

Preparing for Post Detox

Ok, so you have done the hard bit! Congratulations. Your body and mind should be feeling a little more in control and aware now. Your body's systems are in a gentle phase of cleansing and regenerating and you should feel really proud of yourself for getting this far. If any of you did lapse a little, please do not berate yourself. You have still given your body a fabulous gift and I have no doubt that however far you took it, your body is much happier now.

The post-detox phase is all about gently reintroducing your body to all the magical healthy foods which are available to you. The food plan will look similar to the pre-detox phase but in reverse. At first you will want to stick to simple foods and avoid dense proteins and sugars. As the days go by we will help you re-introduce these foods into your system so you can feel balanced and ready to start your new healthy life!

At this point it is a really bad idea to run and eat something bad you have been craving in the evenings whilst on your detox week! Your body is delicate at the moment, it still needs nurturing. I know how much a biscuit or packets of chips can appeal to you now. But, please try and resist. Imagine a baby who needs to be introduced slowly to certain foods. Your body is the same. Gently does it... ☺ Hopefully you are craving are fruits, vegetables and wonderful healing herbs!

As always, we are here to guide you towards the right choices. Remember, you have a lifetime to indulge in the occasional cookie, but now is not the time. Try to kind to your body and it will smile in return.

Here are some tips for reintroducing your favorite old foods!

This is the most important stage so go slow with the foods here, eat small portions and chew really, really well. Your body needs to get used to digestion again so treat it like a baby's. Enjoy!

1. Follow this two day plan and then go wild with all the pre-detox meal ideas. You can now start to research your own meals using all the new ingredients in your cupboards!
2. Start with brown rice and other grains on day 3 of breaking detox.
3. Bring soaked nuts in on day 5 of the detox.
4. Dairy and eggs can be added back in on day 7 of breaking the detox.
5. Avoid fish and meat until day 7 of breaking the detox. Start with small amounts and build up to portions you are more used to.

Hormones Detox

Reset Your Hormones

Post-Detox Menu and Recipes.

Daily Protocol	
Any medication taken in the morning according to instructions. E.g. Synthroid, Thyroxin, levothyroxine or any other prescribed medication.	
If you have any medications continue to take them and follow the instructions.	
Wake Up	2 tablespoons of apple cider vinegar or lemon juice ¹ with 8-10oz of warm water.
Breakfast	Parasite cleanse pill. Breakfast from meal plan.
Mid-morning	Warm filtered water with lemon juice (if tolerated). Snack, if required.
Lunch	Warm water and 1-2 tablespoons of lemon juice (if tolerated) with ¼ tsp of sea salt. Parasite cleanse pills. Lunch from meal plan.
Mid-afternoon	Snack, if required.
Dinner 6pm	Parasite cleanse pills. Dinner from meal plan.
Bedtime 10pm	Herbal tea.

¹ If you are having adverse reactions to ACV or lemon juice, please remove from meal plan. This could be due to a histamine, yeast or citrus intolerance.

Hormones Detox

Reset Your Hormones

Day One	
<p>Breakfast:</p> <p>Cherry, Peach, Cilantro, Dandelion, Coconut Oil and Camu Camu Smoothie.</p>	<p>Ingredients:</p> <p>½ cup of cherries ½ cup of peaches 2 tbsp of chopped cilantro 1 tsp of coconut oil Handful of dandelion leaves 1 tbsp of camu camu powder water to blend</p> <p>Equipment: Blender and Knife</p> <p>Method:</p> <p>1. Put all ingredients and a little warm water in the blender and whizz. Add water until you reach the desired consistency.</p> <p>Enjoy!</p>
<p>Lunch:</p> <p>Kale Salad with Cilantro, Milk Thistle Powder, Sprouts and Lemon Zest.</p>	<p>Ingredients:</p> <p>2 cups of chopped kale, steamed 1 cup of fresh cilantro 1 tbsp milk thistle powder 2 tbsp sprouts</p> <p>Dressing:</p> <p>1 tbsp olive oil ½ lemon zest ½ lemon juice salt and pepper 1 tsp sunflower seeds</p> <p>Equipment: Mixing bowl Lemon Squeezer</p> <p>Method:</p> <p>1. Steam the kale and place in the mixing bowl.</p>

