose is best for you).

If you eat yogurt or smoothies or shakes you may place the seeds in it; other options are sprinkling it in your morning cereal or oatmeal. Some people see changes within 3 months, but some may not. If your cycle is not regulated within 3 months make an

appointment with your naturopathic doctor to discuss options and to explore other possible explanations.



References:

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