

Starter Kit

Things you need to get ready before we start the program.

- Pre-detox: Day 1-5
- Detox: Day 6-10 (Gentle = solids+liquids, OR Deep = liquids only)
- Post-Detox: Day 11-12

1. What do I need to purchase?

The three stages of the detox all require a different set of foods and supplements. Here is a list which you will need to purchase so you can start from day one of the Pre-Detox through to the Post-Detox. As soon as you have signed up then get online or down to your local health store and get everything you need. The sooner you are prepared the more relaxed you can be as you start on this healing journey.

Do not worry if you cannot afford organic food, just choose as much organic produce as possible and find the best local sources of fresh foods that you can. The closer to organic you can get, the deeper your cleansing will be. Do not panic if you cannot find the exact same foods, the recipes work with an array of fruits and vegetables so you can always ask our advice and amend them slightly. Good luck with your healthy shopping list!

The Detox Supplements list should be bought as soon as possible too so you are ready for Day One. You can start the detox supplements, powders or pills on Day 1 of the detox.

Here is a list of the best and worse “conventional food”, meaning nonorganic ones. If budget and/or availability are a challenge for you, use this guide to make your best choices: EWG's 2014 Shopper's Guide to Pesticides in Produce: <http://www.ewg.org/foodnews/summary>. Whatever you do, enjoy your next food shopping excursion.

Finally, if you know you have certain **food intolerances** (like oats, nuts, seeds, lemon, etc), please avoid them or substitute them with other food.

Pre Detox Foods Shopping List

- Apple cider vinegar (ACV) – raw, unfiltered
- Avocado

Hormones Detox

Reset Your Hormones

- Peaches (fresh or frozen, no cans)
- Mixed berries; blueberries, blackberries, raspberries
- Cherries (preferred organic)
- Dandelion (fresh leaves)
- Kiwis
- Granny Smith Apples (preferred organic)
- Pears (preferred organic)
- Lettuce Leaves
- Zucchini
- Butternut Squash
- Cucumber
- Sweet Potato
- Asparagus
- Lemon
- Carrots
- Green beans
- Onions
- Garlic
- Kale
- Cauliflower
- Spinach
- Broccoli
- Collard Greens

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Reset Your Hormones

Herbs, Milks and Seasonings

- Coconut butter (recommended brand: Artisana)
- Cold pressed olive oil
- Coconut oil (unrefined, raw, organic)
- Coconut Milk (recommended brand: Native Forest)
- Apple cider vinegar
- Sea salt (not kosher, not iodized salt)
- Whole pepper, grinded
- Fresh thyme
- Fresh oregano
- Fresh cilantro
- Fresh basil
- Fresh parsley
- Ginger root
- Dry turmeric
- Herbal Teas (chamomile peppermint, rosemary, tulsi, etc.)

Dried Foods

- Mixed nuts (raw, unsalted)
- Sunflower seeds (raw, unsalted)
- Flax seed (ground; it's best if you grind the seeds yourself and keep them in an air-tight container in the fridge or freezer)
- Chia seeds
- Pumpkin seeds
- Tahini (jarred sesame seed paste)

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- Red lentils
- Walnuts
- Chick Peas (bought dried and soaked at home preferably)
- Milk Thistle Powder (not oil)
- Mung Beans and other sprouting choices – see sprouting handout for ideas
- Camu camu (in powder form, you can order it online)
- Sunflower/almond/hemp/coconut milk

Natural mineral water or filtered tap water. Bottled mineral water will be OK but you will learn on the detox that filtered water is much better.

Deep Detox –Food Shopping List

Please refer to the Detox and Pre-Detox pages once you receive them to make your choices and be prepared with the right foods dependent on your preferences.

It may be a good idea to have some extra bits in the fridge if you do the Deep Detox (liquids-only), in case you feel like you need the energy of a smoothie (from Gentle Detox) on certain days.

We recommend to hold off shopping for the below list until you reach Day 3 or 4 of your Pre-Detox.

- Cucumber
- Fresh cilantro
- Celery
- Zucchini
- Oranges
- Celery
- Beetroot
- Dandelion

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- Apple
- Lemon/lime
- Ginger
- Parsley
- Garlic
- Olive Oil
- Herbal Teas (chamomile peppermint, rosemary, tulsi, etc.)

Gentle Detox –Food Shopping List

- Peaches (fresh or frozen, no cans)
- Mixed berries; blueberries, blackberries, raspberries
- Cherries (preferred organic)
- Mushrooms
- Zucchini
- Pumpkin
- Parsley
- Cilantro
- Onion
- Garlic
- Apple
- Olive Oil
- Coconut Oil
- Salt and pepper
- Chick peas (soak dried ones if you have time)

Hormones Detox

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- Tahini (blended sesame paste)
- Garlic
- Lemon (always organic as you will be using the rind)
- Carrot
- Avocado
- Turmeric
- Kale
- Cauliflower
- Spinach
- Broccoli
- Collard Greens

Pre-Detox and Detox Supplements:

1. **Psyllium husk*** 20oz or 500g
2. **Bentonite Clay Liquid or Powder** 7oz or 200g. For information on Bentonite and where to source it please refer to the Bentonite Clay FAQ's document providing US and UK suppliers.
3. **Parasite Blend Herbs** – clove, wormwood and black/green walnut hull – 30 day supply. Get them separately or as a pack. If you are getting it in tincture form, use it after completing the detox (it contains alcohol). If in powder form, you can start right away. If you are allergic to walnuts please refer to the Parasite Cleanse FAQ's document for alternatives to black/green walnut hull.

