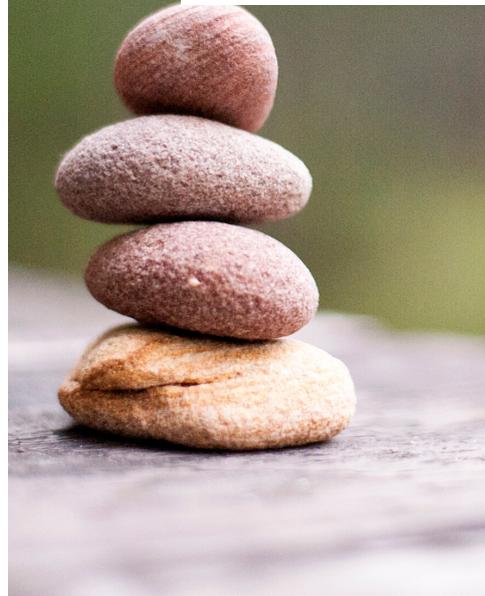
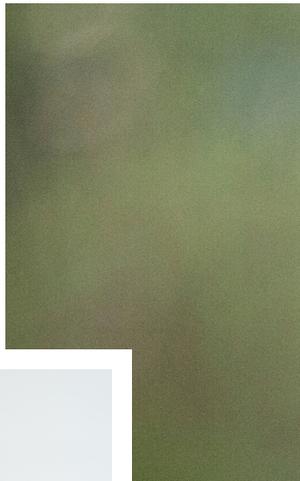


14-Day

Hormone Balancing Detox Guide



Regain your weight, energy & sanity!



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Welcome & Congratulations!

I am so excited that you are here to join me on this 14-day hormone balancing detox.

Remember that YOU are the CEO of your own health and healing journey. I am going to help you learn the natural solutions designed to heal you from the inside out, so that you are able to incorporate them into your daily routine.

I want to invite you to change your perimenopausal journey into a road to health and wellness and to an amazing second half of your life!

I created this 14-Day Hormone Balancing Detox because of my own experience with overcoming years of hormone imbalances, fluctuating weight, headaches, digestive discomfort, and fatigue.

This program will reset your hormones, support your gut and liver and introduce you to a daily routine filled with nutrient dense food and plenty of self-care hacks.

Many of us set aside time to spring clean our homes, our yards, and our automobiles, yet the body is often forgotten. This is a wonderful opportunity to support your body so it may function at its full potential. I see many clients who suffer from stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune systems, and skin problems. These are your body's cries for help!

It is asking for a time to reset, rejuvenate, be deeply nurtured, and "tuned up." During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life!



The 14-day Hormone Balancing Detox consists of 14-days of hormone loving foods, self-care rituals, targeted essential oils and supplements (both are optional). All will allow a reset of your metabolism, decrease inflammation and balance your hormones naturally.

You can still achieve results without the oils and supplement by following the other protocols I outline.

You will also receive my Recipe Guide, self-care rituals and the 'Love yourself journal' separately during the program.

Please take your time and read through all the documents. It will put you in the right mindset and get you ready to create sustainable results that will last and continue way beyond this 14-day LIVE program.

Including daily protocols of self-care and exercise is important to get the results that you desire. You will find plenty of suggested self-care rituals in your guide. Please feel free to experiment and allow yourself some time to find YOUR perfect self-care routine.

AND NOW....LETS BEGIN!





TABLE OF CONTENTS

04	Science behind the program	11	The magic of essential oils
06	A word on weight loss	13	Prep time
07	How does the program work?	14	A sample Day
08	Foundation to Hormone Health	15	Any questions...?
09	The role of supplementation	17	A personal message from Sally





Some detailed information on the science behind this program

During this 14-day program, we will not only focus on re-balancing hormones like, insulin, estrogen and cortisol, but we will also give the digestive system and the liver a break, while boosting your metabolism.

Why is this?

Imagine if you lived in a very small space. What would it be like if you could only remove 20% of the trash you brought in? What would it feel like to be in that space after a week? What about a month? Now imagine a year! How does it feel to be in that space now? This is how your cells feel when they cannot release waste. Detoxing your cells will improve your ability to absorb nutrients and eliminate waste. It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings. When your body cannot eliminate waste properly it becomes acidic and toxic. When it becomes acidic and toxic, your blood and your cells slow down. When this happens, your body starts to slow down and break down.

