



SEED CYCLING

A Beginner's Guide

by Dr. Emily Wiggins

What is seed cycling?

Seed cycling is a daily practice of rotating seeds throughout the month that can help regulate a woman's cycle. Before all of the environmental inputs such as chemicals, artificial lighting, wifi, man-made radiation, and on and on, women would naturally cycle with the moon.

Isn't it amazing that our menstrual cycles and the moon cycle are both 28-days long?

I am continually in awe of this incredible connection we have to living on this planet. By including simple daily, monthly and yearly rituals in our lives, we can help reaffirm our energetic ties with the natural rhythms of the world. Additionally, seed cycling can help you connect more deeply with your own rhythm and femininity.

Your Menstrual Cycle

In order to understand seed cycling, you need to be well oriented to your own menstrual cycle.

Tracking your cycle will help you know when to switch seeds, can help indicate when you've ovulated and will inform you of how long each phase of your cycle is, which will tell you even more about the health of your hormones.

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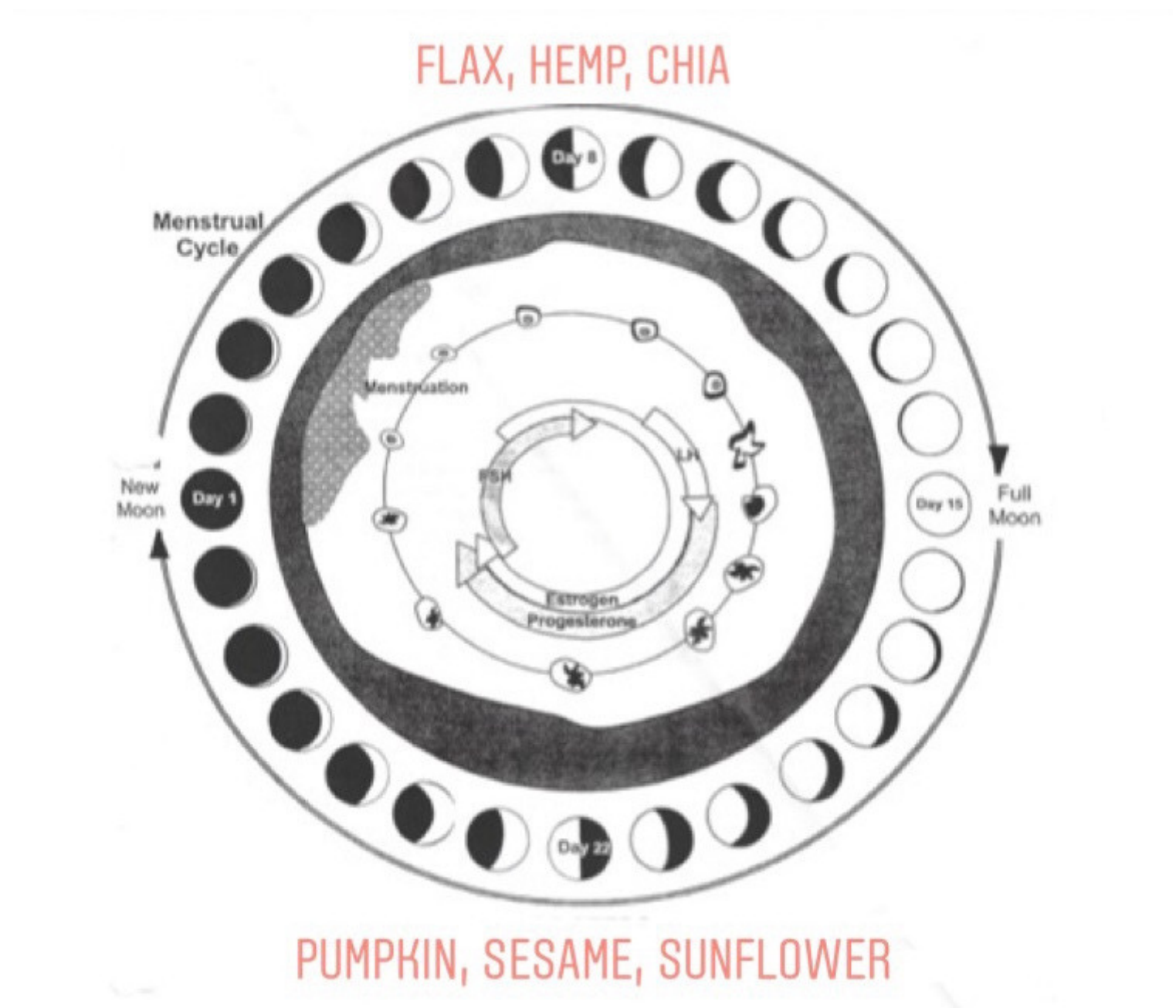
Day 1 is the first day you bleed and is the start of the follicular phase of your cycle. Estrogen and progesterone are low, which signals your pituitary to produce Follicle Stimulating Hormone, which causes a follicle in your ovary to start to mature and produce estrogen. Increasing estrogen tells the uterus to develop the lining of the uterus to prepare for pregnancy.

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When estrogen peaks, Luteinizing Hormone is released from the pituitary and triggers the egg to be released from the follicle, also known as ovulation (ideally around day 12–16). The follicle that is left in the ovary becomes the *corpus luteum*, which starts to release progesterone and estrogen to continue to prepare the uterus for pregnancy.

