



Does the Moon make your Hormones go Crazy?

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Mother Nature's Medicine: The Moon, Menstruation, Seed Cycling & Castor Oil Packs

Have you ever wondered if the full moon is controlling everything from your sleeping patterns to how irritable you feel when you're stuck in traffic? Is the moon like a puppet master directing your every move? It's possible, right?

In case you didn't know, it's no coincidence that your menstrual cycle is the same number of days, as the days on the calendar, as is the full rotation of the moon around the earth.

Everything is interconnected and the moon is controlling much more than you think. Makes sense, agreed? You're in the right place because we're going to discuss how the moon cycles impact your hormones and help you discover the pros and cons of seed cycling for hormone imbalance.

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Beyond the days of your monthly menstrual cycle, it has an impact on every aspect of your physiology, not only your hormones.

It's most notable in your moods and key symptoms of [unbalanced hormones](#), your problems with your period and infertility, and even your low levels of the nighttime hormone melatonin, affecting how well you sleep¹.

Mother Nature's Medicine: Seed Cycling and your period problems.

You see, [mother nature carries many secrets up her sleeves on how to work with the moon cycle, for your menstrual problems.](#)

Eating seeds is one way, in what is known as the practice of seed cycling, and is said to possibly support healthier periods cycles.

However, another easier, often better tolerated alternative for those who can't eat seeds frequently and repetitively, as required in seed cycling, is "Single" Seed Cycling done with [Queen of the Thrones® Castor Oil Packs](#).

The traditional seed cycling protocol alternates what seeds to eat at different times of the month according to your hormones and the moon: flax, pumpkin, sesame and sunflower seeds.

One downfall for many women with hormonal problems is that these seeds can cause digestive distress when repeatedly consumed, creating a [leaky gut](#) or aggravating a pre-existing condition.²

Additionally, it can become a hassle preparing the seeds, coordinating when to eat each kind, and finding new recipes to keep things exciting. Many often start this protocol with the best of intentions but give up shortly after starting. Sound familiar?

"Single" Seed Cycling, on the other hand, soothes digestive distress and is simply less hassle, by using [Queen of the Thrones® Castor Oil Packs for Liver](#), instead of eating seeds.

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"Single" Seed Cycling is supportive of healing from the outside in.

Therefore, it's a great alternative if you're tired of taking so many supplements and would rather do a self-care practice as easy as wearing a [Queen of the Thrones® Castor Oil Pack for Liver](#) or using the [Queen of the Thrones® Hormone Balance & Detox Kit](#), on a different part of the body, at different times of the month according to the moon cycles.

Plus, there's an additional bonus with "Single" Seed Cycling with [Queen of the Thrones® Castor Oil Packs](#).

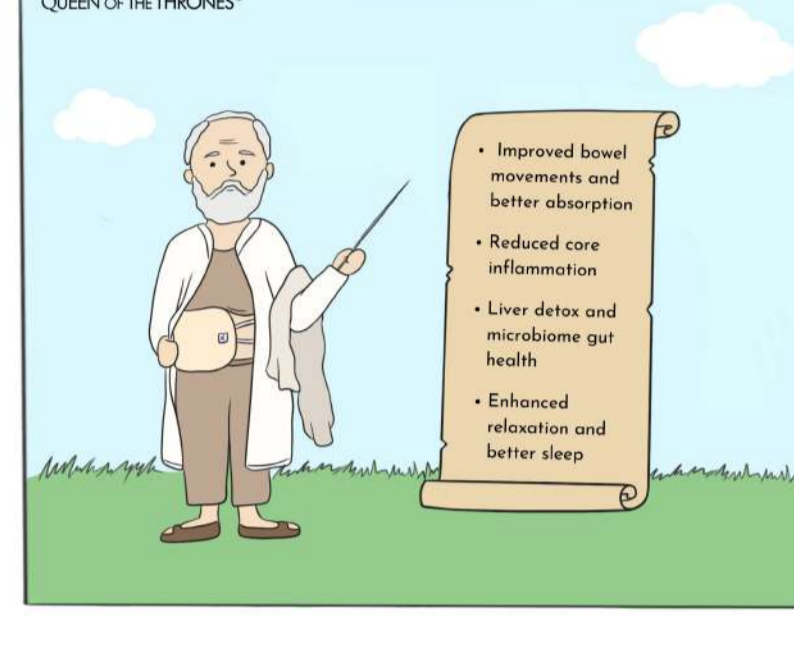
You see, because there are many more benefits with using [Castor Oil Packs](#), which are a traditional therapy that have been used as a healing practice since the beginning of time, first with the Egyptians and even the father of medicine, Hippocrates.

