



# How to Seed Cycle

BETTER PERIODS, **NATURALLY**

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# hi there.

I'm Jennifer. I'm a Type-A overachiever who wants everyone to think the best of me all of the time.

*Whew. That's out of the way!*

This mentality was the trigger that tanked my hormones and screwed up my periods.

I have four sweet kiddos, and was pregnant five times in six years. It took a toll on my body.

After each baby, I worked my butt off to get "back in shape", restrictively dieting and kind of punishing myself. I wanted to to be best and fittest and most present mom.

*'Cept I couldn't be.* My poor body was so **not nourished**. I dealt with the effects of malnourishment like bloating, constipation, thyroid problems, exhaustion, and of course- awful periods. After discovering Functional Diagnostic Nutrition, using the principles on myself, and feeling so much better, I now get to help women like you recover their health.

Thanks for grabbing my guide on Seed Cycling. If you want to chat more, [click here!](#)

*love, jennifer*

functional diagnostic nutritionist +  
board certified functional wellness coach





# seed cycling basics

Most period problems are due to too much **estrogen** and not enough **progesterone**.

Seed cycling works to block excess estrogen in the follicular phase of your cycle and increase calming progesterone in the luteal phase of your cycle. Aim to seed cycle for at least 3 months to see the difference, though many women feel better in month one!

*day 1-14: follicular phase*

objective: boost good estrogen

*day 15-28: luteal phase*

objective: boost progesterone



1 tbsp ground flax seed



1 tbsp sunflower seed

*jennifer woodward* NUTRITION



1 tbsp pumpkin seed



1 tbsp sesame seed

# seed cycling planner

DATES TO REMEMBER

IMPORTANT

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

S	M	T	W	T	F	S



# seed cycling dots

*You can make a smoothie with your seeds, or just eat them from the spoon. My clients prefer my Seed Cycling Dots, though!*

# 01

On days 1-14 of your cycle, you'll want to consume 1-2 tbsp of pumpkin or flax seeds to sweep excess estrogen out of the body and minimize coming PMS.

# 02

On days 15-18 of your cycle, you'll want to consume 1-2 tbsp of sesame or sunflower seeds to increase the precursors for your calming, sleepy hormone, progesterone.



## collagen seed cycling dots follicular phase (1-14)

### ingredients

- |                         |                       |
|-------------------------|-----------------------|
| 1/2 cup pumpkin seeds   | 2 tbsp cocoa powder   |
| 1/2 cup flax seeds      | 5 dates, pitted       |
| 1/2 cup dry oats        | 1/2 cup almond butter |
| 1/4 cup collagen powder | 1 tsp vanilla extract |
|                         | pinch celtic salt     |

**serves**  
7

**prep time**  
20 MINUTES

**cook time**  
NONE

### instructions

- |  |  |
|--|--|
| Use a food processor to grind the seeds until they are a fine powder.            | Add a bit of water to batter if needed to smooth it out further. |
| Add in oats, chocolate powder, dates, almond butter, vanilla, and pinch of salt. | Line a cookie sheet with wax paper.                              |
| Process until batter is smooth.  | Roll dough into 14 1-inch sized balls.                           |
|  | Refrigerate or freeze until firm and store in a glass container. |
|  | Eat 1 ball for each day of your follicular phase.                |



## collagen seed cycling dots luteal phase (15-28)

### ingredients

- |                         |                        |
|-------------------------|------------------------|
| 1/2 cup sunflower seeds | 2 tbsp chocolate chips |
| 1/2 cup sesame seeds    | 5 dates, pitted        |
| 1/2 cup dry oats        | 1/2 cup almond butter  |
| 1/4 cup collagen powder | 1 tsp vanilla extract  |
|                         | pinch celtic salt      |

**serves**  
14

**prep time**  
20 MINUTES

**cook time**  
NONE

### instructions

- |   |  |
|---|--|
| Use a food processor to grind the seeds until they are a fine powder.           | Add a bit of water to batter if needed to smooth it out further. |
| Add in oats, chocolate chips, dates, almond butter, vanilla, and pinch of salt. | Line a cookie sheet with wax paper.                              |
| Process until batter is smooth.   | Roll dough into 14 1-inch sized balls.                           |
|   | Refrigerate or freeze until firm and store in a glass container. |
|   | Eat 1 ball for each day of your luteal phase.                    |



# disclaimer

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# Thank you

*Want to know more? Want to work together for Better Periods? Book a call below!*

» book a free call

F D N - P | B C F W C



*Jennifer xoxo*