

Seed Rotation

These selected seeds contain essential fatty acids that promote a healthy balance of estrogen and progesterone, thus helping to regulate your menstrual cycle. Adding them to your diet can also decrease symptoms related to PMS, menstrual migraines, and improve digestion and elimination.

The Importance of Understanding Your Cycle

A healthy menstrual cycle last between 26-29 days. The menses, or period, lasts 5-7 days with moderate flow and should be pain free. Day 1 is defined as the first day you bleed. Ovulation occurs around day 14.

Use the attached lunar chart to track your cycle, circling the dates you bleed, and to keep track of when to rotate your seeds. If your cycle length is between 26-29 days long use your cycle days to track when you should rotate seeds. If your cycle is irregular (a different length every month varying more than 3 days), shorter than 26 days or longer than 29 days, follow the moon cycle to know when to rotate seeds.

Directions:

Add 2 Tbsp Fresh Ground Organic Seeds to salads, smoothies, yogurt, to anything else you're eating as long as it's not heated, or eat plain. Seeds should be raw, organic and freshly ground. Use a coffee grinder or high power blender to grind your seeds. Seeds are best eaten freshly ground, but it's okay to keep a few days' worth in the fridge in a jar with a tight lid if it's easier.

Flax/Chia seeds: ___ new to full moon ___ day 1 - day 14 ___ all month

Sunflower/Sesame seeds: ___ full to new moon ___ day 15 – day 28 (or next menses) ___ all month.