The benefits of these [Castor Oil Packs](#), beyond supporting hormone cycling include, but are not limited to supporting:

- Improved bowel movements³ and better absorption⁴
- Reduced core inflammation⁵
- Liver detox⁶ and microbiome gut health^{7,8,9,10}
- Enhanced relaxation and better sleep^{11,12,13,14}

Sounds good, am I right? It's clearly a natural choice that's so much easier to do, with so many benefits. Makes sense, agreed?

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Mother Nature's Medicine: Chronobiology for your menstrual cycle

It's nice to have options and tools to support the optimization of your period and hormone balance, that work with the rhythms and cycles of nature, right? This is a branch of medicine known as chronobiology.¹⁵

So, since we are biological beings, these practices aren't simple folklore, but show clinical practice evidence that we are affected by the moon. Plus, this is one of many ways our bodies keep time.

We may not be as intensely possessed by the moon as say a werewolf, but hey, we all have our hormonal moments now, don't we? Some of us do become rabid beasts at that time of the month when the moon is shining bright, right?

Think of it like this: You've had a bad day, you look at the calendar and you see it's a full moon. Is it a coincidence?

Maybe, maybe not.



What's the research about the moon, seed cycling & hormones?

Preliminary research is in the works, one study of interest done at old age homes couldn't find a connection between weird mood changes and the full moon.¹⁶

However, it was done with an elderly population in an old age home, at a time in life when hormone levels are at their lowest. With moods and the moon being highly interconnected to your hormones¹⁷, not the best people to study to find the truth. Agreed?

So if one study that may have not had the best methodology says it's not connected, it doesn't mean it's hocus pocus. It just means we need more research or clinical practice.

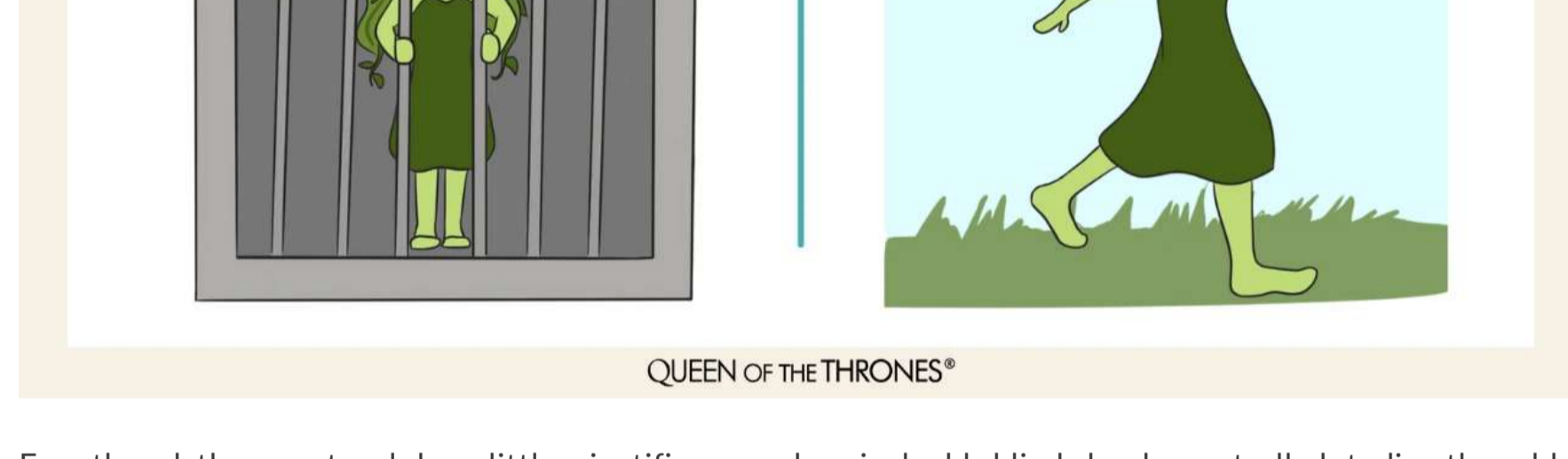
Clinical experience: The moon, hormones & seed cycling

