

Seed Rotation

COMPLETE GUIDE



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WHAT IS SEED ROTATION?

When my naturopath first told me about the seed rotation method (also referred to as “seed cycling”), I was skeptical that such a simple method could be that transformative for so many women. Even though naturopathic schools teach this method in their programs, to my surprise, I had not heard of many women using it.

I then started using it in my practice and was astonished by how well and quickly women, especially those with an estrogen-progesterone imbalance, rebounded by applying this method.

The lack of awareness about seed rotation is probably because it's not often that we are taught to think about food as a tool to correct hormonal imbalances.

In fact, when you hear the words “hormonal problems,” you are probably conditioned to think of solutions not extending much further than birth control pills, HRT, hormone creams and pellets.

Supporting the old mantra of “food is your medicine,” I want to show you how innocent seeds can help regulate and support hormonal balance and your menstrual cycle.

Seed rotation can be used to **boost estrogen levels** in the first part of your cycle and **progesterone levels** in the second part.

Women in perimenopause and menopause will also benefit from this method - more on that below.

WHAT CONDITIONS CAN IT HELP?

Seed rotation can be used by anyone experiencing:

- Irregular periods
- Heavy flows
- Terrible PMS (bloating, moods, pain, energy, headaches)
- Fibroids
- Endometriosis
- Breast lumps
- Thyroid nodules
- Fibrocystic and painful breasts
- Low thyroid issues
- Hair loss and brittle hair
- Weight gain around the hip and thighs
- Water retention
- Cellulite
- Hot flashes
- Night sweats
- Fatigue
- Mood swings

WHO IS THIS FOR?

Seed rotation is great for any woman experiencing symptoms of **estrogen dominance** as well as **low estrogen**.

The symptoms of estrogen dominance can manifest as any of the above-said. It is also the leading cause of estrogenic cancers such as breast, uterine and ovarian cancers.

Estrogen dominance occurs when estrogen is broken off into too many "dirty" estrogens (also known as "antagonistic estrogenic metabolites") and/or if you have too little progesterone to oppose estrogen levels.

The seed rotation method can also help women low in estrogens such as in the case of perimenopause and menopause. This method can help gently raising estrogen levels. This is why many women who experience hot flashes, night sweats, weight gain and memory loss also report significant improvements from using the seed rotation.

WHICH SEEDS AND WHEN?

This technique can be used by women who are **menstruating** as well as women going through **perimenopause** and **menopause**.

The technique described here is based on a 28-day cycle. If your cycle is 28 days, then your seed rotation will be based on two 14-day cycles.

Perimenopausal and menopausal women can start any day and rotate the seeds every two weeks.

Menstruating women have different needs: From Day 1 to Day 14, we need more estrogen in order to build up our endometrium (uterine lining). This is called the follicular phase. Seeds such as **flaxseed and pumpkin seeds, one tablespoon each per day, can naturally increase your estrogen levels**.

From Day 15 to Day 28, or the second part of the cycle (also known as the luteal phase), the corpus luteum begins to release progesterone. This sex hormone will help thicken the uterine lining and prepare it for implantation. The high content of zinc in sesame seeds and vitamin E in sunflower seeds have been shown to stimulate progesterone production. By adding **one tablespoon of sesame seeds and one tablespoon of sunflower seeds per day** in the luteal phase, you can naturally support the body to produce more progesterone, a sex hormone of which many women experience low levels.

MAGDALENA'S HEALTH JOURNEY

My battle to regain thyroid, adrenal and estrogen balance



My hormones have never been easy on me.

My hormones and I fought each other for a long time. It was ugly, frustrating and sometimes defeating. What hormonal imbalances taught me about health, nutrition, toxicity and myself is the most precious learning of all.

If it was not for Hashimoto's, I would have not left my previous career in advertising. I would have been burned out and unhappy, stuck in a toxic office with other depleted people, eating dreadful food, much of it at airports and hotels. I would have continued working for self-serving clients and on advertising campaigns that would convince you to buy more and more of the things you don't need or worse still, products that might hurt you (I had no idea at the time) like toxic skincare products, or fast food.

The big turning point in my health was a diagnosis in 2008 with Hashimoto's, an autoimmune condition that destroys the thyroid. Hashimoto's has taught me why I was a perfect candidate to develop it. One

day I sat down and drew my health timeline, starting from inception and I cried. So many things have happened that predisposed me to developing this autoimmune condition; from not being a breastfed baby, getting antibiotics for most of my childhood, raised by a judgemental and anxious mother. This resulted in scarring childhood memories of painful eczema, chronic ear and vaginal infections to cystic acne.

By medical standards, I was a perfectly "healthy person." I excelled at sports, I was academically strong and curious. It's probably the sense of curiosity and the inner voice that pushed me to ask the seemingly simple yet so rare question: "Why is it happening to me?" I'm 28, I "eat well" yet I have acne, chronic migraines and very irregular periods.

A simple internet search pointed me in the direction of food.

I will focus in this document on my issues with estrogen dominance (even though I also battled Graves' and Hashimoto's) because that's how seed rotation helped me. Firstly, I have a genetic predisposition to be a slow estrogen metabolizer. This means that I can develop symptoms of estrogen dominance (listed above) much quicker than a person who does not have these mutations. This also means I'm genetically more predisposed to getting breast cancer.

Not surprisingly, for years, I've suffered with horrible PMS (Tylenol and hot water bottle were my best and only friends on Day 1 and 2 of my period), hair loss, water retention and lumpy boobs. I do not need to tell you how scary and confusing it is when you find a lump on your breast.

I also had three large thyroid nodules (also the result on estrogen dominance) in my mid thirties which my doctor asked me to adopt a "wait and see" approach. I found it to be useless advice - wait for what? It did not feel right to have an abnormal tissue growing in my body!

