

# *Introduction to detoxing the body*

## Tips, ideas and what to expect

A detox is a magical process where your body releases old stored congestion and heals with a high nutrient dense food plan. The Hormones Detox is different to 'fasting' and does not consist of only water/juice. This means that the associated side-effects of cleansing will be less strong, but they may still occur. Therefore it is good to know before you start what you can expect to think in your mind and feel in your body.

### What might I feel physically during the Detox?

- Headaches
- Fatigue
- Dizzy moments
- Irritable Moods
- Sensitivity to sounds and people
- Mental confusion/fog
- Weird dreams
- Tongue coating
- Body odour stronger than the usual
- Rushes and pimples
- Temporary weight gain
- Nausea/Vomiting/ diarrhea

These are all symptoms that you *may* experience during the detox depending on what your body is releasing. Some people feel none of these, just a feeling of clarity and peace and heightened energy or awareness. If you experience any of these symptoms in the list take the time to rest and avoid any activity other than gentle walking.

If you feel nauseous or suffer from vomiting or diarrhea then do not panic, it is only your body's way of releasing and adjusting. Make sure you let someone know you are feeling unwell and monitor how you progress. Try to sip water and have a

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smoothie. Having some apple cider vinegar or lemon with water is a good way to get some minerals into your system quickly. If you continue to feel unwell or are worried then have some light salad or soup and contact us or your GP for more advice.

This information is to prevent you from feeling worried if you do get some kind of reaction, so please do not expect to feel any of these. Hopefully you will simply feel alive and energized.

## What might I feel emotionally during the Detox?

- Happiness
- Excitement
- Relief
- Sadness
- Anxiety
- Joy
- Peace
- Confusion

I think you get the idea; detox can be an emotional rollercoaster. One moment you might feel energized, excited and positive about your health goals. The next you might feel irritable, negative and think nothing is going to work. When we are detoxing we are releasing a lot of negative emotion as we go through the process. Keep a journal of your feelings and if you are feeling low then write a list of all the hopes and dreams for your life and health.

Always try and steer yourself to a more positive mindset. You do not need to feel better right away, you simply need to think of things that make you feel better and continue to focus on them instead.

## Exercise:

If you feel impossibly stuck in a negative thought process then write it down and consider The Truth in it. This is a great technique which often works to understand the thoughts which are causing your feelings. Sometimes we just sit with the bad feelings without searching for the thoughts than are causing them. Often when we locate the thought, we realize it is actually not very real at all, and we can replace it with something more positive. We have the ability to train our mind over time by realizing when we are thinking something negative and replacing it with a more positive alternative. It needs awareness and mindfulness, but it is completely possible.

### For Example:

‘I will never get better.’

This is a thought based on fear, past experiences and is a negative projection. Sometimes it is easier to think ‘I will never get better’ as there is no risk of disappointment and it creates a space where you can accept your situation. However, this thought pattern actually prevents healing, so it is not a useful form of protection. It needs to be changed. In this situation you would write this down and underneath it write all the positive thoughts which could counteract it, such as, for example:

- “I’m taking active steps to healing”
- “I’m doing this cleanse to give my body the chance to start anew.”
- ‘Magdalena healed herself, so with her help I can, too.’
- ‘People often heal from much worse conditions than this.’
- ‘Even if I did not get 100% better, I could still get 50% better and that would still be great!’
- ‘If I think positive thoughts then I can create a positive reality, my negative thoughts are only bringing me down’.
- ‘I can do this. I am so strong, I have got this far’.

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## Be Kind to Yourself!

Remember that emotions and feelings come and go. Only hold on to the ones which make you feel happy and positive, the rest are coming from a fearful place which will hold you back. Our fears are part of us, we have created them to protect us, but some of them are no longer useful.

A detox is a perfect time to try to uncover our fears, understand them and try to dismantle them. This process is not to discount our negative thoughts, because they were useful to us once. It is merely to identify them, make peace with them and gently release them.

### Disclaimer

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