Tecaya Health
Larrea Naturopathic Medicine

PATIENT WELLNESS GUIDE

Seed Cycling

A simple, food-first reference for a typical 28-day cycle



THE TWO PHASES

01 FOLLICULAR PHASE

Days 1 – 14

Use 1 tablespoon each of ground flax and pumpkin seeds daily.

02 LUTEAL PHASE

Days 15 – 28

Use 1 tablespoon each of ground sesame and sunflower seeds daily.

FOLLOW YOUR OWN CYCLE

Count the first day of bleeding as Day 1. Cycles vary in length, and ovulation does not always occur on Day 14. For irregular cycles or no menses, ask your clinician how to adapt the schedule. Lunar phases may be used as a reminder, not a biological timing requirement.

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PREPARATION + PRACTICAL TIPS

Putting It Into Practice

Fresh seeds, easy routines, and a quick daily reference

CHOOSING & STORING SEEDS

Purchase fresh, whole, raw seeds when possible. Refrigerate seeds to preserve freshness; flaxseeds may be kept in the freezer. Grind small amounts using a clean coffee grinder, food processor, or blender. Store ground seeds in a sealed container in the refrigerator.

EASY WAYS TO ENJOY THEM

Stir freshly ground seeds into yogurt, oatmeal, or smoothies.

Sprinkle over meals or blend into a homemade seed butter.

Use the daily amounts in the phase guide unless advised otherwise.

HOMEMADE SEED BUTTER

Place your chosen seeds in a small food processor and blend until creamy, stopping to scrape down the sides as needed. Processing may take several minutes. Add cinnamon, ginger, vanilla, or another preferred spice. Refrigerate in a sealed glass container.

QUICK REFERENCE

DAYS 1–14	Two from flax / pumpkin / chia / hemp
DAYS 15–28	Sunflower + sesame

ABOUT SUPPLEMENTS & EVIDENCE

The original protocol also lists fish oil (EPA/DHA) in the first phase and evening primrose oil in the second. These are not essential parts of eating seeds; use supplements only if specifically recommended by your clinician, particularly with medications or pregnancy.

Seed cycling is a complementary nutrition practice. Research has not established that switching seeds by cycle phase reliably balances hormones or treats menstrual symptoms. It should not replace evaluation of persistent, heavy, or painful bleeding.