



How your menstrual cycle is connected to the moon cycles

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Have you ever wondered or have your patients asked you "does my menstrual cycle coincide with the cycle of the moon?"

How hormonally balanced you are may be determined by how well you are in sync with the moon.

Do you feel out of sync?



You're in the right place because we're going to uncover the moon's impact on your hormones and how you can support natural hormone balancing by "Single" Seed Cycling with the moon cycle and Castor Oil Packs. Are you ready?

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We could call the moon the hormonal monthly master and our menstrual cycle is the proof.

What do I mean by that?

Are you menstruating on the new or full moon? Or in between?

Or maybe you're a woman having been on an outside source of hormones, like the birth control pill, the morning after pill, hormone replacement therapy (HRT), as well as some antidepressants and anti-anxiety, which can have an effect on your hormones.

Let's discover how your menstrual cycle is connected to nature and the moon cycles, showing how you can use a hormone balancing method called the seed cycling protocol to support your hormone health...

...and the alternative "Single" Seed Cycling with Queen of the Thrones® Castor Oil Packs for those with a sensitive gut and distinguished palate would prefer. Exciting, agreed?

So, to begin, the moon exists in a rhythm of cycles known as moon phases, which are connected to your hormonal clock.

You see, using seed cycling or the alternative "Single" Seed Cycling protocol, for those with sensitive guts and distinguished palates for hormonal balance, you can support your period along with the moon's timing. Sounds amazing, agreed?

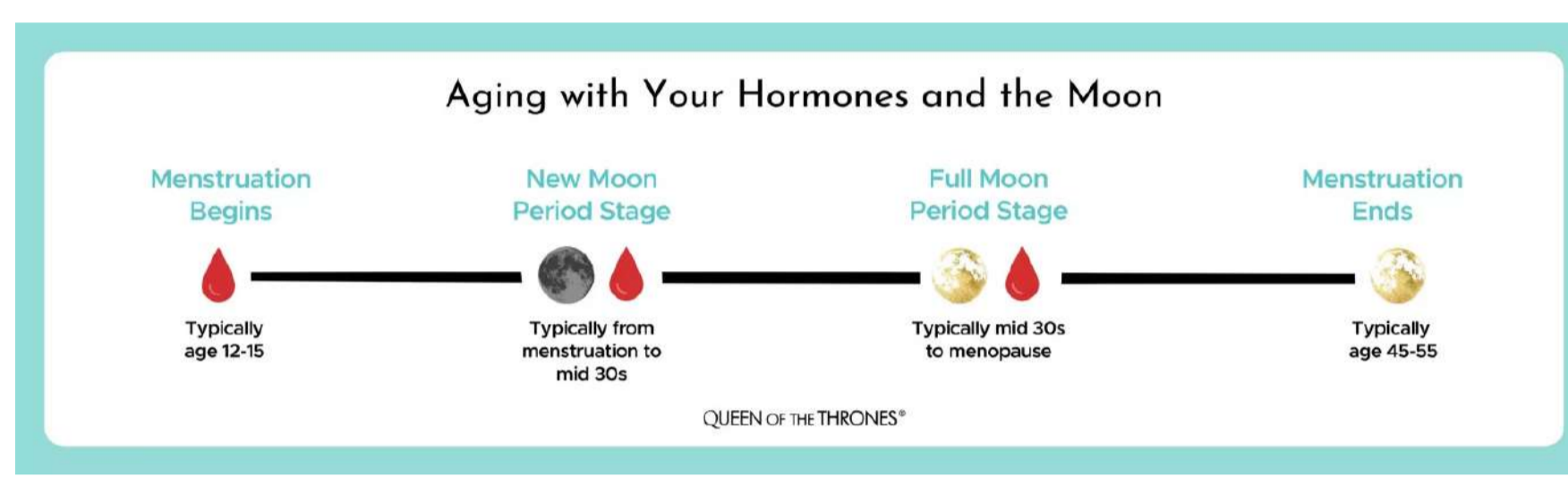
"But how can this be done naturally?"

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So how does the moon play a role in hormone imbalance and menstrual cycle regulation?

Let's take a closer look at the moon's role in your period's cycle regulation.

