

# Seed Cycling

FOR HORMONAL BALANCE

By Lee From America

## DAY 1-13

**ESTROGEN BOOST**  
MENSTRUAL + FOLLICULAR PHASE  
*(1st day of your period)*



**SESAME SEEDS**  
*1tbsp daily*



**FLAXSEED**  
*1tbsp daily*



**SUNFLOWER SEEDS**  
*1tbsp daily*



**PUMPKIN SEEDS**  
*1tbsp daily*

## DAY 14-28

**PROGESTERONE BOOST**  
OVULATION + LUTEAL PHASE