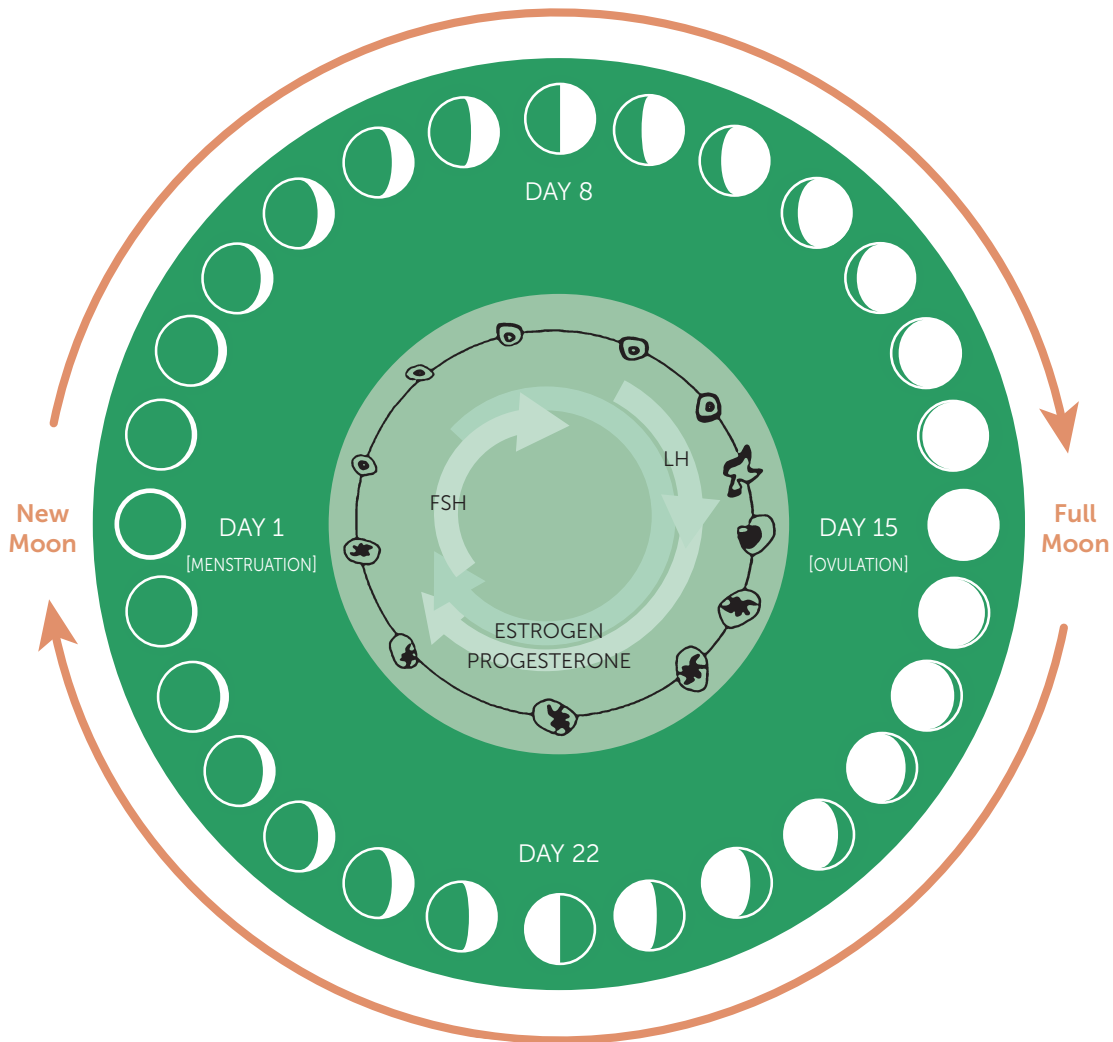


SEED ROTATION FOR MENSTRUAL CYCLE

FLAX SEEDS (ground)
PUMPKIN SEEDS (ground)



Estrogen
Boosters



SUNFLOWER SEEDS (ground)
SESAME SEEDS (ground)
EVENING PRIMROSE OIL



Progesterone
Boosters