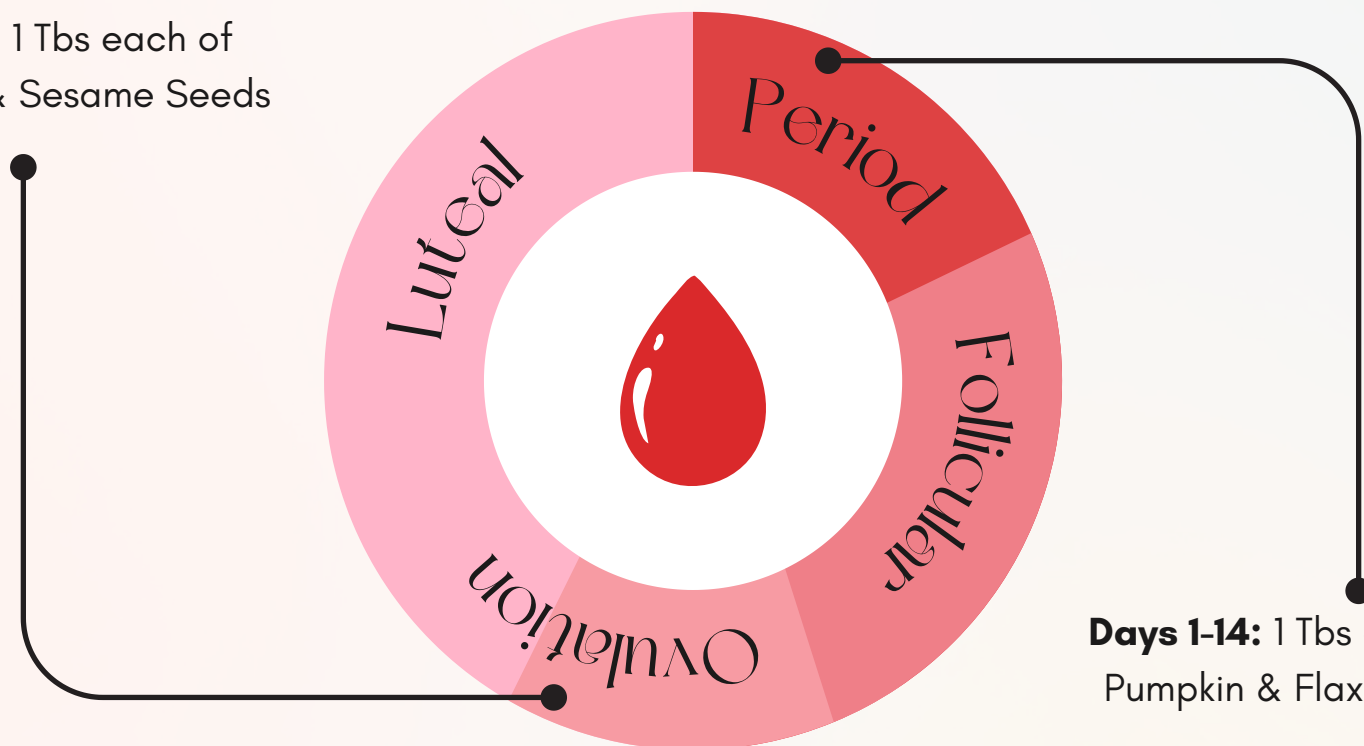


SEED CYCLING

with your menstrual cycle

Days 15-28: 1 Tbs each of
Sunflower & Sesame Seeds



Days 1-14: 1 Tbs each of
Pumpkin & Flax Seeds

Who can benefit from seed cycling?

Those with PCOS, irregular menstrual cycles, and/or those looking to or trying to conceive.

Flaxseed is rich in phytoestrogens that help balance hormones, support estrogen metabolism, and regulate the menstrual cycle. It also supports the immune system.

Pumpkin seeds are packed with healthy fats, zinc, and magnesium that help lower testosterone levels, supporting skin health, weight balance, and reduced excess hair growth. Magnesium also helps regulate blood sugar and improve insulin and cholesterol sensitivity.

Sunflower seeds are rich in vitamin E, which may help increase progesterone levels (the hormone essential for maintaining early pregnancy).

Sesame seeds contain high levels of zinc which supports ovulation.

Disclaimer: This is for educational purposes only. Please talk to your medical provider if you are considering starting a new regimen.

Reference:

Dhamija P, More A, Choudhary N, Wadhe T, Barai J, Shah D. Seed Cycling and Hormonal Balance: A Case Study of Successful Fertility Intervention in Polycystic Ovarian Syndrome. J Pharm Bioallied Sci. 2025 May;17(Suppl 1):S1030-S1033. doi: 10.4103/jpbs.jpbs_164_25. Epub 2025 Apr 12. PMID: 40511049; PMCID: PMC12156535.
Rasheed N, Ahmed A, Nosheen F, Imran A, Islam F, Noreen R, Chauhan A, Shah MA, Amer Ali Y. Effectiveness of combined seeds (pumpkin, sunflower, sesame, flaxseed): As adjacent therapy to treat polycystic ovary syndrome in females. Food Sci Nutr. 2023 Mar 25;11(6):3385-3393. doi: 10.1002/fsn3.3328. PMID: 37324929; PMCID: PMC10261760.