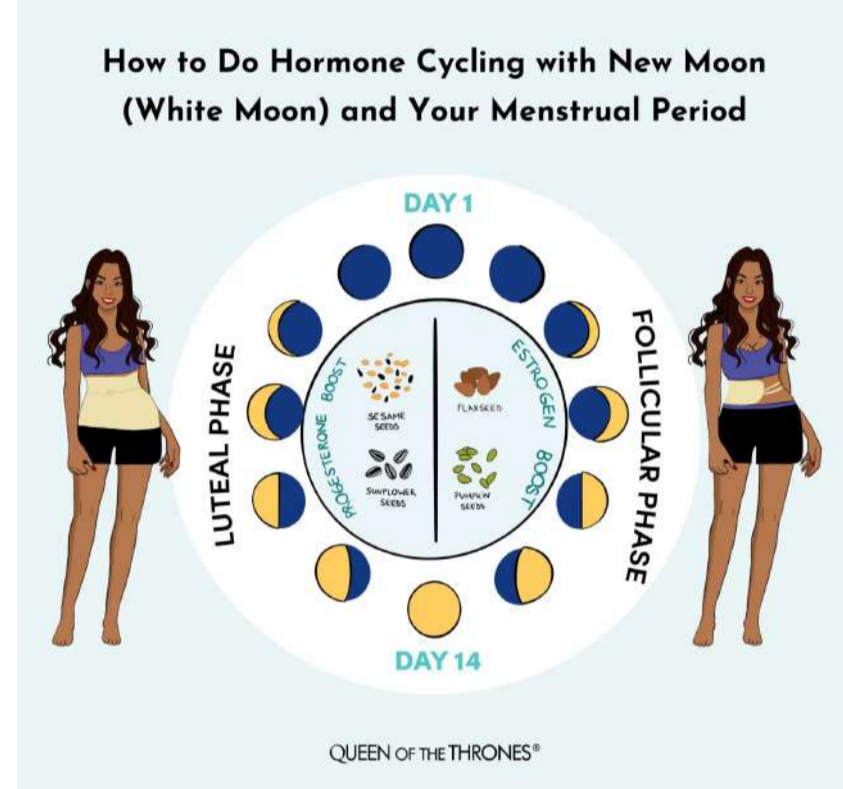
You may have heard, in holistic, spiritual Shaman circles, the moon has been attributed to two-period cycle patterns. Women may or may not fall into an exact representation of this, but many do.



Those that do not fall into this are typically because they're consuming outside sources of hormone therapy, like the birth control pill, the morning after pill, HRT, and some anti-anxiety and antidepressants, that take over the natural rhythms.

This can, in some cases, severely hormonally unbalance and create an out-of-sync reality with many natural rhythms.

Pattern 1: New Moon Menstrual Period or White Moon Cycling Mothers



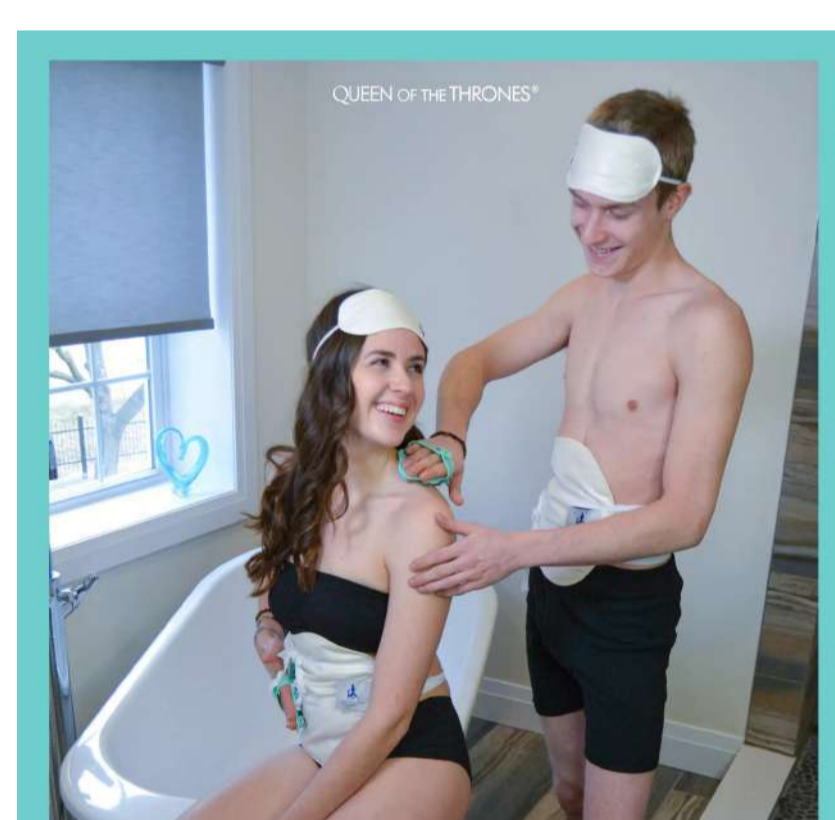
In Shaman circles, she represents the 'fertile female,' who ideally ovulates at the full moon and bleeds on the new moon.