Let's briefly talk about the liver:

Your liver is the main detoxifying organ in your body and filters out all toxins. So, this means the longer your body is exposed to toxins, the harder it is for your liver to function optimally. When we do a detox the liver is in a much better condition to metabolize estrogen and hormones.

The liver has a huge responsibility and filters everything you eat and drink, regulates blood sugar levels, produces bile which breaks down fats so they can be absorbed, and carries waste out through bowel movements.

Your liver also stores iron and helps break down old and damaged blood cells. Your liver does much more than you probably ever thought. And this is why we need to detox to assist the liver with its detoxification responsibilities.

Even though the liver is a powerhouse, it can be open to attack. These attacks occur because of the abundance of toxins entering our systems, including chemicals, processed foods, sugar and sodas, excess alcohol, environmental pollution, and chronic stress. Do you know that we are routinely threatened by over **84,000 chemicals?**



I've said it before, and I'll say it again: Your liver has some big work to do. Let's pause here for a moment and talk about hormones. You got that right; your liver has a lot to do with them. One of the most important jobs the liver has is to break down and remove excess hormones from your body. Specifically, when estrogen has done its job in the body, it is sent to the liver to be broken down and eliminated. When the liver is not functioning optimally, it gets clogged up and the estrogen re-enters the body, often leading to high estrogen levels known as estrogen dominance.

Have you been told you have estrogen dominance?

Don't think that means you'll have crazy mood reactions and that your family will never want to be around you again. Instead focus on your liver and cleanse it!

How is gut health involved?

Your digestive system is the root of so much of your hormonal health. Not only does it follow the liver by eliminating toxins, hormones and waste from your body, it is responsible for generating essential neurotransmitters that govern stress response and mood, and also signal hormone production.

Due to the high number of inflammatory foods we eat on a regular basis, many of us deal with gut dysbiosis (or leaky gut), where food particles exit our intestines and enter our bloodstream. This is behind many chronic inflammatory diseases and autoimmunity, and it could be the source of your brain fog and fatigue, as well.

Healing your gut is not easy. It takes time. The meal plan may seem limiting at first because we do need to cut out all the foods that exacerbate the inflammation and gut problems.

Try not to focus on the "NO" list. Look at all the beautiful, delicious options on the "YES" list instead and shift your mindset to prepare for deep healing because of the foods you eat, not in spite of them.

Do you remember what it feels like to be "regular" and not have constipation or bloating. How about a focused mind and plenty of energy? All of these things can originate in your gut, and that is what we are going to try and get back.

While the primary way we will be supporting your gut is through eliminating inflammatory foods and replacing them with hormone loving delicious meals, adequate protein and fibre intake should be in the forefront of your mind.

Incorporating protein and fiber into your daily smoothies will ensure you feel full between meals while providing your gut with the nutrients it needs to eliminate waste, cut inflammation, and produce the chemicals your body needs to feel its best.



A word on weight loss:

This is not per se a weight loss program. But if you want to loose weight, you are in the right place.

You see, your body has something called a **set point**. This is the 2-5kg range that your body wants to rest in, even if you do not like what it is. Many of us want to alter that set point, but that isn't the easiest thing to do. This is why a lot of diets fail. Your body wants to get back to its set point because it is its happy place.

Can you alter your weight set point? Yes you can! But it isn't easy. The good news is the 14-Day Hormone Balancing Detox is designed to get you started with this process.

The key is both eliminating certain foods - grains and sugars - AND getting your body moving. If you stick to it, you can potentially lower your set point by 2 kg. 2 kg!!! And you can get it even lower by sustaining this eating plan and practicing self-care and moving your body the right way.

SELF-CARE, NUTRITIOUS FOOD and NUTRIENT SUPPLEMENTATION - these three pillars are critical for lasting health and sustained hormone balance.





