

# SEED / LUNAR CYCLING

Did you know that the words **menses** and **month** come from the same Greek word *mene*, which means **moon**?

In addition to the origin of the words, a woman's menstrual cycle and the moon have an interesting relationship. Studies have shown that there is a statistically significant amount of women whose menstrual cycle starts around the new moon. Furthermore, the lunar cycle is 29.5 days long and the average cycle of women is 28 days long. *Amazing!*

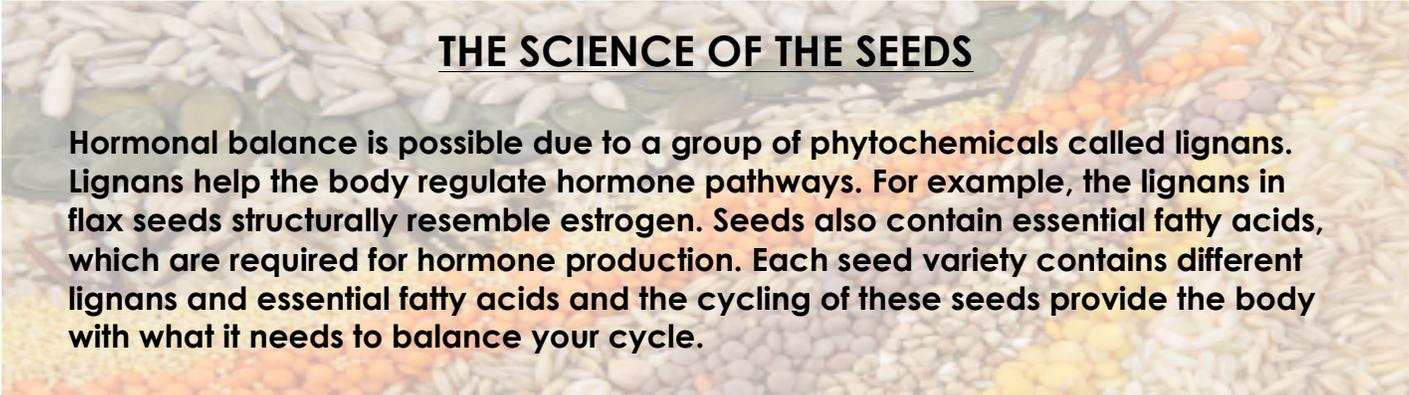
## Normal Menstrual Cycle

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A normal menstrual cycle ranges from **21-35 days**. Your cycle is regulated by the fluctuation of sex hormones, mainly estrogen and progesterone.

## How To Regulate Your Menstrual Cycle with Seed/Lunar Cycling:

When these hormones are out of balance, you can experience irregular cycles, menstrual cramps, PMS, bloating, fatigue, breast tenderness, etc. Seed/Lunar Cycling can regulate and promote the health of your menstrual cycle by supporting hormone production, binding and metabolism.



### THE SCIENCE OF THE SEEDS

**Hormonal balance is possible due to a group of phytochemicals called lignans. Lignans help the body regulate hormone pathways. For example, the lignans in flax seeds structurally resemble estrogen. Seeds also contain essential fatty acids, which are required for hormone production. Each seed variety contains different lignans and essential fatty acids and the cycling of these seeds provide the body with what it needs to balance your cycle.**

## LUNACEPTION

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Primitive cultures tend to ovulate on the full moon and menses will occur during the new moon. Melatonin is increased when it is dark and melatonin suppresses ovulation. Therefore the full moon suppresses melatonin, which then suppresses ovulation.

