

## SEED ROTATION PLAN:

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This seed rotation plan has been a valuable piece to restoring hormonal balance for both women and men. It works so well because the hulls of the seeds contain chemicals called **lignans** which help modulate the hormonal pathways of the body while the seed oils are comprised of **essential (or omega) fatty acids** that provide the building blocks for steroid hormone synthesis.

As each seed type contains variations of these lignans and fatty acids, rotation of these seeds through the month provides the body with the variety of precursors it needs to create normal hormonal cycles.

**For women:** the rotation plan can be done according to either the menstrual cycle (if it is fairly regular) or phases of the moon (if the menstrual cycle is absent or too irregular)

\* From days 1-14 of the menstrual cycle (or from the new moon to the full moon) have 1 Tablespoon per day of a mixture of ground flax and pumpkin seeds.

\* From days 15 - 28 of the menstrual cycle (or from the full moon to the new moon) have 1 Tablespoon per day of a mixture of ground sesame and sunflower seeds.

**For Men:** the rotation plan is done according to the phases of the moon (and opposite of women's rotation):

\* From the full moon to the new moon have 1 Tablespoon per day of a mixture of ground flax and pumpkin seeds.

\* From the new moon to the full moon have 1 Tablespoon per day of a mixture of ground sesame and sunflower seeds.

**Seed Preparation:** It works best to use a coffee or spice grinder to grind the seeds. Only prepare a few days supply at a time as the seeds may oxidize and become less potent. Store the ground seeds in a jar with a tight fitting lid and keep in the refrigerator. One or two tablespoons per day can be used. You can eat the seeds on salad, cereal, vegetables, or mix them in a little rice or soymilk and drink them. It adds a nutty crunchy taste to foods. **IT IS BEST TO USE ORGANIC AND RAW SEEDS.**