This is HOW the 14-day Hormone Balancing Detox works

In order for the 14-day hormone balancing detox to have a lasting impact you have got to get real about ending the relationships that have been abusing your body. Sugar, gluten and caffeine are the biggest offenders in our modern diet, and we have got to eliminate them beforehand.

- SUGAR causes insulin spikes that lead to excess fat storage, and it also affects your cortisol levels that, in turn, boomerang your estrogen and progesterone levels.
- Gluten create an inflammatory response in your thyroid
- Caffeine revs up those survival hormones at the expense of your body's homeostasis

Set yourself up for success by slowly removing sugar and caffeine from your daily habits 3-5 days before we start the 14-day program. I want you to succeed in this process, and cutting out cold-turkey will make you feel horrible. I will support you through our FB community.

Here is a list of all the foods to avoid during the 14-day program:

1. Red meat & convenience meat such as ham and sausages
2. Sugar & artificial sweeteners
3. Caffeinated beverages (except green tea)
4. Grains, gluten & corn
5. Dairy
6. Processed foods
7. Alcohol



The Foundation of hormone health

This program also follows the Foundational Building Blocks of hormone health and the 14-day plan will incorporate all five foundational blocks throughout the day.

Each block represents a core component that will help to strengthen your body's foundation so that balancing your hormones is the natural progression.

5 Foundational Building Blocks



Hydration



Nutrition



Exercise



Self-care



Manage Stress

Hydration: Aim to drink 8 glasses of water each day.

Nutrition: Aim to eat 5-8 servings of vegetables a day and follow the Recipe Guide while eliminating hormone-sabotaging foods.

Exercise: Aim to move your body 30 minutes a day, 5 days a week. (Refer to the daily LIVE videos)

Self-care: Aim to incorporate self-care rituals into your daily routine along with filling out the daily journal in the morning to set the tone for your day.

Manage stress: Aim to focus on breathing techniques, using essential oils, and self-care rituals.



The role that supplementation plays

You might know that I am in favour of supplementation for health and wellbeing. Filling the nutrient gap with high quality and targeted supplements can make the difference between feeling ok and feeling vibrant. Sadly the nutrients that are available through food these days are by far not as nutrient dense anymore as they used to be. And on the other hand stress and toxins are demanding more and more nutrients from our body.

And while on this program your gut is healing, it will need to re-learn how to absorb nutrients into your body so your cells get what they need.

Using supplements during this program will help you speed up your results and get relieve from some of the side-effects of detoxing your body. Supporting your body with supplements may allow an easier transition, less headaches and brain fog, more energy and less digestive upset caused by your body rebalancing.

I will address any potential symptoms in more depths later in this guide. But please know that these are a normal response from your body to all the changes that you are making.

Supplements can be a great way to shorten your adjustment period so you can get straight to real, measurable results.

There are 2 must-have supplements that I recommend to help you expedite and enhance your results while decreasing your symptoms:

Vitamin B-Complex:

A bioavailable methylated B-Complex vitamin supplies your cells with the vitamins that are essential for so many processes including detoxification, stress management, metabolism, hormone production and absorption, and many more.

My preferred Vitamin B-Complex is Pure encapsulation B-Complex Plus (available on Amazon or at your local pharmacy)

Dosage recommendation: 1 capsule per day, preferably in the morning with your breakfast.



Magnesium Biglycinate:

Magnesium is an essential mineral for hundreds of processes in your body, and it is especially essential for supporting your body's detox pathways and relieving common detox symptoms like headaches and digestive upset.

It is an antidote to stress, the most powerful relaxation mineral available, and it can help improve your sleep. I find it very funny that more doctors aren't clued in to the benefits of magnesium, because we use it all the time in conventional medicine. But we never stop to think about why or how important it is to our general health or why it helps our bodies function better.

Ensuring you have adequate levels of magnesium in your body is a simple way to set yourself up for detox success.

Not all forms of magnesium are the same. For the purpose of this detox I recommend 300-600mg of Magnesium Glycinate per day. That would be 200-300 in the morning and evening.

My preferred brands are: Pure encapsulation or Thorne.

Essential Oils – the detox heroes:

Partnering the above supplements with the essential oils and self-care rituals from the guide book, will give your body the boost and support it needs to achieve and sustain transformation.