Over the years, I have learned numerous scientifically proven nutritional protocols to reverse not only estrogen dominance (where seed rotation was one such great tool) but also recover from adrenal deficiency and put Graves' and Hashimoto's into full remission. My thyroid nodules, horrendous PMS and breast lumps are now a thing of the past.

I hope you try seed rotation as one of the simple tools I teach to help yourself rebalance your hormones naturally.

It's possible!

I wish you much healing.

With love

A handwritten signature in a cursive script that reads "Magdalena". The ink is a light grey color.



ESTROGEN BOOSTERS

COOKINGFORBALANCE.COM



RECIPE: ESTROGEN-BOOSTING CRACKERS

Two tablespoons of flaxseed or pumpkin seeds per day have shown to help boost estrogen production. Pumpkin seeds are also known to be phytoestrogenic.

This can be equally valuable for menstruating women in the first part of the cycle (day 1 to 15, refer to the chart) as well as women going through peri- and menopause who would benefit from an estrogen boost.

This recipe uses an oven.

If you have a dehydrator, feel free too use it and set it to 115°F for 8 hours.

ESTROGEN BOOSTING CRACKERS | OVEN METHOD

AUTHOR: MAGDALENA WSZELAKI

PREP TIME
13 HOURS

COOK TIME
6 HOURS

TOTAL TIME
19 HOURS

EQUIPMENT: thermometer, parchment paper and 18' x 13' baking tray

SERVES: 20

INGREDIENTS

- | | |
|-------------------------------------|----------------------------------|
| 1 cup almonds | 1 cup roasted coconut flakes |
| 1 cup flaxseed | 1 tablespoon apple cider vinegar |
| 1 cup pumpkin seeds | 1 tablespoon curry powder |
| 1 cup dried apples, roughly chopped | 1 teaspoon sea salt |

HOW TO MAKE

1. Soak almonds for 12 hours.
2. Soak flaxseed and pumpkin seeds in 3 cups of water for 2 hours.
3. Preheat the oven to 150F or the lowest temperature your oven allows. The trick to keeping the temperature low (ideally in the range of 120 to 150F) is to leave the oven door ajar. This will prevent the crackers from burning and will create air circulation to dry the crackers.
4. Strain all the excess water from the almonds and combine with all the remaining ingredients. Toss to mix them well.
5. Line the baking tray with parchment paper and spread the mixture evenly.
6. Bake for 6 hours or until fully dried. It's recommended to check your crackers regularly using the thermometer to be sure they are getting dried but not burned. If the oven gets too hot, just open the oven door slightly wider. I use a metal tool (like a can opener) to keep the oven door ajar. The second batch will be easier to make as you will know how to keep the oven temperature in the 120-150F range.
7. These crackers store well for two weeks in an air-tight container.



RECIPE: HOMEMADE SEED BUTTER—TWO WAYS

Estrogen balancing, progesterone boosting, rich in fiber

You can use seed rotation to rebalance your hormones, and seed butters can help you do that. To improve digestibility, soak and dehydrate the pumpkin and sunflower seeds before blending. You can roll 2 tablespoons of each butter into a ball and use it as your daily hormone booster. Do not refrigerate because it will make the butters rock hard.

PREP TIME
15 MINS PER BUTTER

SUPPORTS
PALEO, ANTI-CANDIDA,* LOW FODMAP

SERVES: 14 (2 tablespoons per serving)

EQUIPMENT: Spice grinder and food processor

INGREDIENTS

Flaxseed and Pumpkin Seed Butter (to boost estrogen)

1 ¼ cups firmly packed freshly
ground golden flaxseed
1 ⅓ cups pumpkin seeds
2 teaspoons ground coriander seeds
Pinch of sea salt
⅔ cup melted coconut oil, or more if needed
2 tablespoons Grade B maple syrup

Sesame and Sunflower Seed Butter (to boost progesterone)

1 ⅓ cups firmly packed ground
white sesame seeds
1 ⅓ cups sunflower seeds
1 tablespoon vanilla powder
1 tablespoon ground cinnamon
1 teaspoon ground cardamom
Pinch of sea salt
½ cup melted coconut oil
2 tablespoons Grade B maple syrup

1. Pulse the seeds in the food processor until crumbly. Add the spices and salt.
2. With the food processor running, slowly drizzle in the coconut oil and the maple syrup, scraping down the sides as needed.
3. Blend until the butter reaches a smooth consistency. If the mixture is crumbly, add 2 tablespoons melted coconut oil at a time until the batter is smooth.

The butters keep well at room temperature for up to 2 weeks.

*Modification

ANTI-CANDIDA: Replace the maple syrup with five drops of liquid stevia and add 2 tablespoons coconut oil to the Flaxseed and Pumpkin Seed Butter.

POMEGRANATE CRACKERS (PROGESTERONE BOOSTERS)

Estrogen balancing, rich in fiber

The sesame and sunflower seeds in these crackers can bring up your progesterone levels, which helps menstruating and menopausal women alike. Eat one 2 × 2-inch cracker per day as part of the Seed Rotation Method.

If using the oven method for baking, keep the oven temperature in the ideal range of 120°F to 150°F by leaving the oven door ajar or even wide open (most ovens do not offer temperatures lower than 150°F). This will prevent the crackers from burning and will create air circulation to dry them.



