

2020 Lunar Cycle Chart for Hormone Balance

New to Full Moon: 2T freshly ground flax, chia, and/or pumpkin seeds

Full to New Moon: 2T freshly ground sunflower and/or sesame seeds

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

New Moon ● to Full Moon ○

Full Moon ○ to New Moon ●

One breath, one bite, one step at a time!



Dr Allegra

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