

# Seed Rotation for Hormone Balance

A simple, natural food-based tool to support estrogen & progesterone balance — at every stage of life after 40

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## What Is Seed Rotation?

Seed rotation is a simple practice of eating specific seeds during different phases of your cycle to naturally support hormonal balance. The lignans, zinc, vitamin E, and phytonutrients found in these seeds may help support healthy estrogen and progesterone balance and metabolism. It all starts in the gut. A healthy gut is essential for proper hormone elimination. When digestion is sluggish, hormones recirculate and symptoms worsen.

## When Do I Start?

### STILL MENSTRUATING

#### Sync With Your Cycle

- 1 Start **Phase 1 on Day 1** of your period — the first day of bleeding
- 2 Take **flax + pumpkin seeds** from Day 1 through Day 14
- 3 Switch to **sunflower + sesame** on Day 15 through Day 28
- 4 When your period starts again — **restart Phase 1**

### PERIMENOPAUSE · MENOPAUSE

#### Start Any Day — Two Easy Methods

No period? No problem. Pick one of these simple timing methods:

##### Moon Method

New Moon = Phase 1  
Full Moon = Phase 2

##### Calendar Method

1st of month = Phase 1  
15th of month = Phase 2

Rotate every 14 days consistently. Most women notice mood and energy shifts within weeks, with deeper changes by month 2-3.

### What If My Cycle Is Irregular?

- Cycle shorter than 28 days — switch at Day 14 as usual; Phase 2 will just be shorter
- Cycle longer than 28 days — extend Phase 2 by a few extra days to match
- Period came early or late — restart Phase 1 when bleeding begins, don't stress about where you were
- Missed a few days — just pick back up where you should be, no need to restart
- On birth control — follow the calendar method (1st and 15th of the month)

## The Two-Phase Protocol

### PHASE 1 • FOLLICULAR

#### Estrogen Support

Days 1-14 | New Moon (if post-menopausal)

##### Flaxseeds (ground)

Rich in lignans that help modulate estrogen and support healthy elimination through the gut.

##### Pumpkin Seeds (ground)

Phytoestrogens that gently support estrogen levels; high in zinc for overall hormone health.

1 tbsp each • daily • ground

↑ Estrogen

Flax + Pumpkin • Days 1-14

### PHASE 2 • LUTEAL

#### Progesterone Support

Days 15-28 | Full Moon (if post-menopausal)

##### Sunflower Seeds (ground)

High in Vitamin E, which supports progesterone production and helps reduce PMS symptoms.

##### Sesame Seeds (ground)

Provides zinc and other nutrients that may help support healthy progesterone production.

1 tbsp each • daily • ground

↑ Progesterone

Sunflower + Sesame • Days 15-28

## Areas Seed Rotation May Help Support

✓ Irregular or heavy periods

✓ PMS — mood, bloating, pain

✓ Hot flashes & night sweats

✓ Fatigue & brain fog

✓ Weight gain (hips & thighs)

✓ Water retention

✓ Hair thinning or loss

✓ Fibrocystic or tender breasts

✓ Mood swings & anxiety

✓ Hormonal-related inflammation

✓ Metabolic imbalance

## Tips for Best Results

### Always Grind Your Seeds

Whole seeds often pass through undigested. Grind fresh in a coffee grinder and store in the fridge for up to 5 days.

### Easy Ways to Use Them

Add to smoothies, yogurt, oatmeal, soups, salad dressings, or baked goods. 1 tbsp each = a simple daily habit.

### Gut Health First

Estrogen must be eliminated properly through the gut. Address constipation and poor digestion first for best results.

### Support Detoxification

Drink plenty of water, eat adequate fiber, and maintain regular bowel movements. Healthy elimination helps support the body's natural hormone balance.

### Be Patient & Consistent

Allow 2–3 cycles to notice significant changes. Don't stop once it's working — consistency is everything.

### Storage Matters

Once ground, refrigerate immediately to prevent oxidation of the beneficial oils in these seeds.

### Track Your Progress

Note energy, mood, sleep, and symptoms weekly. Small shifts add up — tracking helps you see the full picture.

# Real Healing Begins in the Gut

Seed rotation is a powerful starting point — but lasting hormone balance, reduced inflammation, and metabolic health come from building the right foundation of daily habits.

I'd love to help guide you.

[Get The Healthy Habits Challenge →](#)

[Discover Your Path →](#)

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