



# Natural Hormone Balance

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## The 'Pause' Playbook: Seed Cycling & Lifestyle Strategies for Women in Midlife

### Understanding the Shift

As we move through perimenopause and menopause, estrogen and progesterone naturally fluctuate and gradually decline. This hormonal transition can contribute to symptoms such as hot flashes, mood changes, sleep disruption, and changes in body composition.

While this phase is natural, we are not powerless. Using food and lifestyle strategies to support hormone metabolism, reduce inflammation, and improve cellular communication can make this transition feel far more manageable.

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### What Is Seed Cycling?

Seed cycling is a food-based practice that uses specific seeds during different phases of the cycle to support hormone metabolism and balance, rather than forcing hormone production.

- **For menstruating women:** Follow your menstrual cycle (Day 1 = first day of bleeding)
- **For menopausal or post-menopausal women:** Follow the lunar cycle (New Moon = Day 1)

### Phase 1: Follicular Phase (Days 1–14)

**Focus:** Supporting healthy estrogen metabolism

**Seeds:** \* **1 tbsp ground flaxseed** – rich in lignans that support estrogen metabolism \* **1 tbsp ground pumpkin seeds** – a source of zinc, which supports hormone signaling

**How to use:** Add to smoothies, yoghurt, salads, or soups

## Phase 2: Luteal Phase (Days 15–28)

**Focus:** Supporting progesterone balance and estrogen clearance

**Seeds:** \* **1 tbsp ground sesame seeds** – provide lignans that help regulate estrogen activity \* **1 tbsp ground sunflower seeds** – rich in vitamin E and selenium, important for hormonal and antioxidant support

**How to use:** Sprinkle on vegetables, stir into savoury dishes, or blend into pesto

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## Beyond Seeds: The 3 Pillars of Hormone Health

### 1. Support Estrogen Metabolism

During perimenopause, estrogen can fluctuate unpredictably. Supporting the liver and gut helps the body process and eliminate used hormones efficiently.

- **Eat cruciferous vegetables daily:** Broccoli, cauliflower, kale, and Brussels sprouts contain compounds that support healthy estrogen metabolism
- **Support gut regularity:** Daily bowel movements are essential to prevent hormone reabsorption. Hydration and dietary fibre matter.

### 2. Calm the Stress–Hormone Loop

As ovarian hormone output declines, the body becomes more sensitive to stress signals. Chronic stress can disrupt progesterone balance and worsen symptoms.

- **Prioritise sleep:** Aim for 7–9 hours whenever possible
- **Choose gentle movement:** Walking, yoga, and strength training help regulate cortisol more effectively than excessive high-intensity cardio

### 3. Smart, Supportive Supplementation

(Discuss with your healthcare provider)

- **Magnesium glycinate** – supports sleep quality and nervous system regulation
  - **Omega-3 fatty acids** – help reduce systemic inflammation
  - **Vitamin D3 + K2** – support bone health, immune function, and metabolic health
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### A Note on Consistency

Food-based and lifestyle approaches work gently and cumulatively.

**Commit to seed cycling and supportive habits for at least 3 months to notice meaningful changes in energy, mood, and symptom patterns.**

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### Disclaimer

This guide is for educational purposes only and does not constitute medical advice. Always consult your healthcare provider before starting new supplements or protocols.

**Discover My Hormone Support Secret**