Just ask any nurse who has worked an emergency shift on a full moon, they will give you their side of story, usually including how crazy and full of patients the hospital can get on those crazy full moon eves.

It's enough to make sure you look at the calendar for where the moon cycle is at before booking an important procedure or going under the knife! Agreed?

You see, what I love about research is that it can come in the forms of clinical study, but also from a clinical practitioner's perspective through patient observation.

The traditional seed cycling protocol, along with the easier reinvented "Single" Seed Cycling was developed along these lines, from functional integrative medicine practices and health and wellness coaches, much like yourself.



Even though these protocols have little scientific research, as in double blind placebo controlled studies, the gold standard in medicine. The lack of this research doesn't make it wrong, it just hasn't been studied that way yet, and may very well never be studied that way for various reasons, two of which I'll discuss here.

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Mother nature only likes to be tested in her natural environment

The most important one being that mother nature isn't the type to be put into a box and given only 2 variables to work with.

Mother nature is a product of her environment, and as such, there are millions of variables at play in the environment, the temperature, the wind, the sunlight, the food and nourishment, the exercise, the practices, the social contact, and the list goes on and on.

So, this makes it hard to study scientifically, especially using a double blind placebo scientific method. There are simply too many variables to test in nature and natural environments. Makes sense, right?

Mother nature doesn't have deep pockets to pay for studies

The lack of funding for studies such as these impacts the understanding of the true effect of this practice. Deep pockets like those in the pharmaceutical industry fund studies that go towards new drugs, not natural medicine protocols.

Moreover, what we do know helps illuminate our choices of care in integrative and functional medicine settings. As a practitioner, when you're prescribing protocols like seed cycling, it's often a combination of an in depth understanding of physiology of how the body works from a "functional" perspective¹⁸, as well as the knowledge of the ingredients used, such as flax seed, well known for its effects in hormonal health.¹⁹

Combining these, along with clinical observation and experience of the practical use of mother nature's tools, like the traditional seed cycling protocol or "Single" Seed Cycling, using [Queen of the Thrones® Castor Oil Packs](#), are both ethical protocols because they're not likely to cause harm and may even provide benefit beyond what is hypothesized.

Except in the case of traditional seed cycling. Although seed cycling is one of the most highly popularized natural food and lifestyle-based practices for hormone balance, it has the worst compliance.



But why?

Well, because of digestive disturbances from repetitively eating the seeds and the hassle of preparation, seed cycling has the worst compliance. Makes sense, agreed?

The "Single" Seed Cycling protocol with [Queen of the Thrones® Castor Oil Packs](#) is an easier, often better tolerated alternative that overcomes these objections.

