

# Hormones Detox

## Reset Your Hormones

## The Detox

This detox is designed to be used by people on holiday, working, or a bit of both. If you are working please be aware that there will be food and drink preparation to do and if you have a demanding job then you may prefer to wait until you have a quiet time at work or are on holiday.

It is ideal for those wanting a Deep clean or those wanting a Gentle detox. Why? Because you are in charge of how far you take it each day. If you are feeling energized and the day ahead is clear, then go deep and stick to juice and smoothies on the 'Deep Detox' option. Feeling tired or weak and have a meeting? Choose the 'Gentle Detox Plan' and give yourself a boost.

It's perfectly OK to be going between Deep and Gentle over the next 5 days.

**Always listen to your body.**

### Psyllium husk

This is a soluble fiber which will expand and draw any impurities through your digestive tract. It is completely natural and hugely detoxifying as it clears out your whole digestive tract. It is a great cleanser but best of all it will make you feel full, so will stop you getting hungry during the detox.

If you are experiencing serious digestive issues, try a small quantity of psyllium husk to see how it agrees with you first. If you don't tolerate it well (your digestive tract will let you know!), use ground flax seed and/or chia seeds instead.

### Powdered or Liquid Bentonite Clay

This natural clay draws toxins from your digestive tract into its mass, and helps them get released from your body. It is inert, meaning it leaves your body undigested, all it does is draw toxins out with it. For more information on where to source this clay please refer to the Bentonite Clay FAQ's Document.

### Parasite Blend Herbs

These cleansing herbs (clove/wormwood and black/green walnut hull) are very effective and powerful herbs which have been found to destroy all stages of most intestinal parasites.

Continue this after the detox, so you complete a full 30 days.

**Take the parasite blend at least 30min away from the bentonite clay.**

The Meal Plan is based on taking the blend three times per day. However, you always want to follow the instructions on packaging.

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### Electrolytes (only if needed)

Electrolytes consist of sodium, chloride and potassium and they are our “wires” that transmit electrical signals in our body ensuring we function well. If you feel weak, shaky, nauseous or feverish during the detox, try adding some electrolytes. Coconut water is an excellent source of electrolytes. If you can't tolerate coconut, try this supplement: <http://healthygoods.com/40-000-volts-electrolyte-concentrate-8oz.html>

### Wheatgrass Juice (optional extra)

Wheatgrass is a highly nutritious alkalizing plant which can be made into juice easily for a real boost during a detox. If you would like to add this to your detox program we have a few options for you.

1. Buy already juiced wheatgrass at your local health food shop or juice counter. This is often served like a shot and can be taken to give you a boost while out of the house.
2. You can buy already grown wheatgrass crops and harvest it yourself by making it into juice at home. You can either use a juicer if you have a model which is capable of juicing such a fine grass, use a specialised wheatgrass juicer, or use your blender! If you choose to use a blender, simply chop the wheatgrass into inches (one handful) and blend it with water (1/2 cup). Let it sit for 30 seconds and then blend again (this stops it getting too hot). Finally use a piece of muslin cloth to squeeze and strain the juice from the grass into a bowl. Transfer to your glass and drink! Truly fresh wheatgrass goodness!

**Listen to your body and ask Josie and Magdalena for advice at anytime on your choices and above all - enjoy the process.**

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Time	Deep Detox	Gentle Detox
<p><u>6.30-7am</u></p> <p>Any medication taken in the morning according to instructions.</p> <p>E.g. Synthroid, thyroxin, levothyroxine or any other prescribed medication.</p> <p>If you have any medications continue to take them and follow the instructions.</p>		
Time	Deep Detox	Gentle Detox
7.30am <sup>1</sup>	<p>Warm water with ACV or lemon on rising.</p> <p>Parasite cleanse pills.</p> <p>*(liver cleanse drink, optional)</p>	<p>Warm water with ACV or lemon on rising.</p> <p>Parasite cleanse pills.</p> <p>*(liver cleanse drink, optional)</p>
8.30am	*Psyllium husk and bentonite shake.	*Psyllium husk and bentonite shake.
9am	Cucumber, parsley,	Cherry, peach and flax

<sup>1</sup> 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.

