

Hormones Detox

Reset Your Hormones

PROGRAM OUTLINE

<p>Live Support Call 05/21 at 12pm PST</p>	<p>Introduction to what a pre-detox is and why it is important.</p> <p>LIVE CALL!</p> <p>Welcome, congrats for commitment, benefits they might experience, what to expect. Healing mindset – releasing, receiving and visualizing. Setting up of your Healing Journal. Set the intentions for detox – a visualization exercise. Vision board for your recovery – kick-start it with instructions.</p> <p>Handout: Starter Kit Handout: Meal Ideas for Pre-Detox meals.</p>
<p>05/21 to 05/23</p>	<p>Time to shop, prepare yourself and your home.</p>
<p>Day 1 –Pre-Detox</p> <p>05/24</p>	<p>Let the fun begin. ☺ This is Day 1 of your program, starting with a Pre-Detox.</p>
<p>Day 2</p> <p>05/25</p>	<p>Sources of Toxicity: Food</p> <p>What is making us sick and why. Get educated and start implementing the changes.</p> <p>Handout: Start your FMP (Food-Mood-Poop) Journal + sample journal. Handout: Food In/Out Guide. Handout: Ideas on ways to please your senses during a fast.</p>
<p>Day 3</p> <p>05/26</p>	<p>Sources of Toxicity: Water</p> <p>Outlining the problems with the water supply. Interview with Water Specialist.</p> <p>Handout: Water and thyroid connection and how to get a good water filter. Handout: Affirmations; a list of suggested affirmations during Pre-Detox phase and how to use them.</p>
<p>Day 4</p> <p>05/27</p>	<p>Sources of Toxicity: Household Items</p> <p>What is dangerous about household products? What should we avoid? What to use instead?</p>

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	Handout: Household Toxicity Guide & DIY Recipes.
Day 5 05/28	How to make your life detox-friendly Ways of adjusting your life to meet the detox. Ideas on how to incorporate detox into a normal schedule. Handout: How To Make Your Life Detox-friendly.
Day 6 - Detox 05/29	DETOX (Gentle or Deep) starts today! Introduction to cleansing the body: tips, ideas and what to expect. LIVE CALL! Checking in, “how are you doing?” Questions and answers from previous days. Reporting progress, updates on your FMP Journal. Prepare for the physical and emotional effects you might be experiencing. Intentions setting. Handout: Introduction to Detox Handout: The Detox Plan; meal plans, grocery list, what to do.
Day 7 05/30	Sources of Toxicity: Skincare Products What is wrong with most skincare products? How is this bad for us? What can we use instead? Handout: Skincare Toxicity Guide & DIY Recipes Handout: Affirmations
Day 8 05/31	Sources of Toxicity: Drugs Pharmaceutical drugs – what are they doing to us. Probiotics – how to buy them. Handout: How to buy probiotics and supplements.
Day 9 06/01	Sources of Toxicity: Parasites Where do we get them? How do we know if we have them? How to get rid of them! Handout: Parasites and Getting Rid of Them.

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<p>Day 10</p> <p>06/02</p>	<p>Preparing for Post-Detox (re-entry)</p> <p>What to expect, how to deal with cravings and where to go from here.</p> <p>Handout: Meal plan and food re-introduction sequence to nail down your food intolerances.</p>
<p>Day 11 – Detox-Break</p> <p>06/03</p>	<p>Today Post-Detox starts!</p> <p>Sources of Toxicity: Negative Emotions</p> <p>Guest Speaker: David Parke on “How to Rid Your Life of Negative Emotions”</p> <ul style="list-style-type: none"> • The cause of negative thoughts • The damage they cause • The illness/dis-ease link • What actions to take to mitigate toxic emotions. <p>Journal Conclusion</p> <p>Writing down a summary of your feelings and hopes for your health and life ‘LOVE LIST’.</p> <p>Write your own affirmations for this stage – instructions.</p>
<p>Day 12 (Call)</p> <p>06/04</p>	<p>Summary of the wonderful benefits of detox, the amazing mental and physical transformation.</p> <p>LIVE CALL!</p> <p>Checking in, “How are you feeling?”</p> <p>Everybody reports on their Healing Journal.</p> <p>Ask questions, get clarifications and share your experiences.</p> <p>How to transition into a new routine.</p> <p>Handout: Colonics and liver flush as options for further cleansing.</p> <p>What’s next?</p>