

Hormones Detox

Reset Your Hormones

Toxicity Symptoms List

Hormonal imbalance

- Intolerance to HRT (hormone replacement therapy)
- Severe menopausal symptoms
- PMS
- Estrogen Dominance
- Mood Swings

Blood Sugar Problems

- Sugar cravings
- Hypoglycemia
- Type 2 diabetes
- Energy slumps
- Waking in the night

Immune dysfunction

- Allergies/ skin rashes
- Chemical sensitivities (think: someone who can't stand fumes or perfumes)
- An autoimmune disease (like Hashimoto's, FM, Celiac's, MS)
- Frequent illness
- Hives

Nervous System

- Headaches
- Depression
- Anger and irritability
- Foggy brain
- Overheating
- Frequent headaches

Digestive Problems

- Gall stones
- Intolerance to fat

- Sensitivity to alcohol and/or caffeine
- Acid reflux
- Bloating or constipation
- Irritable bowel syndrome (IBS)

External signs

- Furry tongue
- Bad breath
- Acne and rosacea
- Yellow, red or itchy eyes
- Rashes
- Easy bruising
- Brown spot on hands, back and face

Respiratory

- Sore throat
- Itchy nose
- Sinus infections
- Congestion
- Runny nose
- Coughs
- Wheezing

Abnormal metabolism of fats (lipids)

- Abnormal level of fats in the blood, e.g. high LDL ("bad cholesterol") and reduced HDL ("good cholesterol")
- Elevated triglycerides
- Blocked arteries leading to hypertension, heart attacks and strokes
- Fatty liver
- Obesity