

How to Seed Sync with Moon Seeds



Empty one Moon Seeds pouch into a spice grinder, food processor, or high speed blender.

What is seed syncing?

How does it work?

Sometimes called seed cycling, it's a nutrition-based practice that can help balance hormones, naturally.

Menstruators consume organic brown flax and pumpkin seeds daily during Phase 1 and then sunflower and brown sesame seeds daily during Phase 2.

Can you explain the two phases?

Phase 1 (days 1-14) begins with the first day of your period, includes menstruation, and is called the Follicular Phase. Days 15-28 characterize Phase 2, which includes ovulation and is called the Luteal Phase.

What benefits can I expect from seed syncing

- More regular periods
- Reduced cramps
- Clearer skin
- Minimized mood swings
- Less menstrual migraines
- Better sleep quality
- Improved fertility
- Reduction in PCOS symptoms

"After being on the pill for 15 years and then not having any bleeding for 7 months, I finally had my first natural period. As an athlete and fitness enthusiast, seed syncing makes me feel empowered. My health is in my own hands and it is beyond exciting to effectively manage symptoms naturally."

-Abbey K.
User Experience Designer & Personal Trainer

"It's been four months since I've been seed syncing, and my new blood test result shows that my hormone levels increased significantly!"

-Kyu K.
Marketing Manager

Start your journey to a better period



Organic Moon Seeds

Organic Moon Seeds provide the exact quantities of organic, raw seeds needed to practice seed syncing each month.

Toss seeds into your morning smoothie or utilize our Kitchen Ritual recipes to make your own energy bites or seed butters.

Starting at \$0.83/day

[SHOP NOW](#)

Organic Moon Bites

40g energy bites that include the exact quantities of organic, raw seeds needed daily to practice seed syncing.



Perfect for a quick breakfast, and great for anyone who's always on the go. Moon Bites are gluten free, dairy free, and soy free.

Starting at \$2.68/day

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