

SEED CYCLING

Although, the name might sound like a trendy new thing in the nutrition world, But it has really been a beneficial practice among women of all ages to bring hormonal balance especially if you suffering from PolyCystic Ovarian Syndrome (PCOD)

PCOD is generally characterised by irregular periods, excessive facial hair, weight gain and irritability in general.

Consider focussing on good quality sleep, An exercise or Yoga plan customized for PCOD and managing your stress levels by practicing gratitude and several breathing techniques.

This process involves the consumption of 1tsp of ground flaxseed, raw pumpkin seed, raw sunflower seed and roasted sesame seeds during the two phases.

First phase being the Follicular phase that starts the day you begin your period wherein you consume 1tsp of raw, soaked and ground flaxseed along with 1tsp of raw pumpkin seed till Day 14 which helps to balance your estrogen as you are estrogen dominant during this phase and if you are low, You might not ovulate and if you're high, You may experience PMS symptoms, Therefore these seeds are rich in amino acids, zinc and selenium and aid in promoting regulated hormonal health.

Therefore, It is essential to focus on good quality sleep, Yoga asanas, Lowered stress levels and time spent in nature along with these seeds.

Next up, is the second phase or the Luteal phase starting from Day 15 where you replace flaxseed and pumpkin seed with Vit E rich 1tsp of sunflower and sesame seed as your progesterone peaks and helps to alleviate moods and other PMS symptoms as sesame seed is rich in polyphenols and lignans that helps in building a strong uterine lining for a possible pregnancy if that's the goal.

However, If you are experiencing amenorrhea/no periods, You can use the new moon as your Day 1 and eat ground flax and raw pumpkin seeds and when the new moon arrives, Switch to sunflower and sesame seeds.

Make sure that they are raw and ground especially in the case of Flaxseed for increasing their bioavailability.

You can also add on chia seeds, hemp seeds, Fenugreek seeds, Saffron, Dry grapes (Munnaka) which are soaked and consumed in the morning especially if you are allergic to sesame seeds or are suffering from small intestine bacterial overgrowth (SIBO), You can substitute it with any of the other seeds used here.

Just using the seed cycling method alone with not change everything overnight, Like anything else, This practice coupled with consistent lifestyle practices will definitely help you reverse PCOS sooner than you think.

I hope that clears any queries you might have and despite the lack of published studies, This is definitely something that has helped women over several decades.

However if you are on certain medications, Please consult your physician before following this protocol as no one on the internet should ever prescribe or diagnose you anything without knowing your prior health history.