SOAKING TIME
15 MINUTES

PREP TIME
15 MINUTES

DEHYDRATION TIME
2.5-8 HOURS

MAKES Twenty 2 × 2-inch crackers

DEHYDRATION TIME 2½ to 3 hours (oven method), 8 hours (dehydration method)

EQUIPMENT Thermometer and 17 x 13-inch baking tray (for oven method), dehydrator (for dehydration method), parchment paper, whisk

PALEO

LOW FODMAP Replace the pomegranate molasses with maple syrup, coconut nectar, or blackstrap molasses. Replace the dried cherries with unsweetened cranberries.

INGREDIENTS

⅓ cup chia seeds

¾ cup hot water

1 cup raw chopped hazelnuts or spouted almonds

1 cup raw ground sunflower seeds, lightly packed

1 cup raw ground sesame seeds, lightly packed

½ cup unsweetened dried cranberries or dried tart cherries

½ cup pomegranate molasses2 teaspoons

cardamom powder

½ teaspoon sea salt

In a medium bowl, whisk the chia seeds in the hot water and soak for 15 minutes or until the seeds form a gelatinous mixture.

If using the oven method, preheat the oven to the lowest temperature possible, not higher than 150°F.

In a large bowl, combine the hazelnuts, sunflower seeds, sesame seeds, cranberries, pomegranate molasses, cardamom powder, and salt. Mix in the chia mixture until well combined.

OVEN METHOD

Line the baking tray with parchment paper and spread the mixture evenly, about ¼ inch in thickness. Place the thermometer in the oven to monitor the temperature.

Place the baking tray on one of the upper racks of the oven and bake for 2½ to 3 hours or until fully dried. Check the thermometer regularly to make sure the oven temperature does not rise above 150°F and the crackers don't burn.

Cut the crackers into squares and cool until hardened, about 2 hours, before storing.

DEHYDRATION METHOD

Spread the cracker mixture on dehydrator trays, about ¼ inch in thickness.

Dehydrate for 4 hours at 120°F, then cut into squares, turn over, and dehydrate for another 4 hours at 120°F.

Keep in an airtight container at room temperature for up to 2 weeks.

RECIPE: ESTROGEN DETOXING BEET SMOOTHIE

Estrogen balancing, progesterone boosting, rich in fiber, high in good fats

Try this smoothie if you are struggling with PMS; drink one glass per day during the 5 days before your period. Beets support the liver in estrogen detoxification, and carrots support progesterone production. If you can't tolerate almonds, replace them with other nuts such as raw walnuts, macadamia nuts, hazelnuts, or pecans. Adding hemp seed will boost the content of omega 3 fatty acids, which is anti-inflammatory and can help mitigate PMS symptoms.



PREP TIME
10 MINUTES

SUPPORTS
PALEO, LOW FODMAP

SERVES: 2

EQUIPMENT: High-speed electric blender

INGREDIENTS

- | | |
|---|-----------------------------------|
| 1 ½ cups filtered water | 1 tablespoon minced ginger |
| ½ cup coarsely chopped carrots | 1 tablespoon ground flaxseed |
| ½ cup coarsely chopped peeled beets | 1 tablespoon hemp seed (optional) |
| ¼ cup raw almonds | 1 teaspoon ground cinnamon |
| 1 tablespoon pumpkin seeds | ½ teaspoon vanilla extract |
| 1 ½ tablespoons freshly squeezed
lemon juice | ¼ teaspoon ground cloves |
| | Pinch of sea salt |
-

Add all of the ingredients to a blender and puree until silky smooth.

Refrigerate in an airtight container for up to 3 days.

*Modification: Low FODMAP: Replace beets with carrots and almonds with pecans or macadamia nuts.

OTHER WAYS TO ADD SEEDS TO YOUR DAILY DIET:

- Sprinkle on top of salads
- Add to soups
- Add to smoothies (you can use whole seeds; the good blender will grind them)
- Have it in a glass of water

Be sure **to not cook** the seeds.

HOW TO GET THE MOST OF THE SEEDS (SOAKING, GRINDING, STORAGE TIPS)

Over the years, we have received many questions about soaking, grinding and storing the seeds. I have collected them here so it's easy for you to get the most benefit from the seed rotation.

SOAK OR NOT TO SOAK?

Soaking is optional and not necessary, but many people, especially those who experience digestive issues, feel that they digest the seeds better after they are soaked. If you decide to soak, do so for 6 to 12 hours (soaking for more than 12 hours will result in mushy seeds) and change the water, if you can, 2-3 times.

If you do soak them, you will need to dry the seeds in a dehydrator or in a regular oven. If you use an oven, pick the lowest temperature and keep the oven doors ajar so you maintain 110 to 140 F oven temperature. If using a dehydrator, follow the seed dehydration instructions.

Do not store the soaked seeds in the refrigerator for more than 12 hours as they will grow mold - which is toxic. Dehydrate them as soon as they are done soaking.

GRIND AT HOME, BUY PRE-GROUND, OR BUTTER FORM?

Flaxseed, when ground or pressed into oil, is highly volatile and can go rancid very quickly. It's therefore key NOT to purchase pre-ground flaxseed (also called flax meal). To get the most medicinal benefits from ground flaxseed, freshly grind them yourself.

The other seeds; pumpkin, sunflower and sesame are not as sensitive, it is therefore acceptable to purchase them in butter form. Many health food stores, in the refrigeration section, sell raw pumpkin, sunflower and sesame seed butters. Be sure they are free of preservatives, additives and that the ingredient list only states, for example: "Ingredients: Pumpkin seeds."

However, it is more economical to buy the seeds in the bulk section of the health food store in whole form and grind them yourself.

I'm a highly practical person and do not always have the time to daily grind the seeds. I therefore pre-grind them for 4 to 5-days worth of supply and keep them refrigerated in an airtight container.

WHAT GRINDER TO USE?

You can use a regular spice or coffee grinder such as [Krupps](#) or [Quiseen](#).