If you are still wondering if both, the supplements and the essential oils are helpful for this detox, my answer is YES. Both will support your body and mind through the process of detox and change and will support you to reduce stress, cravings and brain fog.

For more info on essential oils, please see the next page.





The magic of essential oils, their benefits and usage

Essential oils are gold when it comes to supporting your hormonal balance. They are very supportive while your body undergoes the change from imbalance to balance.

Essential oils are my favorite self-care tool and something I recommend to all my clients. They are amazing little helpers for you and your entire family.

For this hormone balancing detox I have created a Hormone Balancing Kit, which consists of three oils: Lavender, Lemon and Peppermint.

Below you will find the benefits and usage of each essential oil.

You will also be able to incorporate these oils into your self-care rituals as outlined in the self-care guide.

Lavender Essential Oil:

BENEFITS:

Promotes restful sleep, Supports emotional distress, reduces mental chatter, supports skin health, reduces anxiety.

USAGE:

- Put 2-3 drops in the palm of your hand. Rub your hands together and cup them over your nose. Inhale deeply 5 times. This will help reduce the feeling of anxiety and support calmness.
- Apply 4 drops to the bottom of your feet right before bedtime to help you unwind for the night.

Lemon Essential Oil:

BENEFITS:

Supports the liver & kidney function, boosts mood, detoxifies the body, boost metabolism

USAGE:

- Add 2 drops to a glass of water in the morning
- Put 2 drops in the palm of your hand. Rub your hands together and cup them over your nose. Inhale deeply for 3 breaths to increase mental alertness and an instant energy boost.



Peppermint Essential Oil:

BENEFITS:

Promotes restful sleep, Supports emotional distress, reduces mental chatter, supports skin health, reduces anxiety.

USAGE:

- Apply 1 drop to palms and breathe in to enhance mental alertness.
- Add 1 drop to a 1/4 teaspoon coconut oil and massage into sore, tired muscles
- Add 20 drops to a 60ml spray bottle with water. Shake and spray to chest and neck to cool down hot flashes.





Before you begin - Prep time!

Before embarking on this journey, I suggest you take the time to set yourself up for success by doing the following:

1. Familiarize yourself with all the program documents to get a good idea of what the 14-day hormone balancing detox entails.
2. Prepare your kitchen for success. Read labels and see what foods you need to throw out, give away, or store out of sight during your program. Put some music on and have fun with it.
3. Schedule time in your calendar for your new habits, like meditation, journaling, and self-care. The act of writing something down makes you commit to it.
4. Look for a good protein powder to add to your smoothies for a boost of energy in the morning. For beginners, collagen powder is the easiest, e.g. Vital Proteins Collagen (available over Amazon)
5. Create a special and sacred space for yourself to practice your daily self-care rituals.
6. Reduce toxins in your home by purchasing natural beauty and cleaning products or use your essential oils to create toxic free cleaning products.

Remember to wash and chop your fruits and vegetables at the beginning of the week (or whenever you go shopping) so they are ready to grab and go.

Action Steps:

1. Clean out your fridge and pantry. Don't be afraid to throw away processed foods that are filled with chemicals and additives.
2. Enlist the help of your family. These are lifestyle changes, not only a "diet" so everyone in the family will benefit.
3. Vocalize your goals to your friends and family. I certainly hope you'll find support from those closest to you, even if they don't fully understand your reasoning.



A Sample Detox Day!

Upon rising – Morning Ritual

- Grab your lemon oil and inhale deeply to wake up your senses.
- Enjoy a 5 minute self-care ritual of your choice (see guide book)
- Kick-start your digestive system by adding two drops of lemon oil to a glass of warm water.
- Make your green morning smoothie and set your intentions for the day.

Checking in – Lunch Ritual

- Take a break and check-in with yourself. How are you? Are you stressed? How is your energy? Choose an essential oil to boost your mood, senses or mind and take some deep breaths.
- Enjoy a delicious hormone loving lunch from your Recipe Book.
- Stretch your legs or walk around the house and garden for 5 minutes.
- Maybe listen to your favorite song while diffusing some oils to set the mood for the rest of the day.

