

Seed Cycling Chart

Nourish your fertility with

@FertilitybyErika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping individuals and couples optimize their fertility and hormones to take charge of their reproductive health.

This guide will provide you with essential information on your health journey when it comes to nutrition, irregular cycles and hormone balancing using seeds.

In case you would still feel overwhelmed and unsure about your next steps to hormone balance I offer my free **Root Cause & Cycle Mapping Session**: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

APPLY FOR ROOT CAUSE &
CYCLE MAPPING SESSION



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What is Seed Cycling?

Seed cycling is a natural method to support hormone balance by eating specific seeds during different phases of your menstrual cycle. It helps regulate your hormones, improve fertility, and promote overall cycle health.

You can use seed cycling and food as a medicine to help with PMS, acne, bloating, cravings, hormonal imbalances and so much more...

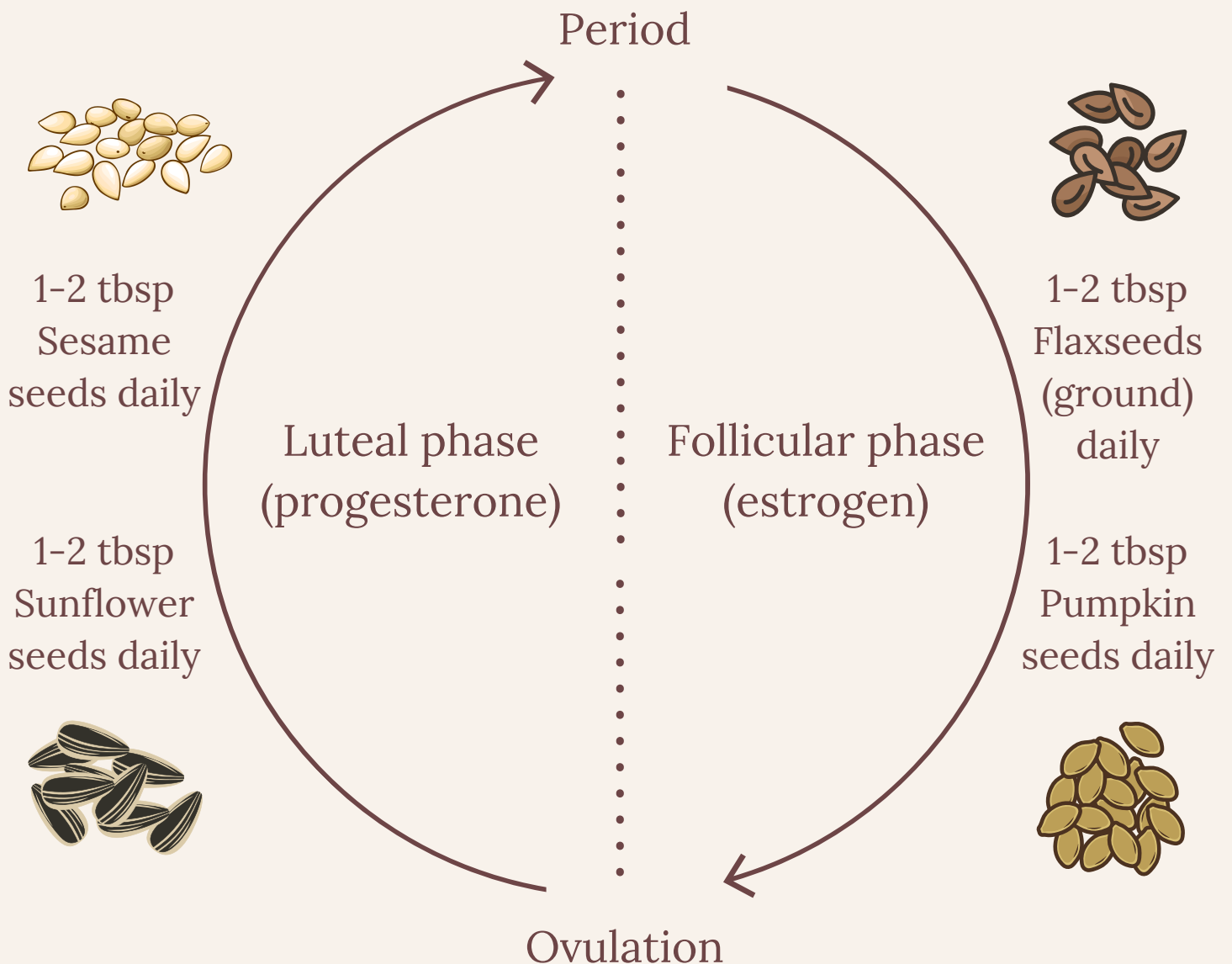
This chart will guide you during each phase of your cycle and life.



How to Seed Cycle?

Menstrual cycle

DAY 1



How to Seed Cycle if you are not menstruating?

use the Lunar Cycle



How to use seed cycling?

Seed cycling is nothing difficult to include in your daily life

Simply just take the recommended amount of seeds and eat them on their own or put them in your meals

Meal ideas to add your seeds:

Breakfast

- oatmeal
- yoghurt
- baked eggs
- smoothies
- pancakes

Lunch

- salads
- meat spice
- buddha bowls
- poke bowls
- guacamole

Dinner

- pasta sauce
- pumpkin/creamy soup
- stuffed vegetables
- burger patties

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