

Seed Cycling

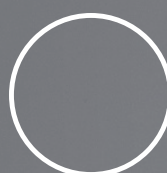
Days 1-14

Follicular

Days 1-14: We need more estrogen in order to build up the endometrium which is called the follicular phase.



Seeds such as flax and pumpkin help to produce more estrogen.



Flaxseed has what we call lignans that can change the metabolism of estrogen



Pumpkin seeds contain phytoestrogens that can increase estradiol production

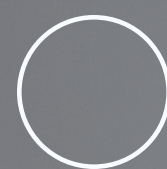
Days 15-28

Luteal

Days 15-28: Our bodies need more progesterone. In this phase the corpus luteum begins to release progesterone which helps to thicken the uterus lining and prepare it for implantation. This phase is known as the luteal phase



Seeds such as sesame and sunflower help with production of progesterone



Both sesame and sunflower seeds are a great source of Zinc which is an important precursor for progesterone production

**Krystal
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NUTRITIONIST

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