

# Seed Cycling for Hormone Balance

Make sure seeds are organic and raw.  
Use a coffee grinder or dry container blender to grind seeds.  
Store ground seeds no longer than 2 days in the fridge in tightly sealed glass container.  
Add seeds to salads, smoothies, "power balls" etc.

From day 1 until day 14 take daily:

- 1 tsp ground pumpkin seeds
- 1 tsp ground flax seeds

plus fishoil (1500 mg EFA + 1500 mg DHA)

From day 15 until day 28 take daily:

- 1 tsp ground sunflower seeds
- 1 tsp ground sesame seeds

plus evening primrose oil or borage oil (500 mg GLA)