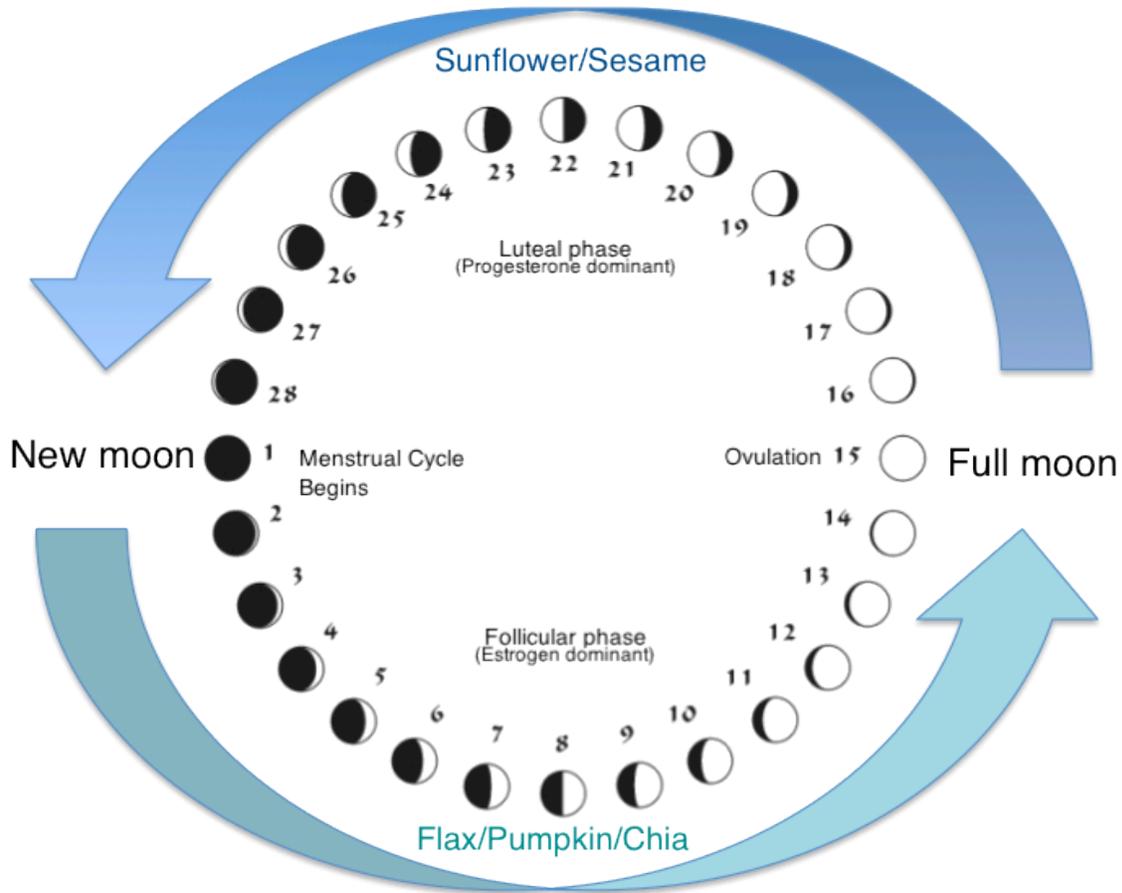
**How to:** Make bedroom completely dark at night when you sleep. Lighten the room for the 3 days around the full moon.

## SEED PREPARATION

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It's best to use raw, organic seeds. Use a coffee or spice grinder to grind the seeds. This makes it easier for our bodies to absorb the vitamins, minerals and fats. You can sprinkle the ground seeds over a salad, mix them in your shake or eat them anyway you like! Store the seeds in a cool, dry place.

## SEED CYCLING:



	Day 1 - 14	Day 15 - 28
<b>Lunar Phase</b>	New Moon → Full Moon	Full Moon → New Moon
<b>Seeds</b>	1-2 Tablespoons of ground Flax/Pumpkin/Chia seeds per day	1-2 Tablespoons of ground Sesame/Sunflower seeds per day
<b>Essential Fatty Acids (EFA)</b>	2-3 grams of Fish Oil per day (Omega-3s)	2-3 grams of Fish Oil + 1 gram of Evening Primrose Oil/Borage Oil (Omega-6)
<b>Why?</b>	This seed/EFA combination helps support the estrogen dominant time of your cycle. Eicosapentanoic acid (EPA) is anti-inflammatory and decreases pain. It keeps cell walls healthy.	This seed/EFA combination helps support the progesterone peaks of your cycle. Gamma linoleic acid (GLA) is found in EPO/BO. It is anti-inflammatory and treats PMS/menstrual disorders

### Research:

<http://www.gaiaresearch.co.za/flaxseed.html>

<http://www.ncbi.nlm.nih.gov/pubmed/8077314>

<http://www.ncbi.nlm.nih.gov/pubmed/7246643>

<http://informahealthcare.com/doi/abs/10.3109/00016348609158228>

<http://www.athenainstitute.com/lunarmpl.html>