These women are the procreators and mothers of society. One of their largest desires is to bring children into the world so they can nurture and guide them. Everything in their lives is focused on this child-rearing goal.

These New Moon Menstrual Period or White Moon Mothers are often in their prime years of reproduction and their cycles are synced with the moon. Some infertility holistic specialists use this wisdom, and the seed cycling protocol, (which will discuss in more depth), to regulate women's cycles according to this new moon menstruation cycle if the couple is trying to conceive.

Just because you don't cycle to the new moon menstruation, doesn't mean you can't have kids. This is simply a generalization taken from clinical practice, but everyone is unique and again, there are typically no steadfast rules, just pattern observations.

When couples work at hormone cycling using the Queen of the Thrones® Castor Oil Pack for Liver Kit, this practice helps both partners cycle together, as men can also cycle with the moon, using the "Single" Seed Cycling method with Castor Oil Pack for Liver Kit.



These women often self-actualize, career-wise, much later in life, since their first stage of actualization is their role as a mother. This makes them excellent entrepreneurs after child-rearing years when the kids have flown the coop.

They are experts at multitasking, and managing many things at once, a skill they curated during their child-rearing phase of life. Makes sense, agreed?

Pattern 2: Full Moon Menstrual Period - Red Moon Medicine Woman

The Full Moon Menstruation or Red Moon Medicine Woman, in Shaman circles, is the second-period cycle pattern and is the sage medicine woman who ovulates at the new moon and bleeds on the full moon.

These women are usually the teachers, medicine women, artists, healers or doctors, who spread their vast knowledge to their communities.

The Red Moon Medicine Woman has often chosen to not want children, early on. Not the case for all, as many go on to have healthy births. But for the majority...

"I didn't want babies," said Oprah Winfrey when interviewed. "I knew I was not going to be a person that ever regretted not having them because I feel like I am a mother to the world's children."

This isn't to say the Red Moon Medicine Woman will never want children of her own or that the White Moon Mother is having an excess amount of children.

You see, both are simply anecdotal and traditional patterns that can be used by integrative and functional medicine practitioners like chiropractors, naturopathic doctors, nutritionists and health coaches to better understand nature's role in hormone balance. That makes sense, right?



They are interesting concepts, yes, offering deeper insight into hormone balancing, becoming an additional tool in the practitioner's toolbox. Any help from nature, as long as it doesn't cause any harm, is a tool we're always willing to use and learn from. Would you agree?

Seed cycling and the moon

It's another tool used by integrative and functional medicine practitioners.

Based on mother nature's genius, seed cycling has been used in correlation with moon cycling, but, in itself, this protocol that includes ingesting different kinds of seeds on different weeks of your cycle, is great in theory but not so much in practice as it can be problematic for the majority of people, especially patients.

And we must, it can become toxic, making food "healthy" a substance is that you take in, if too high a dose and repetitively, it can become toxic, making food no longer a medicine but a poison.

So, in order to avoid the repetitive practice of eating the same foods and developing gut inflammation, the Queen of the Thrones® Castor Oil Pack "Single" Seed Cycling practice allows you to seed cycle for hormone balance without eating seeds. Interesting, right?

Would you love to know how you can hormonally cycle with the moon using the "Single" Seed Cycling Protocol?

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