

Seed Cycling for Hormone Regulation

By Dr. Mariah, ND

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Seed cycling is the practice of pairing specific seeds with certain phases of your menstrual cycle to support hormone balance. By consuming targeted seeds at the right times, you can help your body regulate estrogen and progesterone naturally. You can incorporate seeds into smoothies, oatmeal, yogurt, toast, or energy balls (see the recipe card below).

If you don't have a regular menstrual cycle, you can start seed cycling at any time — simply begin with the first two-week phase and continue the pattern until a regular cycle is established. Day 1 of your cycle is the first day you bleed.

Days 1–14: Follicular Phase

1 tbsp pumpkin seeds + 1 tbsp ground flaxseed daily

Flaxseed is a phytoestrogen that can both bind excess estrogen and boost low estrogen — the dominant hormone in this phase. Pumpkin seeds provide zinc and healthy fats to support overall hormone balance.

Days 15–28: Luteal Phase

1 tbsp sunflower seeds + 1 tbsp sesame seeds daily

Sesame seeds are high in zinc and lignans, supporting progesterone balance. Sunflower seeds are rich in vitamin E and selenium, which aid in progesterone production and liver detoxification of excess estrogen.

📄 Store ground flaxseed in the freezer to prevent it from going rancid. Try mixing it with cracked pepper, olive oil, and spices as a seasoning for veggies or meat, or blend it into smoothies and yogurt.

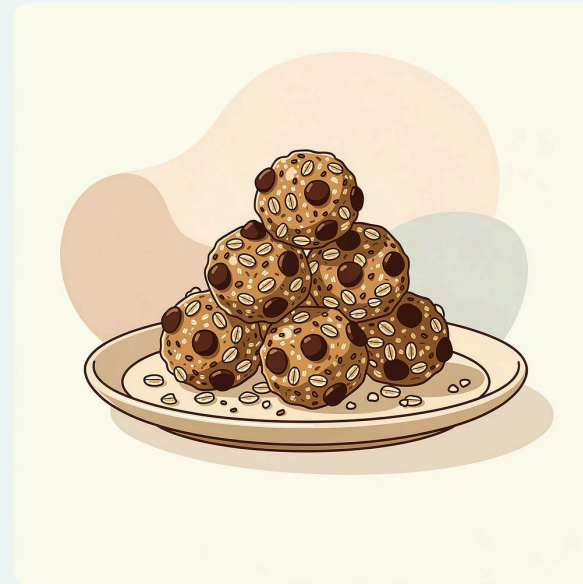
Seed Cycling Energy Balls*

Energy balls are one of the easiest and most delicious ways to incorporate seed cycling into your daily routine. Adapted from Gimme Some Oven, these no-bake bites are made in two batches — one for each phase of your cycle. Each recipe yields approximately 28 balls; eat 2 per day to hit the recommended seed serving.



Follicular Phase Bites (Days 1–14)

- $\frac{3}{4}$ cup + 2 tbsp ground flaxseed
- $\frac{3}{4}$ cup + 2 tbsp raw pumpkin seeds
- $\frac{1}{3}$ cup almond butter (*or preferred nut butter*)
- $\frac{1}{3}$ cup sunflower butter
- $\frac{1}{2}$ cup old-fashioned oats
- $\frac{1}{2}$ cup mini semisweet chocolate chips
- $\frac{1}{3}$ cup honey
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup hemp seeds



Luteal Phase Bites (Days 15–28)

- $\frac{3}{4}$ cup + 2 tbsp sunflower seeds
- $\frac{3}{4}$ cup + 2 tbsp sesame seeds
- $\frac{2}{3}$ cup natural peanut butter (*or preferred nut butter*)
- $\frac{1}{2}$ cup old-fashioned oats
- $\frac{1}{2}$ cup mini semisweet chocolate chips
- $\frac{1}{3}$ cup honey
- 1 tsp vanilla extract

**adapted from Gimme Some Oven*

Instructions & Storage

Making your seed cycling energy bites is simple and requires no baking. Follow these steps for both the follicular and luteal phase recipes.

01

Combine All Ingredients

Stir all ingredients together in a large mixing bowl until evenly combined. If the mixture seems too dry or isn't sticking together, add a few extra tablespoons of nut butter.

03

Roll Into Balls

Using a medium cookie scoop or spoon, scoop approximately 2 tablespoons of mixture and roll into a ball. Each recipe yields about 28 balls — eat 2 per day to get the recommended seed serving.

02

Chill

Cover the mixture and refrigerate for 1–2 hours to chill and firm up before rolling.

04

Refrigerate & Store

Store in a sealed container in the refrigerator for up to 2 weeks, or freeze for up to 3 months. Thaw before eating — frozen bites will be rock solid straight from the freezer.

- ❏ **Serving tip:** For extra accuracy, weigh the total ingredient amount and divide by 28 to size each bite precisely. Or simply use a 2-tablespoon cookie scoop as a rough estimate. Make a fresh follicular batch for days 1–14, then a fresh luteal batch for days 15–28.