Powder form:

- a. www.humaworm.com (Humaworm for Adults), or
- b. <http://vitaklenz.com/vitaklenz.php>

Tincture: <http://drclarkstore.com/-parazap-cleanse-box.html>

2. What Do the Different Foods Do For Us?

Food	Benefits
Cruciferous Vegetables (cabbage, broccoli, cauliflower, collard greens, bak choy, brussel's sprouts, kale)	They are the superstars of the vegetables; great for liver detoxification, rich in Vitamin A carotenoids, Vitamin C, folic acid, Vitamin K (which regulate our inflammatory responses – very common in people with autoimmune conditions) and fiber. They are very high in diindolylmethane (DIM) which supports estrogen metabolism (getting rid of “used” estrogen metabolites).
Coconut milk, coconut oil, coconut butter	Rich in healthy small to medium chained saturated fats; great for weight loss with hormone balancing, sugar stabilizing and immune boosting properties. Contains lauric and caprilic acid which are natural anti-fungals and anti-bacterial agents.
Camu camu	Packs the highest recorded amount of natural vitamin C known on the planet; Vitamin C acts as a crucial antioxidant that helps to neutralize free radicals responsible for many chronic diseases and accelerated aging. Vit C is also essential for the adrenal glands and for the immune system to function at its optimal.
Milk Thistle	Has been used for over 2,000 years for the treatment of liver and gallbladder disorders; protects the liver from damage and detoxifies. It however can have estrogenic properties for some. If you find yourself having more PMS symptoms, stop using it.
Flax seed	High in fiber with phytoestrogens promoting healthy estrogen metabolism and anti-breast

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	cancer properties. A wonderful source of fiber to create a healthy bowel movement.
Pumpkin seeds	Great source of magnesium, proteins and zinc.
Tumeric	Used as medicine in Indian cooking, has amazing anti- inflammatory properties.
Thyme, Oregano, Parsley	Hormone balancing herbs (parsley being great for liver support).
Lemon Zest	Contains limonene (great liver detoxifier and anti-cancer properties) .
Dandelion	Rich in Vitamin A, Vitamin C, fiber, potassium, iron, calcium, magnesium, zinc, and phosphorus. Excellent for liver support. It is also a diuretic – it is therefore recommended with caution for people with kidney and kidney stone problems.
Garlic and Onions	High in sulfur which plays a key role in liver detoxification.

3. What kitchen equipment do I need?

1. Blender (preferably made of glass, not plastic)
2. Glass jar/sealed tumbler
3. Steamer or steamer basket (picture)

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4. Juicer - optional for Gentle and needed for Deep.



Recommended juicers: masticating juicers; they are quiet, fast and easy to wash and retain more nutrition than the noisy and fast centrifugal juicers (hard to wash and destroy the food). Magdalena's favorite brand: Omega juicer.

5. A lemon/lime zester. This tiny grater will help you get the best of your lemon and limes by releasing the fabulous liver healing nutrients from within. Simply use it like a normal mini grater.



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4. Introduction to Detoxing your body

The body is a marvelous machine which can perform hundreds of functions in seconds and heal in miraculous ways. However, it was not designed to deal with the massive amount of chemically manhandled foods and stress which exist in our lives today. Our body is not capable of eliminating toxins once it is out of balance and this creates a viscous cycle which we call autointoxication. When this happens our body starts to push the same old toxins around the system with no hope of getting on top of things.

Imagine you have a list of ten things to do in one day and you really only have time to do two of them. Of course some will get left, and if you get more jobs given to you the next day then the list gets bigger and bigger until you cannot manage any of it! This is how a toxic body feels; overwhelmed and unable to function. Sounds familiar?

Detox is a period where you abstain from your usual habits and limit your food intake to very simple, gentle meals and healing drinks. Your body will send out all the extra energy and enzymes which are normally focused on continual digestion of complex meals, into healing. The blood will be cleansed and your organs replenished as you reduce your intake of complex foods and stick to very simple energizing foods. The healing supplements you buy will support your liver and other elimination organs as they rid your tissues of old wastes and congested matter. The result? A very happy body and mind, ready for a new start and a fresh way of living! Welcome to the Hormones Detox!

5. Online support you will receive

Please join our closed, exclusive Facebook group called Hormone Thrivers on <http://www.facebook.com/groups/413568742041028> . Please request to join and you will be approved soon after. You can post your observations, questions or just share your experiences while going through the detox.

If your Facebook profile page has a different name than the one you purchased the program with, please let us know via email: support@hormonesbalance.com

6. Bathroom

It's recommended to get:

- Goat milk soap

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- Fragrance-free shampoo and conditioners (more DIY recipes later)
- Body scrub (more DIY recipes later)
- Body brush or scrub gloves (picture)



7. Music

It's important to create a relaxed and warm ambience around the house while detoxing. You will not only be taking care of you body but your overall "self".

If you have your own music preferences, great, use them! If not, or you want to try something new, here are a few suggestions:

- Gregorian chants (very calming)
- Indian meditation/yoga music (artists like Karnamrita, Gurunam Singh, Nirinjan Kaur)
- Contemporary: Buddha Bar collection

Sources:

- iTunes
- Spotify (it's free!)
- Last.fm (it's free!)
- Pandora (it's free!)

8. Facial Masks

- Your favorite facial mask, always choose natural, organic brands. Consider clay masks.
- Food as mask: honey, yoghurt, cucumbers and bicarbonate soda (yes! It makes a great scrub).
More coming soon!

9. Other

- Bath salts, especially EPSOM salts.
- Magnesium oil – a wonderful relaxer before bedtime.

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- Essential oils to burn in potpourri pot. Always real oils, no synthetic air fresheners.