



Good morning!

Here we go!!!! Who is excited for today's challenge?!

Seed Cycling is a popular way to promote estrogen in the first half of the cycle and progesterone in the second half of the cycle. This may be done by women of all ages – whether they are pre-menopausal, peri- menopausal, or menopausal.



Challenge Day 1: Food TIPS!

Ladies in Phase 1 & 2: Add 1 Tbs each of ground Flax seeds & Pumpkin seeds

Flax and pumpkin seeds contains high amounts of lignans and zinc, and are typically the best foods to include in the diet to try to boost estrogen or relieve symptoms of estrogen deficiency. For example, In studies, a dose of 30 grams (4 Tbsp) of flax per day has been shown to be effective for hot flashes. The seeds must be ground, and can be mixed into smoothies, sprinkled on food (such as salads), added to soups, etc.

Caution: If testosterone is also low, be aware that flax can increase SHBG (which can bind up testosterone and reduce free testosterone).

Ladies in Phase 3 & 4: Add 1 Tbs each of ground Sesame seeds & Sunflower seeds (promote progesterone)

Sesame seeds (high in zinc) and sunflower seeds (high in vitamin E) help with progesterone production during the second half of the cycle. Low progesterone relative to your estrogen levels leads to lots of unwanted symptoms such as breast tenderness, painful periods, acne, weight gain, hot flashes and more. Not to mention that progesterone is incredible calming to our brain and we feel much better with adequate amounts.

Pro tip

We have found that for our ladies who have a hard time sleeping through the night or are waking up not feeling rested that a spoonful of coconut oil before bed is extremely helpful. Feel free to add the ground seeds to your evening coconut oil. I like to add a little cinnamon as well to make it more delicious :)

Want to hear more about this?! Want to understand WHY and shift this from something you “have heard of” to something that you start doing?

Go watch today’s video inside the program!

Make sure to take notes on how to enter to win the \$100 Visa gift card! Stock up on supplements for every phase with 30% off on Fullscript.

Here is how you participate:

1. Take a picture of you participating in Day 1 of the challenge
2. Share on [Instagram](#) and use #Zestier
3. Tag us [@zesty_ginger](#)
4. **5 Bonus entries** for referring a friend who joins Zestier. Just email us the name of your friend after they have joined.

We are so excited to have you join us in this challenge!

XOXO,

Dr. Alex & Megan