Winding down – Dinner Ritual

- Enjoy a delicious dinner before 8PM and at least 3 hours before bedtime
- Shut down all electronics about an hour before bedtime, and indulge in another self-care ritual of your choice to wind down.
- Get into the mood for sleep: apply some lavender oil to the soles of your feet or the back of your neck right before bed. You may also spray some lavender oil to your pillow and sheets and dim the lights.
- Try switching of the lights and entering sleep mode by 10pm.



What can I do if I am....?

Feeling bloated, constipated or suffering from diarrhea

It is normal to experience gut upsets while adjusting your digestive system to having real foods and while facing the burden of eliminating toxins from your body in these first days of the Detox. Don't despair. Stick with the plan, voice your frustration in the Facebook Group. And try some of the below ways that help support your digestive health and make this transition smoother:

- Drink lots of water. This will help improve your regularity and keep you feeling your best.
- Stick with your magnesium and b-Vitamins. These essential nutrients help your metabolism and digestion.
- Use your essential oils, lemon and peppermint as they can help ease any discomfort.
- Fiber is important for regulating your digestive system and helps eliminate toxins from your body by mopping them up and escorting them out. Fiber also supports the regulation of blood sugar balance.
- Chew your food properly. This will kick-start the digestion and ease transit time.

Feeling headachy

Experiencing a mild headache especially in the first 2-3 days of the detox is not unusual. Your body has probably become addicted to caffeine, sugar and carbs and is now fighting the withdrawal symptoms. During this adjustment period your body needs to reset and learn to thrive with new habits.

Here are some ways to ease your headaches:

- Drink lots of water, stick to at least 8 glasses or more each day. Spice up your water with the essential oils or try some of the water infusion recipes from the recipe guide.
- Use your peppermint and lavender oils to ease tension. You can put some oil directly onto your forehead or temples and massage them in. Peppermint has a very cooling effect and is a great pain relief. Make sure not to get the oil into your eyes.
- Fiber is important for regulating your digestive system and helps eliminate toxins from your body by mopping them up and escorting them out. Fiber also supports the regulation of blood sugar balance.
- Chew your food properly. This will kick-start the digestion and ease transit time.



What can I do if I am....?

Feeling tired and demotivated ?

Feeling tired can also be normal while your body is transitioning on the detox. Feeling tired can also make you feel demotivated. But please do not despair, these feelings will not last long and what comes after will feel so much better. Here are some tips to help you sustain your energy in the challenging first days:

- Energising essential oils are perfect for those moments in your day where you need a little pick-me-up. Inhale the aroma of Peppermint, Lemon or another citrus fruit oil for an immediate fatigue booster.
- B-Vitamins are essential for your cells to convert the food you eat to energy. Activated B- Vitamin Complex is a simple solution to boost energy from the cellular level.

Suffering from cravings?

Cravings can arise during any phase of change. That is why it is helpful to cut down on the extreme addictive foods such as sugar and caffeine slowly (as suggested over 3-5 before the start of the program). But even if cravings still arise, please do not worry, I have got you!

- Essential oils like lemon and peppermint can cut straight through your cravings. Inhale a drop or two of the oils or put it in some water. Especially peppermint oil resulting in a 'just brushed my teeth feeling' in the mouth will curb your cravings.
- Protein and fiber help you feel full longer and stabilize your blood sugar. That's why these are non-negotiable parts of your daily meals!
- Water with citrus oils is a way to get a little sweetness satisfaction without breaking your progress.



A final not from me, Sally....

I am so excited to be on this journey with you and will continue to provide you with the support and resources during this entire hormone balancing detox journey.

I want to encourage you to use the Private Facebook Community for support, accountability and continued support. No matter where you live, imagine me by your side, cheering on your wins, big and small! I am grateful to you for committing to your health, sharing your experiences, and allowing me to be your guide. We make a great team!

Finally I want to inspire you to explore things that bring joy to your life. Indulge in self-care, find wisdom, seek understanding, learn to love yourself, and honour your strength and commitment to living a beautiful life.

You are a powerful, beautiful woman who deserves everything you desire.

To your health & happiness

Sally