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	<p>dandelion and lemon juice (with rind).</p> <ul style="list-style-type: none"> <li>•1 cucumber</li> <li>•8 dandelion leaves</li> <li>•1 lemon</li> <li>•1 small handful of parsley</li> </ul>	<p>Smoothie.</p> <ul style="list-style-type: none"> <li>•1 cup cherries</li> <li>•1 peach, chopped</li> <li>•1 tsp flax seed</li> <li>•filtered water</li> </ul>
11am	<p>Psyllium husk and bentonite shake.</p>	<p>Psyllium husk and bentonite shake.</p>
12.30	<p>Parasite cleanse pill</p> <p>Celery, apple and lemon juice.</p> <ul style="list-style-type: none"> <li>•4 stalks of celery</li> <li>•2 apples</li> <li>•1 lemon</li> </ul>	<p>Parasite cleanse pills.</p> <p>Steamed cruciferous vegetables of your choice with parsley, cilantro, sprouts and garlic.</p> <p>(follow pre-detox recipes)</p>
14.30	<p>Psyllium husk and bentonite shake.</p>	<p>Apple, cherry, coconut oil and milk thistle<sup>2</sup> smoothie.</p> <ul style="list-style-type: none"> <li>• ½ cup apples</li> <li>• ½ cup cherries</li> <li>• ½ tsp milk thistle</li> <li>• 1 tsp coconut oil</li> <li>• filtered water</li> </ul>

<sup>2</sup> Alternate using milk thistle every other day.

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16.00	<p>Beetroot, celery, cilantro, lemon (with rind) and ginger juice.</p> <ul style="list-style-type: none"> <li>•1 beetroot and its leaves</li> <li>•1 inch of ginger</li> <li>•2 celery stalks</li> <li>•1 lemon</li> <li>•small handful of cilantro</li> </ul>	<p>Vegetable sticks with parsley guacamole or lemon zest hummus (see pre-detox recipe)</p> <p>Parasite cleanse pills.</p>
17.00	<p>Psyllium husk and bentonite shake.</p>	<p>Psyllium husk and bentonite shake.</p>
18.30-19.30	<p>Parasite cleanse pills.</p> <p>Zucchini, apple, cilantro and lemon juice (with rind).</p> <ul style="list-style-type: none"> <li>•2 zucchinis</li> <li>•1 apple</li> <li>•1 lemon</li> <li>•small handful of cilantro</li> </ul>	<p>Vegetable and turmeric broth topped with sprouts (see pre-detox recipe)</p>
21.00	<p>Psyllium husk and bentonite shake.</p> <p>Herbal tea.</p>	<p>Parasite cleanse pills.</p> <p>Herbal tea.</p>

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## *Tips on how to administer your detox.*

### **\*Extra Liver Cleanse?**

1. If you want to cleanse your liver more deeply then each morning have a liver cleanse drink after your warm water and lemon. This is an amazing cleanser. Even if you only do it once, it is a great healing tonic!
2. You will need:
  - 1x Cup of orange or lemon juice
  - 1x Clove of crushed garlic
  - ½ Cup of olive oil.
3. Juice the fruit and garlic. Place all ingredients in a blender to get a well blended, surprisingly tasty, elixir.

### **\*How to make the detox shake?**

1. You need to be quick. The psyllium husk is a soluble fiber which expands when it contacts water so it can thicken into a sludge.
2. If you have powdered bentonite you should hydrate it to a semi-pourable yoghurt consistency prior to the detox. Do this by adding water and mixing well the day before the detox starts - then it will be classified as liquid bentonite. If you buy liquid bentonite then this stage is not necessary.
3. Mix 1 teaspoon of liquid bentonite and 1 teaspoon of powdered psyllium (or 1 tablespoon if using whole husk) with 8-10 oz of water or diluted juice.
4. Shake this together in your jar and drink immediately and follow this with another 8-10 oz glass of water. This liquid in is in addition to your daily water intake.

### **\*Parasite Blend Herbs?**

1. Please follow the instructions on the packet as the potency will depend on the brand you have chosen. Most of them are to be taken before meals.
2. Try to keep them 2 hours away from the detox shake.
3. Don't forget to take these and take them at the same time each day.

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### **\*Drink Herbal Teas?**

1. Drink these as often as you like!
2. Avoid caffeine during a detox so avoid black, green and normal breakfast teas.
3. Try chamomile, peppermint, rosemary, tulsi, lemongrass, rooibos and other herbal blends.
4. Remember that you can always go straight to the herb and put it directly in the boiling water for a fast infusion: try fresh mint and/or ginger with a squeeze of lime; easy and delicious.
5. If you have a headache then a teaspoon of fresh rosemary in a pint of boiled water is a fantastic herbal remedy (place a plate over the glass/mug with the herbal infusion until it cools; this protects the volatile oils from escaping).

### **If you feel hungry?**

1. Have extra psyllium shakes half an hour away from a meal/juice/shake. This is ONLY if you can tolerate psyllium, otherwise choose soaked flax or chia seeds.

### **How much fluid should you drink?**

1. 70oz of liquid each day including juices and smoothies but not the detox shakes (these absorb water so they don't hydrate you).
2. It is important to drink lots of water but too much can make you bloated and uncomfortable.
3. Listen to your body.