

New to Full Moon: 2T freshly ground flax, chia or pumpkin seeds
 Full to New Moon: 2T freshly ground sunflower or sesame seeds

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

New Moon ● to Full Moon ○

Full Moon ○ to New Moon ●



Dr Allegra

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