If you drink coffee and use the coffee grinder regularly, I recommend you get a designated grinder. The smell of coffee will penetrate and take over the taste of the seeds.

HOW TO STORE THE SEEDS?

Ideally, you would freshly grind the seeds each morning. In reality, you can save time by pre-grinding the seeds for a 4 to 5-day worth of supply and refrigerate them in an airtight container.

PRINTABLE GUIDE FOR CYCLE CHARTING

Print the guide on the next page, and mark off the days to help you track where you are in your cycle and chart which seeds you used on what days. It's a bit like taking the pill, only so much more health-promoting and natural!

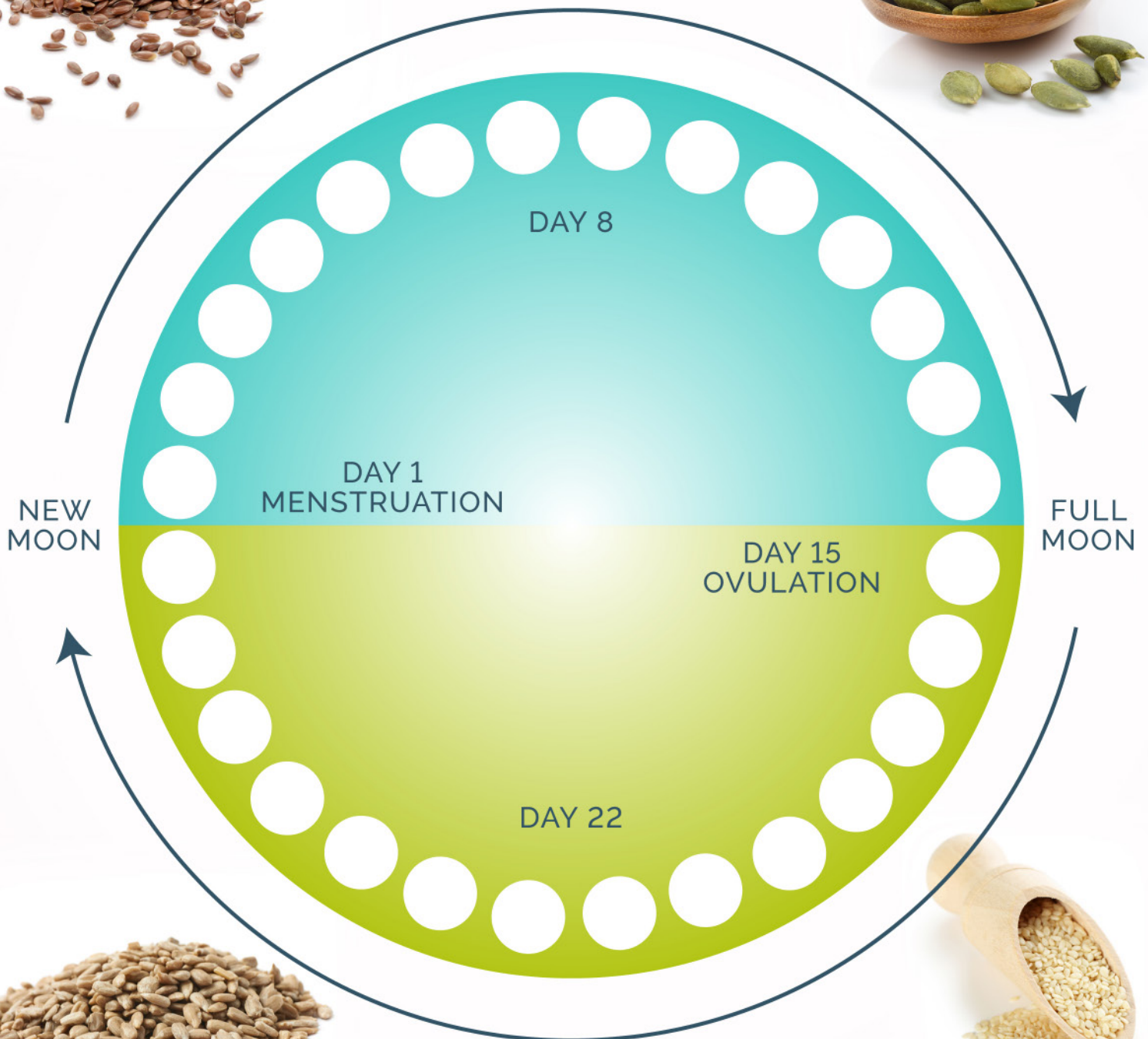
Chart Your Cycle

USE 1 TABLESPOON OF EACH SEED, GROUND

DAYS 1 - 14:

FLAX SEEDS
(GROUND)

PUMPKIN SEEDS
(GROUND)



DAYS 15 - 28:

SUNFLOWER SEEDS
(GROUND)

SESAME SEEDS
(GROUND)

ARE ESTROGENIC FOODS (SUCH AS FLAXSEED) BAD FOR YOU?

There is a fear of estrogen-containing foods, such as flaxseed, which is **not only wrong and unjust** but can also **prevent you from reversing** symptoms of estrogen dominance quickly and effectively.

Just because you experience estrogen dominance, it does not mean you should stop ingesting gentle estrogens found in food. You need estrogen - as a woman you need it to have healthy breasts, butt, periods, glowing hair and skin, etc. The issue is not to cut out estrogen **but to break it down properly.**

Most women with estrogen dominance do not suffer because of too much estrogen but because they are not breaking down and evacuating these estrogens well enough. Flaxseed **can help shift estrogen metabolism** from the "dirty" estrogen in the direction of the "clean" ones.

