

She is YOU.

DAY 1

estrogen boost

sesame seeds  
1 Tablespoon

*Follicular Phase*

flaxseed  
1 Tablespoon

SEED CYCLING  
for  
Hormonal Balance

pumpkin seeds  
1 Tablespoon

DAY 14

progesterone boost

*Luteal Phase*

sunflower seeds  
1 Tablespoon