

## Lunar Cycle for the Year 2010 ○

New moon ● to full moon ○, consume fresh organic ground flaxseeds &/or raw pumpkin seeds daily

Full moon ○ to new moon ●, consume raw sunflower seeds &/or sesame seeds daily

dose: 1 Tablespoon, twice daily

<b>January</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	●	16	17	18	19	20	21	22	23	24	25	26	27	28	29	○	31
<b>February</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	●	15	16	17	18	19	20	21	22	23	24	25	26	27	○			
<b>March</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	●	16	17	18	19	20	21	22	23	24	25	26	27	28	29	○	31
<b>April</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	●	15	16	17	18	19	20	21	22	23	24	25	26	27	○	29	30	
<b>May</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	●	15	16	17	18	19	20	21	22	23	24	25	26	○	28	29	30	31
<b>June</b>	1	2	3	4	5	6	7	8	9	10	11	●	13	14	15	16	17	18	19	20	21	22	23	24	25	○	27	28	29	30	
<b>July</b>	1	2	3	4	5	6	7	8	9	10	●	12	13	14	15	16	17	18	19	20	21	22	23	24	25	○	27	28	29	30	31
<b>August</b>	1	2	3	4	5	6	7	8	9	●	11	12	13	14	15	16	17	18	19	20	21	22	23	○	25	26	27	28	29	30	31
<b>September</b>	1	2	3	4	5	6	7	●	9	10	11	12	13	14	15	16	17	18	19	20	21	22	○	24	25	26	27	28	29	30	
<b>October</b>	1	2	3	4	5	6	●	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	○	24	25	26	27	28	29	30	31
<b>November</b>	1	2	3	4	5	●	7	8	9	10	11	12	13	14	15	16	17	18	19	20	○	22	23	24	25	26	27	28	29	30	
<b>December</b>	1	2	3	4	●	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	○	22	23	24	25	26	27	28	29	30	31



Day 21 of menses  
Luteinum 200K  
1 pellet, today



Follow moon cycle

### NEW MOON ●

Day 1 of menses  
Hypophysinum 200K  
1 pellet, today

### MOON CYCLE

### FULL MOON ○

Day 14 of menses  
Ovarinum 200K  
1 pellet, today

You can feel better.



Day 7 of menses  
Folliculinum 200K  
1 pellet, today



Follow menses