The only thing you want to remove from your life as much as possible are xeno-estrogens which are synthetic estrogens that mimic estrogen without doing the right work. They are found in all commercial skin care products, perfumes, and cleaning products.

Having said that, I have met a few women (they are the minority) who have a **paradoxical response to flaxseed** - their estrogen dominance symptoms worsen. If that's you (be sure not to make any other significant changes during this time), please stop flaxseed and look into the [supplement protocol](#) to see how else you can support estrogen metabolism.

The other benefits of flaxseed are the high contents of both **soluble and insoluble fiber** which are essential to have a good bowel movement each morning. To reverse estrogen dominance, you need to evacuate all toxins, metabolized estrogens included, on a regular basis - this is why having a regular bowel movement is key.

HOW TO ALIGN YOUR CYCLE AND SEED ROTATION WITH THE MOON?

A great ancient wisdom you might want to consider is to sync your cycle with the moon.

Have you noticed that during the full moon your sleep might feel disturbed and restless?

Traditionally, women's menstrual cycles would sync up with the phases of the moon: they would ovulate during the full moon and start to menstruate with the new moon (when it's at the thinnest crescent).

This is called a **White Moon cycle**, and it is considered to be "the norm." The full moon is linked to ovulation (the most fertile time of a woman's cycle) because it is the most fertile time for nature in general: plants and crops get a burst of extra light at the full moon, and the ocean tides are higher. It's as if the earth itself is renewed by the full moon energy.

However, some women bleed with the full moon and ovulate with the new moon – this is called a **Red Moon cycle**. Typically these women were the witches, healers, and midwives within the community. If you are a Red Moon woman (and that's me), it doesn't mean you are any less healthy or "attuned" to the moon — in fact, a Red Moon cycle brings its own uniqueness and traits such as a strong personality!

If your cycle is regular, observe how it is aligned with the moon. For example, on Day 1, which is the first day of your period, step outside and check the moon. Jot it down. If it's cloudy, check it online. The idea is not to change your cycle or force any new pattern.

If you do not have a cycle, your cycle is irregular, or if you are going through perimenopause or menopause, start the flaxseed-pumpkin seed phase with the new moon. Then switch to the sunflower-sesame phase with the full moon.

FAQS AND TROUBLESHOOTING

SHOULD I SOAK THE SEEDS?

It depends on your current digestive health. See the above section about soaking, grinding and storage.

GOLDEN OR BROWN FLAXSEED?

Either one is fine. They both contain very similar nutritional profiles and are equally effective in seed rotation and metabolizing estrogens. Some people prefer the golden flaxseed because of taste but the brown flaxseed is easier to find. A reminder: Do not buy pre-ground seeds, also known as "flax meal."

CAN I CONTINUE FLAXSEED THROUGHOUT MY CYCLE?

Yes, you can. Estrogen needs to be constantly metabolized so you can support this process throughout your cycle. Some women feel good doing that. If you feel that you are becoming overly estrogenic, back off to the 14-day rotation.

SHOULD THE SEEDS BE ORGANIC?

Yes, as much as possible. You want to remove or reduce the amount of chemicals you are putting in your body, from any food you are eating. Many of the fertilizers and pesticides contain xeno-estrogens which can contribute to your estrogen-progesterone problems.

WHAT IF YOU CAN'T EAT SEEDS?

Some of our readers follow the AIP (paleo for autoimmunity) protocol which does not allow seeds and nuts. Other people are intolerant or allergic to seeds.

Even though seed rotation is a highly effective method, please **do not consume the seeds** if you know your body is rejecting them!

There are many other tools you can use to balance your hormones naturally - some of the other solutions are discussed in [this section](#).

If you want to learn how to further balance your hormones naturally, watch the FREE online workshop, [How to Use Food to Rebalance Your Hormones](#).

There are also supplements that can help to boost estrogen in the follicular phase and progesterone in the luteal phase.

WHAT IF I GET MY PERIOD 4 DAYS AFTER I START THE FLAXSEED-PUMPKIN SEED COMBO?

Start over with the flaxseed and pumpkin seed combo. Sometimes it takes a few cycles before you experience the full 28 to 30 days (or close to that).

HOW LONG DOES IT TAKE FOR MY CYCLE TO NORMALIZE?

It all depends on the person's situation.

A few factors can play a role: The degree of hormonal imbalance, stress levels, quality of diet, amount of inflammation you experience, or your history with birth control pills. Some women experience huge changes as quickly as within a few days. Others need 2 to 3 cycles.

If you feel no significant changes after 2 to 3 cycles, I suggest trying other natural tools such as diet or supplements - [covered in this section](#).

WHAT IF I'M NOT CYCLING?

If you are still in your reproductive years, start the flaxseed-pumpkin seed combo any time. You can also try to align your cycle with the moon, as described above.

WHAT IF I'M GOING THROUGH PERIMENOPAUSE OR MENOPAUSE?

Start the flaxseed-pumpkin seed combo any time, or with the new moon, as described above. Many women in this phase of their lives have reported reduction of hot flashes, night sweats, and mood swings.

WHAT IF I HAD A PARTIAL OR COMPLETE HYSTERECTOMY

If you had a partial or complete hysterectomy due to fibroids, heavy bleeding, endometriosis or cancers, it's very likely that you have been suffering from estrogen dominance (see [Part IV](#) below) for a while now. It saddens me deeply that allopathic doctors are so uninformed and unwilling to embrace the various tools and techniques that can reverse and prevent estrogen dominance as the leading cause of these symptoms, hence saving our uteruses.

In spite of a strong body of research showing the effectiveness (and no side effects) of natural modalities such as a diet (explained in more detail in [Part V](#)), [supplements](#) or [progesterone supplementation](#), the path chosen most often is a hysterectomy.