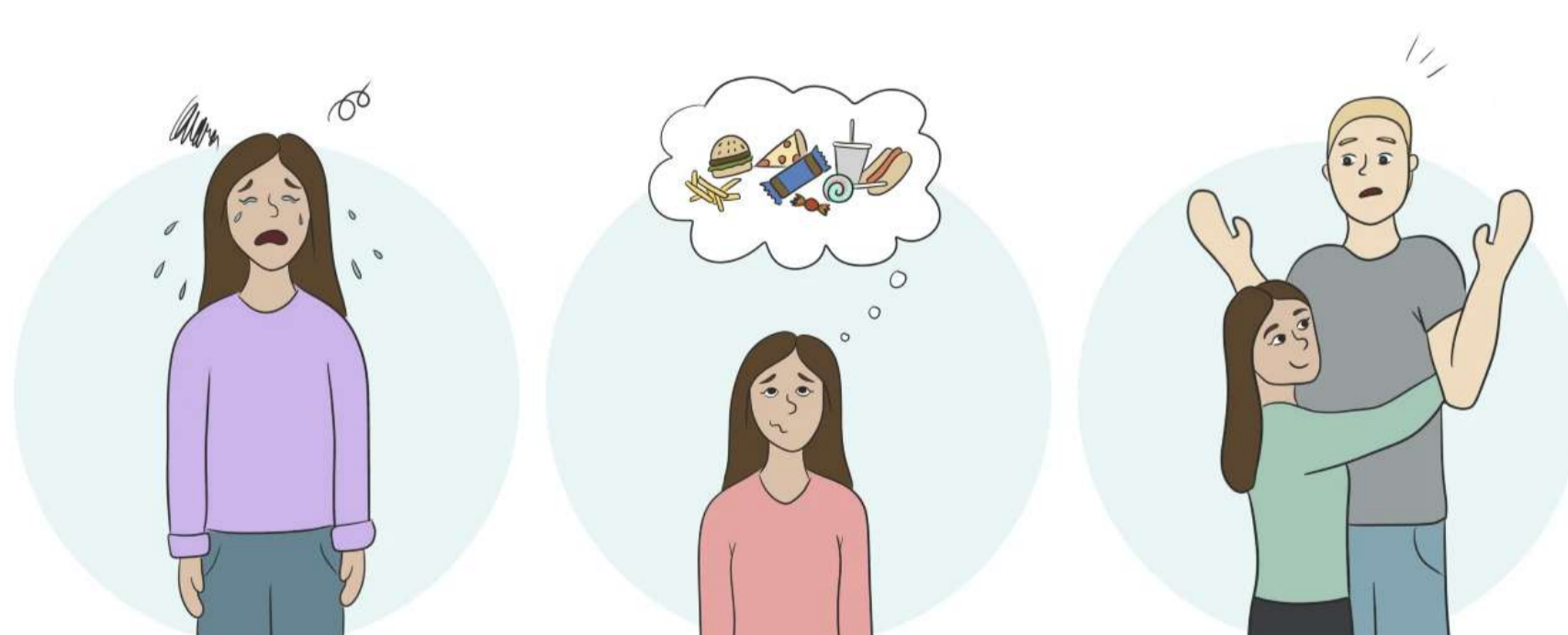
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Seed cycling's goal: Naturally balance your hormones with the moon.

So, if you want a clearer understanding of your physiology, simply start by tracking what you see in your monthly fluctuations.

I'm sure you've already noticed how some weeks of your monthly cycle you feel much different than others, am I right?

Some weeks you feel bloated and tired, while others have you experiencing hormonal fluctuations that leave you crying, craving, or wanting more of your partner or yourself, and then the next moment you're completely withdrawn. Can you relate?



You see, hormonal balance is when you experience less ups and downs over your monthly moon guided period cycle. Makes sense, agreed?

It's time to understand...

1. Why your body does what it does.
2. What role the moon plays in your monthly menstrual cycle and your hormone imbalance.
3. An extra tool you should have in your self care tool box to support your hormonal balance.

Would you love that?

"Single" Seed Cycling protocol with [Queen of the Thrones® Castor Oil Packs](#) is a simple way for you to support your hormones so you can align with the moon and mother nature, the easy way.

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