

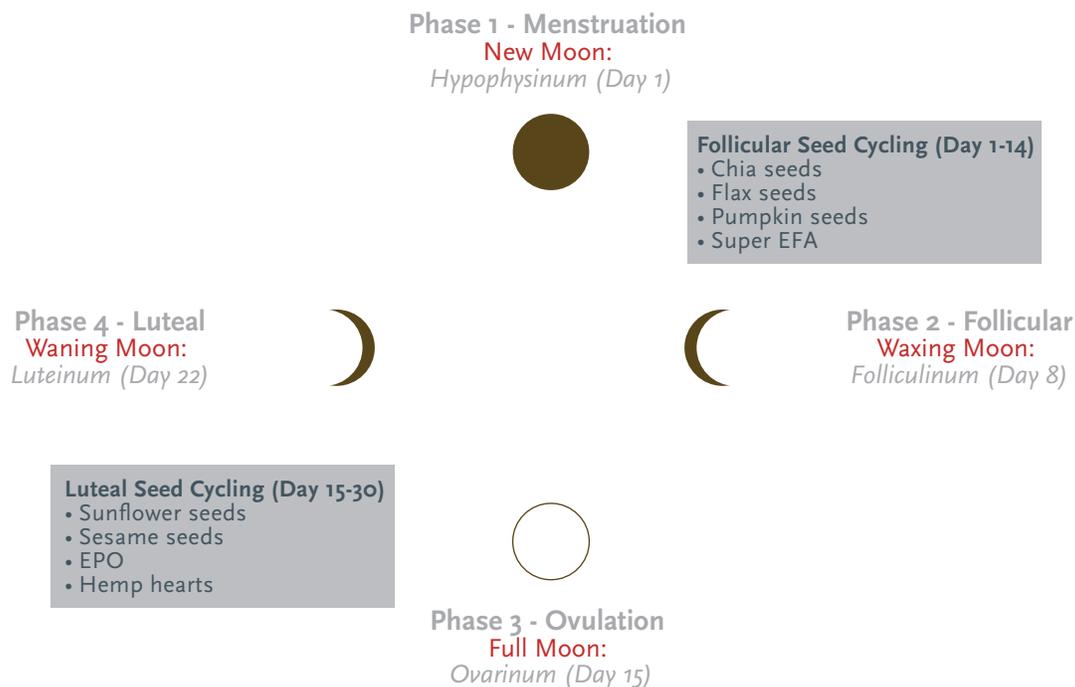


# Dr. Heidi Lescanec ND

NATUROPATHIC MEDICINE & CULINARY NUTRITION

CLINICAL RESOURCES

## Seed Cycling & Homeopathics



### Seed Cycling

The practice of seed cycling involves rotating seeds into the diet throughout the follicular and luteal phases of the menstrual cycle, with the intention of supporting the corresponding hormones. The seeds involved are high in essential fatty acids which are necessary for regular hormone production. The seeds can also be helpful in binding and excreting excessive hormones. Seeds can be easily incorporated in raw or ground form into your daily diet in smoothies, porridge, cereal, yogurt, or protein power balls. 1-2 tbsp/day is ideal.

In the first half of the cycle, the **Follicular Phase** or days 1-14, seeds that are supportive of estrogen such as flax seeds, chia, pumpkin seeds are ingested daily. Flax seeds are especially high in lignans which aid in binding to xenoestrogens in the body and then move them out through the bowels- allowing for more efficient elimination.

In the second half of the cycles, the **Luteal Phase** days 15-30, includes seeds focused on supporting progesterone such as sunflower seeds, sesame seeds or hemp hearts.

### Cycling Homeopathics (*Hypophysinum*, *Folliculinum*, *Ovarinum*, *Luteinum*)

- On the first day of each new phase of the Lunar Cycle, take one dose of the corresponding homeopathic – a total of 4 doses per month (see above).
- Carefully tap 3 pellets into the upturned cap. Do not touch the pellets.
- Then drop the dose under your tongue and allow to dissolve there. Do not chew or swallow (the medicine gets absorbed through the capillaries under the tongue and therefore bypasses the digestive system).
- Wait at least 15 minutes before and after taking to eat, drink, or brush your teeth (water is OK).
- Avoid coffee, peppermint, eucalyptus, menthol, particularly close to the time you take the medicine.