

How to make your life detox friendly

Some people may be worried that if they are embarking on a fast at home then they won't be able to take part in their normal lives. It is possible to do a detox at home and complete it effectively, but only with the correct guidance from the Hormones Detox team and a few handy tips.

1. Let your family and friends know what you are doing.

When you are not working or doing mandatory tasks then this is a time to do exactly what you want, when you feel like it. Make every effort to respect your personal space as there will be times you simply want to be alone. It may also be an idea to make time to do meditation and relaxation, if you have children or a partner, create a space away from them so you can connect to yourself and really relax.

2. Leave the car at home.

Whenever it is an option try not to drive anywhere during the week. If possible then take the bus or train. It might not be safe to rely on your senses at some points in the day when you are not eating. Walking however, is a great idea! The fresh air and exercise gets the lymphatic system moving and will actually help you feel more vital during a fast.

3. Do not make any plans that you can avoid.

Cancel unnecessary social arrangements. If you had some things in your diary that week then go through them and cancel any that are not essential. Your energy levels will be low at times and you may even be irritable. You cannot plan or know when you will feel this way so take the obstacle away by simply cancelling them. The appointments that cannot be changed can still be planned well and managed so that they cause as little stress as possible. Make sure you have your shakes or juices handy so you don't feel hungry or weak.

4. If possible do the detox on a quiet week.

Try to avoid work meetings, or better still, take the week off! As you will feel tired at times and your concentration will be lacking occasionally, it is better to try and keep things simple. Do not take any extra work on that week and delegate tasks where possible. Of course life will always get in the way sometimes, so if this is the case, just do things slowly and try not to get stressed by anything that was not planned. Go with the flow.

4. Remind yourself WHY you are doing it.

Always go back to your original intentions we covered on Day 1: "what is your goal and what is your intention of doing this detox?". Many of you mentioned going in with the intention to really listen to

Hormones Detox

Reset Your Hormones

your body, being kind to yourself, learning something new. Always pull back and go back to this thought. It's very easy to focus on the things that are not working as per our plan and omit the ones that are working as we dismiss them as "the normal things in life". Cherish each change that you go through and see it as an experience.

5. Empty your kitchen of foods.

Keep only the special detox menu in the kitchen and remove foods you normally snack on...take the temptation away! You will have support daily to help you with any difficulties you may be having, but it may be best to take those foods to a friends house just incase you get a moment of weakness. Making sure you have lots of healthy foods for juices will also stop you reaching for anything at the back of your cupboards. If in doubt reach for an extra juice or smoothie rather than something unhealthy!

6. Give yourself some loving and credit.

Yes, food is key here but we also want to nourish our body with some pampering, like scrubs , and essential body oils. Scribble or make mental notes of what have you received, let go off and what is your vision for the future. Acknowledge the changes you are making in your life to get you better. We forget that all too often.