Doctors create a false sense of security that by keeping the ovaries, while removing the uterus, you will keep your hormonal balance. That is only partially true - the uterus is the main source of blood supply to the ovaries. Removing the uterus will cut that leading blood supply and the ovaries will stop, over time, to be reliable producers of hormones, including estrogens and progesterone.

In short, women who had a partial or complete hysterectomy might not experience the full benefits of seed rotation. I therefore recommend to supplement with progesterone and/or estrogens (I like the bioidentical tri-estrogen products) - the latter should be done under the supervision of a functional practitioner.

SUPPLEMENTS FOR ESTROGEN BALANCE AND PROGESTERONE BOOST

If you can't eat seeds or if you want to amplify the effects of seed rotation, you can also add the below supplements.

Follicular phase: supplements to boost estrogen metabolism (Day 1 to 14):

- [DIM](#) - supports the beneficial metabolism of estrogen and its antagonistic metabolites. Recommended dose: 100 to 200 mg per day.
- [Sulforaphane](#) - a powerful antioxidant that supports detoxification in the liver pathways responsible for metabolism of harmful estrogens. Recommended dose: 500 to 1000 mg per day.
- [Calcium D-Glucarate](#) - a key compound needed by the liver to neutralize harmful estrogen. Recommended dose: 150 to 250 mg twice per day.

Luteal Follicular phase: supplements to boost progesterone production (Day 15 to 28)

- [Vitamin E](#) - can help to improve luteal blood flow and raise progesterone levels. Use the tocopherol form. Recommended dose: 60 mg per day.
- [Zinc](#) - helps the pituitary gland to release follicle-stimulating hormones (FSH) which encourages ovulation and progesterone production. Recommended dose: 30mg per day
- [Evening Primrose Oil \(EPO\)](#) - can help with PMS, breast pain and mood swings. Recommended dose: 1,000 to 3,000mg per day

If you have lost your uterus due to full or partial hysterectomy, see some of the hormone supplementation suggestions below.

Supplements

FOR ESTROGEN BALANCE AND PROGESTERONE BOOST

DAY 1 TO 14 | FOLLICULAR PHASE SUPPLEMENTS TO BOOST ESTROGEN METABOLISM



DAY 15 TO 28 | LUTEAL FOLLICULAR PHASE SUPPLEMENTS TO BOOST PROGESTERONE PRODUCTION

WHAT ABOUT BIOIDENTICAL HORMONES?

I'm of the opinion that going straight into using bioidentical hormones is like substituting one pill for another; switching from one prescription medication to another.

Bioidentical hormones have their place but they can also temporarily mask the underlying root causes of hormonal imbalances (such as poor diet, stress, toxicity). When these root causes remain unaddressed (because you temporarily feel better on the bioidenticals), many, often more serious conditions can develop over time.

For example, I have seen many women develop autoimmune conditions after years of unaddressed digestive problems who also had hormonal issues with their thyroids. Because they were "managed" with bioidentical hormones, they let their guard down, never addressed the autoimmune element which eventually backfired resulting in an autoimmune disease like Hashimoto's or others.

Therefore, I advocate balancing your hormones in this order of priorities:

1. Dial in your diet (anti-inflammatory foods, good gut health, healthy liver, and stable sugar levels).
2. Add natural tools such as the seed rotation.
3. Only then, add the supplements.
4. If that's not enough, consider bioidentical hormones.

Bioidentical hormones are not the same as hormone replacement therapy (HRT). The latter uses synthetic hormones, like the ones used in the Women's Health Initiative (WHI) which caused millions of women and doctors to fear hormones due to the increase in breast cancers and cardiovascular conditions during this study.

These are the three hormones most often used in women:

- Progesterone
- Estrogen
- DHEA/Testosterone

Some women can function beautifully without taking any supplemental hormones. Others might need progesterone only, and some might need all three. Furthermore, your body changes and over time you might see a need to increase some and decrease or drop others.

Progesterone is my favorite bioidentical hormone. It's benign (caveat on this below), and generally safe, causing very few side effects. If you suffer from symptoms of low progesterone

(stated further in this document), and are either in perimenopause or menopause, seed rotation, supplements or progesterone cream can help to get you back on track.

The brand of progesterone I use is [ProgestPure](#).

Menstruating women - use progesterone cream during the luteal phase which is day 14 to 28 of your cycle (day 1 is the first day of your period). Perimenopausal and menopausal women - use progesterone cream 25 days on and 5 days off. Apply on top of your feet, collarbones, inner wrists or neck. It's best that you cover the application area or do not touch your partner - hormones can get absorbed by him which isn't such a good idea!

When it comes to supplementing with estrogens (typically estrone (E1), estradiol (E2) and estriol (E3)), or DHEA/testosterone, I recommend that you work under the supervision of a functional practitioner who has years of experience with bioidenticals. Estrogens and DHEA/testosterone can be tricky and if you do not break them down properly, this can lead to worsening symptoms and even development of hormonal cancers, fibroids and endometriosis.

If you need practitioner recommendations, please briefly describe your condition and email us at support@hormonesbalance.com - we will connect you with a trusted practitioner. I personally no

longer offer 1:1 consultations.

Who should not use bioidentical hormones?

If you or your family has a history of breast, uterine or ovarian cancers, please consult your doctor to get clearance on using any bioidentical hormones. Women who do not break down estrogens, DHEA or progesterone the right way (producing more of the antagonistic metabolites) are also at higher risk.

WHAT DO BALANCED HORMONES LOOK LIKE?

Your hormones are responsible for how you think, feel, and look.