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This second half of your cycle is called the luteal phase and lasts from ovulation to the day before your next period. Ideally, each phase is around 14 days, which leads to a 28 day cycle.



Seed Cycling Basics

Follicular Phase // Day 1– Day 14 or New Moon to Full Moon

2 tablespoons of any one or a combination of ground flaxseed, hemp seeds, and/or chia

Luteal Phase // Day 15 – Day 28 or Full Moon to New Moon

2 tablespoons of any one or a combination of pumpkin seeds, ground sesame seeds and/or sunflower seeds

Special Situations

MENOPAUSE

Seed cycling can be very helpful for perimenopause and menopausal support. I generally have women seed cycle for up to 5 years following the end of menstruation because the energetic rhythm of your cycle exists even after your period stops.

MEN

Men can seed cycle according to the moon using the opposite seed phases according to the moon or if he is in a relationship with a woman, the opposite phases of her cycle. This can be really helpful generally, but especially when preparing for conceive.

Follicular Phase // Day 1- Day 14 or New Moon to Full Moon
2 tablespoons of any one or a combination of pumpkin seeds, ground sesame seeds and/or sunflower seeds

Luteal Phase // Day 15 - Day 28 or Full Moon to New Moon
2 tablespoons of any one or a combination of ground flaxseed, hemp seeds, and/or chia



Eat Your Seeds!

Here are some great ways to include seeds into your routine:

- Add seeds to your smoothies or top smoothie bowls
- Top yogurt, granola or oatmeal
- Add to salads
- Pumpkin, hemp and sesame seeds can be snacked on without grinding
- Chia pudding



Seed Cycling Balls

This is a great way to include your seeds everyday and add some good quality fat to your diet! If you feel like being extra fancy, dip each ball in a little melted dark chocolate before placing on the cookie sheet for freezing.

Day 1 to 14 or New Moon to Full Moon

1/2 cup coconut shreds
1/2 c. Coconut oil, melted
1/4 cup coconut butter
1/2 cup hemp seeds
3/4 cup ground flaxseed
1/2 cup cashews
1/2 cup slivered almonds
2 tbsp cacao nibs
1 tsp cinnamon
3 medjool dates (pitted)
1/3 c. hemp milk

Day 15 to 28 or Full Moon to New Moon

1/2 cup coconut shreds
1/2 c. Coconut oil, melted
1/4 cup coconut butter
1/2 cup sunflower seeds
3/4 cup pepitas
1/2 cup cashews
1/2 cup slivered almonds
2 tbsp cacao nibs
1 tsp cinnamon
3 medjool dates (pitted)
1/3 c. hemp milk

Instructions

Add all ingredients except for cacao nibs to food processor. Process until a dough forms. Add cacao nibs and pulse a few times until incorporated.

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Divide and roll into 14 balls then lay flat on a cookie sheet and put in the freezer for one hour. Then place frozen balls in a freezer bag or airtight container. Store in freezer.

To serve: Remove from freezer and let thaw 10 minutes before eating.

Seed Cycling Granola

This granola is grain-free and SO good! Make a batch and use over the 14 days of each phase of your cycle. For an extra fast breakfast or snack, divide granola into glass mason jars. Grab a jar, add yogurt or milk and some fresh fruit.

Day 1 to 14 or New Moon to Full Moon

1.5 cups unsweetened coconut flakes
2 cups slivered almonds
1 cup raw pecans (soaked & dehydrated, if possible)
1 cup raw walnuts (soaked & dehydrated, if possible)
1 cup hemp seeds
1/2 cup ground flaxseed
1/4 cup chia seeds
2 tsp ground cinnamon
1/2 tsp sea salt
2 tbsp coconut sugar
1/4 cup coconut oil or ghee
1/4 cup maple syrup
1/2 tsp vanilla
1/2 cup dried apricots or figs, chopped
1/4 cup unsweetened dried cherries or cranberries

Day 15 to 28 or Full Moon to New Moon

1.5 cups unsweetened coconut flakes
2 cups slivered almonds
1 cup raw pecans (soaked & dehydrated, if possible)
1 cup raw walnuts (soaked & dehydrated, if possible)
1 cup sunflower seeds (soaked & dehydrated, if possible)
1 cup pumpkin seeds (soaked & dehydrated, if possible)
2 tsp ground cinnamon
1/2 tsp sea salt
2 tbsp coconut sugar
1/4 cup coconut oil or ghee
1/4 cup maple syrup
1/2 tsp vanilla
1/2 cup dried apricots or figs, chopped
1/4 cup unsweetened dried cherries or cranberries

Instructions

Preheat oven to 325 degrees F. Mix coconut flake, almonds, pecans, walnuts, cinnamon sea salt and coconut sugar in a large bowl. Melt coconut oil in a small saucepan over medium-low heat. Once melted, add maple syrup and vanilla.

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Add oil mixture to the bowl with nuts and stir to evenly coat the nuts and seeds. Pour mixture on to a rimmed cookie sheet and bake for 25 minutes, or until lightly golden brown, stirring once or twice during the baking time.

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Remove the cookie sheet from the oven and let cool without disturbing. Once cool, mix in the seeds and dried fruit. Transfer to glass jars for storage. Will keep 1-2 months.