

30-Day Seed Cycling Challenge

Pre-Ovulation Phase

Eat one tablespoon each of freshly ground flax and pumpkin seeds from Day 1 of your Period-through Ovulation (Pre-Ovulation Phase) or New Moon to the Full Moon if you are not menstruating.

Post-Ovulation Phase

Eat one tablespoon each of freshly ground sesame and sunflower seeds from Ovulation until your Period begins (Post-Ovulation Phase) or Full Moon to New Moon if you are not menstruating.

Eat the respected seeds each day for 3 months and see if you notice any differences in your mood, sleep, and or skin. If you are currently having a cycle you may notice your period becoming more regular, symptoms of PMS decreasing, clear skin, and an overall feeling of a greater balance.

Don't know when you are ovulating? Join our next Introductory Session of the Creighton Model FertilityCare System!
www.ashwoodfertilitycare.com



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January 2021

S	M	T	W	T	F	S
		05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	02	03			

LIVE Training - Tuesdays @ 12:30 PM CST
LIVE Q&A - Wednesday @ 12:30 PM CST
in the Facebook Group



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Accountability: _____

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