A woman with balanced hormones is sharp and upbeat, with a good memory. She feels energetic without caffeine during the day, falls asleep quickly, and wakes refreshed. She is blessed with a healthy appetite and maintains a desired weight with a good diet. Her hair and skin glow. She feels emotionally balanced and responds to stress with grace and ease. When menstruating, her menses comes and goes with no or little PMS. She has an active sex life. She can maintain a full-term pregnancy. When entering perimenopause or menopause, she slides into a new phase of life with ease.

If that doesn't describe you, your hormones are imbalanced. Don't despair. You are not alone. Millions of women experience hormonal imbalance. The good news is, you can rebalance your hormones naturally and resolve your symptoms.

Most conventionally trained doctors tell us that the only way to control our hormones is by taking birth control pills, undergoing hormone replacement therapy, applying creams, or even removing our organs, such as the uterus.

I want you to know that these are not your only options. There are gentle and self-honoring methods for taking care of your body that will bring about the sacred balance you so deserve.

I know that your doctor has probably never explained the key role of the digestive tract, sugar balance, the liver, or food in rebalancing your hormones. The reasons are numerous, but still inexcusable.

For one, doctors receive only a few hours of clinical training in nutrition and no education at all on the critical role of the gut in your overall health.

Medical training also does not connect the dots between the health of the liver and sugar levels to overall hormonal balance. If that isn't disturbing enough, one of my colleagues, a Harvard-educated doctor, said that using food as medicine "isn't sexy enough" when compared to inventing the next celebrated drug.

Given the medical establishment's perspective, it is high time we acknowledge that we have a personal responsibility to regain and maintain our health.

Whatever your reason for being here, I'm so glad our paths crossed. You are open-minded, proactive, smart, and resourceful. You refuse to see a pill as the only answer.

I hope you share what you learn here with at least three other women you love and respect. She can be your mother, your daughter, your co-worker, or your friend. She can be someone you barely know but you can see she's struggling. Together, we can have an incredible impact on the healing of women everywhere. In this guide, you'll learn how you can achieve this without pills, magic potions, or gimmicks.

Seed rotation is one great tool to get you to a place of balance. If it does not give you full symptoms resolution, do not give up on natural ways to balance hormones - there are more tools explained at the bottom of the article.

PART IV: UNDERSTANDING ESTROGEN DOMINANCE

DEEP DIVE INTO ESTROGEN DOMINANCE AND ITS SYMPTOMS

This is a hormonal imbalance which I see in 70% to 80% of women, yet, most do not realize that they are experiencing it.

I covered earlier in this guide that the symptoms of estrogen dominance can include PMS, mood swings, hair loss, weight gain around the hips and thighs, water retention, cellulite, fibroids, endometriosis, breast lumps, fibrocystic and painful breasts, fatigue, hair loss and low thyroid function. In men, estrogen dominance can manifest as prostate problems and "man boobs."

Estrogen dominance happens when any of the three scenarios are present.

First, when estrogen is broken off into too many "dirty" estrogens known as "antagonistic estrogenic metabolites. This will show up in the 2:16 hydroxyestrone markers that can be measured in blood. More sophisticated hormone tests like the urine DUTCH test require a practitioner's interpretation and offer a more detailed picture of the various estrogenic metabolites.

In the second scenario, you could have more estriol (E2), the antagonistic estrogen, compared with estriol (E3) and estrone (E1), which often happens when many xenoestrogens, or synthetic estrogens (such as birth control pills), are present in your life.

In the third scenario, you might have insufficient progesterone to oppose estradiol (even if your estradiol levels are within range).

Visceral fat also produces estradiol. Women with high testosterone levels (and often PCOS) can suffer from estrogen dominance too. This is because testosterone gets converted to estradiol in the aromatization process. Inhibiting this process can break the cycle of estrogen production and relieve symptoms of estrogen dominance.

In my experience, estrogen dominance is one of the easiest hormonal imbalances to correct. Seed rotation is one easy tool and it works for many women. If you tried it but your symptoms have not lessened, look deeper into:

- Your overall diet: the most critical organ is your liver which is tasked when it has to detoxify you from estrogens
- Supplements that facilitate estrogen metabolism
- Progesterone supplementation

WHICH GENES ARE MAKING YOU MORE PRONE TO ESTROGEN DOMINANCE?

Genetics can play a role in how well (or poorly) you metabolize estrogens. The key SNPs (pronounced as "snips") you want to pay attention to are: COMT, CBS and MTHFR.

The COMT gene is responsible for proper metabolism and excretion of estrogens.

The CBS gene is responsible for breaking down sulfur found in foods. Sulfur is an important ally in liver detoxification (also partly responsible for estrogen metabolism), therefore poor sulfur processing can lead to estrogen issues.

MTHFR genes are responsible for methylation which can impact estrogen metabolism as well as a hundred other bodily processes from vitamin B12 metabolism to mental health, and certain cancers.

Genetics are a new, upcoming and evolving science only few fully understand at this point. If you are interested in this area, order your genetic testing through 23andme.com. At the time of writing, 23andme is not allowed to interpret the results for you. You can use services such as [Toolbox Genomics](#) to get help. "[Dirty Genes](#)" by Dr. Ben Lynch is a great book about understanding your genetics and how to "clean" them with diet and lifestyle changes.

DIVE DEEP INTO LOW PROGESTERONE AND ITS SYMPTOMS

I feel that progesterone is such a highly underestimated hormone in women's health. Not only is it vital in opposing estradiol, the most aggressive estrogen, to prevent and reverse estrogen dominance, but it's also responsible for:

- Good quality sleep
- Fertility and holding on to pregnancy
- Feeling happy and grounded (as opposed to feeling anxious)
- Mitigating hot flashes and night sweats
- Preventing painful and fibrocystic breasts
- Preventing and reversal of breast, ovarian, uterine and thyroid cancers
- Reducing PMS
- Reducing hip and thigh weight gain and cellulite

Isn't that powerful?