Hormones Detox

Reset Your Hormones

	<p>2. Roughly cut the cilantro and toss into kale before serving in a bowl.</p> <p>3. Place dressing ingredients in a jar and shake well before pouring over the salad.</p>
<p>Dinner:</p> <p>Vegetable Broth with Turmeric.</p>	<p>Ingredients:</p> <p>½ carrot ½ zucchini 1 onion ½ teaspoon of turmeric 2 cloves of garlic 3 cups of water salt and pepper</p> <p>Equipment: Saucepan Wooden Spoon</p> <p>Method:</p> <p>1. Bring the water to the boil and add seasoning and herbs. 2. Add all ingredients roughly chopped into the pan and leave to cook for 40 minutes 4. Strain the vegetables out and use only the broth remaining. 5. Leave to cool and add cilantro when serving. 6. Add turmeric and black pepper as a final touch and feel free to add other natural herbs and spices to give it your own unique taste.</p>
Day Two	
<p>Breakfast:</p> <p>Seasonal Fruit Salad and Coconut Milk with Ground Flax Seed.</p>	<p>Ingredients:</p> <p>chopped seasonal fruit 2 tbsp ground flax seed ½ cup of coconut milk</p>

Hormones Detox

Reset Your Hormones

	<p>Equipment: seed grinder (or simply buy ground flax)</p> <p>Method: 1. Place the chopped fruit in a bowl. 2. Pour the coconut milk over the fruit. 3. Mill the flax seed and pour over the mixture.</p>
<p>Lunch:</p> <p>Shredded Collard Green Salad with Pumpkin Seeds, Sprouts and Lemon Zest.</p>	<p>Ingredients: 1 /2 bunch collard greens, steamed 1 tsp pumpkin seeds ½ cup of parsley 2 tbsp sprouts</p> <p>Dressing: ½ lemon zest ½ lemon juice salt and pepper 1 tbsp olive oil</p> <p>Equipment: Grater Lemon Squeezer Mixing Bowl</p> <p>Method: 1. Chop the collard greens, steam and place into the bowl. 2. Chop the parsley finely and mix with the zucchini. 3. Place in a serving bowl and sprinkle the pumpkin seeds over the top. 4. Place the dressing ingredients in a sealed jar and shake them together well before pouring over the salad and topping with sprouts.</p>

Hormones Detox

Reset Your Hormones

Dinner:

Steamed Parsley Veggies

Ingredients:

½ cup of zucchini
½ cup of Spaghetti squash
½ cup of green beans

Topping:

2 cloves of garlic
½ cup of fresh parsley
2 tbsp olive oil
salt and pepper

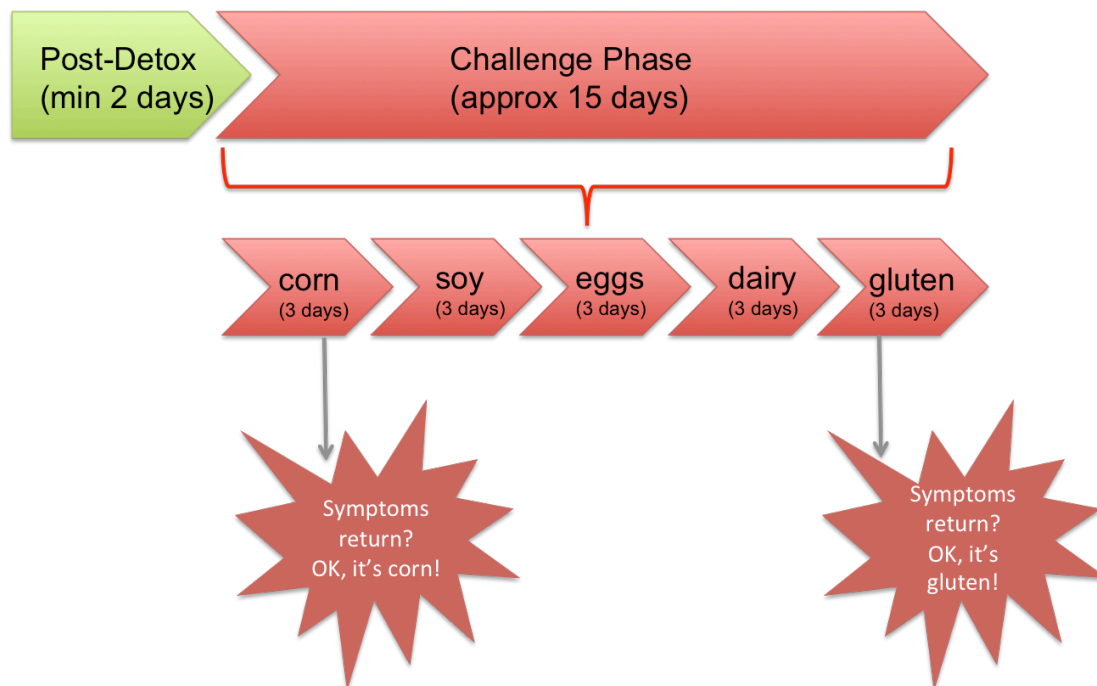
Equipment:

