

Seed Cycling

The first half of your cycle or from new moon to full moon, the seeds you choose should promote estrogen and some progesterone. For example, the pumpkin seeds with high levels of zinc encourage the production of progesterone so it is ready to thrive in the last half of your cycle. Flax on the other hand promotes estrogen and the body's internal juiciness. Check out the chart ahead.

It's been said that these seeds should be taken in the raw form whether you grind the seeds and eat them right away or you get a cold pressed good quality oil from those seeds.

