

Seed Protocol

Helps regulate the menstrual cycle by following the cycle of the moon. Also helps balance hormones and ease symptoms.

Phase One: Follicular Phase/NEW MOON (provides the precursors for estrogen and helps balance your hormones)

–Days 1 (1st day of menses)-until ovulation (or day 14 if you don't know when you ovulate)

1. 1 Tbsp ground flax seeds

–an alternative to the seeds is 1,500 mg fish oil (>1,000 mg EPA, >250 mg DHA)

>>this phase of the protocol is great for reducing heavy periods, reducing or eliminating clots, and eliminating acne.

2. 1 Tbsp ground pumpkin seeds.

–an alternative to the seeds is 1,500 mg fish oil (>1,000 mg EPA, >250 mg DHA)

Phase Two: Luteal Phase/FULL MOON (provides the precursors for progesterone and helps balance and clear excess hormones)

–Days 15 (or day after ovulation)-until your period starts

1. 1 Tbsp ground sesame seeds (better to buy whole and then grind versus buying already ground seeds)

2. 1 Tbsp ground sunflower seeds.

–an alternative to the seeds is 2,000 mg Evening Primrose Oil

I remember this phase by thinking second half= two S's (sunflower/sesame).

>>this phase of the protocol is great for stopping spotting between cycles, PMS (irritability, depression), breast tenderness, clotting, quick and heavy flow on the first 2 days

General rules for eating seeds:

–best to buy whole seeds and then grind using a coffee or seed grinder to get them to a powder consistency

–okay to grind up 1-2 months worth at a time, just keep in the fridge or freezer once it's ground.

–okay to add to any food or drink, just heat the food up BEFORE adding the seeds so you don't destroy some of the oils.