Steamer
Saucepan

Method:

1. Place topping ingredients into the food processor and blend.
2. Bring the steamer water to the boil.
4. Cut all the vegetables into chunks.
5. First, place the squash in the steamer basket and steam for 15 minutes, or until soft.
6. Then, add the zucchinis and steam for another 5 minutes.
7. Serve and drizzle with topping

OPTIONAL: Instructions for the next 2 days (post-detox) and 15 days Challenge Phase.



The detox program offered you a great way to cleanse and free your body from many food allergens as well. You have created an **opportunity for yourself to find out what are your food sensitivities**. Unfortunately, most people with hormonal issues, thyroid conditions, autoimmune diseases and a weak digestive tract experience some food intolerances (different from allergies). It's very important to know what they are and **eliminate them from your diet for a significant period of time so you can restore your gut and your immune system**.

This is what the **Challenge Phase** is about: you challenge your body with the below food culprits and observe how you respond to these foods.

The most common food groups that cause intolerance are:

1. Gluten (this means wheat, rye, kamut, couscous, barley and spelt)
2. Dairy products (milk, yoghurt and cheese)
3. Eggs
4. Soy and soy-based products
5. Corn

1. Sugar
2. Nuts and seeds

Hormones Detox

Reset Your Hormones

3. Citrus fruit
4. Nightshades (peppers, tomatoes, potatoes, chilli and eggplants)
5. Yeast

Food items in the **red box** are the most common culprits (we call them the “Big 5”) but you might want to continue the Challenge Phase if you suspect the other foods to be causing you the below symptoms.

Food in the **green box** are known as the “Small 5s” which can also be problematic for some people. For example, nuts are a problem for some people but it does not mean that ALL nuts are a problem. You need to isolate them. Almonds, cashews and pumpkin seeds tend to be more frequently an issue than other nuts and seeds. Soaking them might be helpful.

Food intolerance symptoms to look out for:

- Digestive pains, constipation, diarrhea, gas, acid reflux and bloating
- Headaches
- Acne or any skin issues
- Skin rash and itching
- Frequent urination
- Body pains and aches
- Mood swings
- “Feeling off”
- Poor sleep

Any other symptoms that you would label as “unusual” or “bad”.

How to pace it

Start re-introducing each of the foods, one at a time, three days apart.

Always introduce food that has the most effect on you last and the least effect first. A typical sequence looks like this: corn, soy, eggs, dairy, and gluten. We will choose the progression that is best for you based on your food journal and past experience with that food.

Introduce one food back into your diet on one day and observe over the next 2 days how it makes you feel. Keep the Food-Mood-Poop journal detailing what you ate and your body’s reaction to it. After the 3 days, introduce the next food back in. Again, observe for 2 days how that makes you feel.

If you have no reaction the first day, you should eat the same food again the next day to see if one occurs. If still no reaction, eat it again the third day. Sometimes it takes more than one introduction of the food before the changes become evident. If after three days of this food there are still no changes, you probably do not have a sensitivity to this food.

Hormones Detox

Reset Your Hormones

Repeat this with the rest of the “Big 5s” and the “Small 5s”. This should give you a clear indication of what foods make you sick.

In case the Elimination Diet does not produce concrete results, there are a couple of things we can do to investigate further.

1. **IgG Food Intolerance test:** test of about 98-300 different foods that could be causing you problems. Most holistic/integrative doctors and naturopaths can run this test for you. Recommended is the Alcat Lab for best results. Bear in mind, it's not always the most reliable test; the Challenge Phase is the best way to know your food sensitivities as your body will never lie.
2. **Pulse Test:** This is one quick (but not foolproof) way to find out: by measuring your pulse. Take these steps:
 - Step 1: Measure your pulse (heart rate) over a full 60 seconds.
 - Step 2: Eat the suspected food, preferably after not eating it for a week.
 - Step 3: Wait 10 minutes.
 - Step 4: Check your pulse again. If the pulse increases more than about 10 beats per minute it indicates a reaction.
3. **Kinesiology Food Intolerance test:** test done while holding suspected food against skin.
4. **Cyrex Labs Array 4 for gluten cross-reactivity** foods might be helpful for some.

Disclaimer

This information on this website has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.