Progesterone is produced mainly in the corpus luteum and the ovaries but small amounts are also made in your adrenal glands. It is involved in the following important cascade, which is critical to female hormone balance:

- Your body uses cholesterol to make pregnenolone, which is often called the "mother of all hormones."
- Pregnenolone is then converted into progesterone.
- Pregnenolone is also the precursor hormone for estrogen and testosterone.

One of the biggest causes of low progesterone is stress. How? During the time of stress, we produce excess cortisol (the stress hormone). Both progesterone and cortisol are produced from the same "mother hormones" - pregnenolone. When you are in chronic stress, the body will always divert the available pregnenolone to produce higher amounts of cortisol to help you get through stress.

This means there might not be enough to produce sufficient levels of progesterone. This is called "pregnenolone steal" and it's the leading cause of low progesterone problems.

Both the seed rotation explained in this document, [supplements](#) and/or [progesterone supplementation](#) can help replenish low progesterone levels.

However, please also remember to reduce stress - seed and supplements alone will only get you so far.

HOW SEED ROTATION CAN HELP LOW THYROID AND HASHIMOTO'S?

It's very seldom that a woman experiences one hormonal imbalance only. In the case of hypothyroidism and Hashimoto's, I often see these combinations:

- hypothyroidism and estrogen dominance
- hypothyroidism and adrenal fatigue
- hypothyroidism and menopause (low estrogen)
- hypothyroidism and PCOS (high blood sugar levels and/or high testosterone)

Since this document is about estrogen dominance, let's take a look at how excessive estrogen (or high levels of the harmful estrogenic metabolites) affect the thyroid:

- Estrogen dominance can be the cause of [thyroid nodules](#) and even [thyroid cancer](#)
- Excessive estrogen can cause an increase in the Thyroid Binding Globulin (TBG), the

latter binds the thyroid hormone, making less of it available for the body to utilize. This will worsen the symptoms of hypothyroidism.

The seed rotation method can be an easy and inexpensive way of rebalancing your estrogen levels.

PART V: OTHER HORMONE BALANCING TOOLS AND PROTOCOLS

WHAT IF SEED ROTATION ISN'T WORKING FOR YOU?

Not all women respond favorably to seed rotation. This can happen due to a few possible reasons:

1. Food intolerances or allergies

It could be that you are having a food intolerance or allergy to some of the seeds used in the seed rotation. If you develop digestive issues or your estrogen dominance symptoms worsen, you may be intolerant. In this case, you need to stop immediately and seek other options (see below).

2. Paradoxical response

Some women are having a paradoxical reaction to flaxseed - instead of feeling the lifting of symptoms, they feel worse. This does not happen often but it may happen - probably due to genetics or your individual bio-chemistry in how you break down the estrogens to metabolites is not complementary. In this case, you need to stop immediately and seek other options (see below).

3. Digestive issues

Some people experience such dire digestive issues that the lignans and fiber found in the seeds might be too much to tolerate. If you are following the AIP diet, to implement the seed rotation, you would need to wait (and heal your gut) until you are ready to re-introduce the seeds.

4. Inflammation

Sometimes a person can experience so much overall inflammation in the body that the seed rotation alone simply isn't enough to balance hormones. Inflammation can be the result of eating or drinking inflammatory foods (such as gluten, dairy, sugar, sodas, coffee or alcohol), living a highly stressful existence, taking prescription or recreational drugs, or living in a toxic environment.

For ideas how to reduce inflammation, see the below section.

5. Lack of uterus

If you have had a partial or complete hysterectomy, seed rotation might not work for you. But do not worry, there are many other tools you can try to rebalance your hormones naturally, see below.

WHAT ARE YOUR OTHER HORMONE BALANCING RESOURCES?

Seed rotation is just one of many tools. If you can't eat seeds (because of a food intolerance or a protocol you are following) or seed rotation has not helped your symptoms, do not give up - there are many other tools and resources for you to consider.

Online Content and Community

My [blog on Hormones Balance](#) is full of great content and recipes - come check it out.

You are invited to join our closed private online group [Hormone Thrivers](#) which is a thriving community of supportive and curious women seeking natural hormone balance. We are there to support you so come on over and join!

Full Program Viewing - 8 Day Exclusive Access

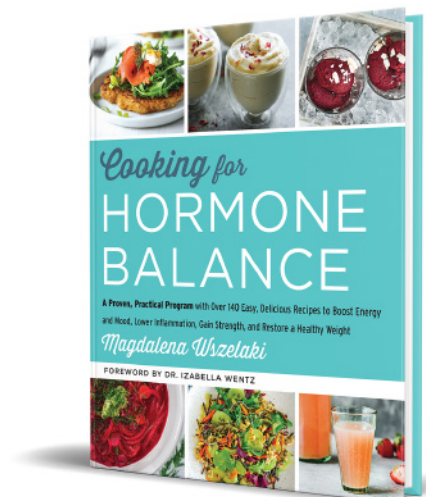
As always, I encourage you to change your diet first. Some women are so grossly inflamed from the wrong foods (even the healthy ones), prescription drugs, or stress, that seed rotation just isn't enough.

If you want to know more about how to modify your diet to support the various hormonal imbalances, join our exclusive and [FREE 8 day access](#) to lectures from the full Cooking for Balance program.



Protocol Cookbook

If you are more inclined to following a cookbook, check out the best selling [Cooking for Hormone Balance](#) protocol cookbook - it contains estrogen balancing protocols that include loads more options than seed rotation - and includes food and supplements.



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DISCLAIMER

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