

5 DAY *Hormone Detox* — GUIDE —



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WELCOME TO THE 5-DAY HORMONE DETOX

Are you running on empty most days? Do you feel completely worn out and overwhelmed by perimenopause, menopause or post-menopause? I hear you! I remember feeling so frustrated because I knew deep down in my gut, something wasn't right. Like you, I struggled with **weight gain, hot flushes, dizziness, anxiety, itchy skin, mood swings** and **depression**. But I found answers, and now, I'm here to help you do the same. This 5-Day Hormone Detox will show you how to take the first steps in recovering your hormone health and your mojo. (And fit your jeans again!)

WHY WOMEN NEED A HORMONE DETOX

If ever there were a time to turn our attention to a hormone detox, it's now! The food we eat makes a massive difference to our journey. Not only that, we're exposed to hormone-disrupting chemicals at an alarming rate. Hormone-disruptors are found in drinking water, pesticides (on your food!), cosmetics, personal hygiene products, and many household cleaning products. Exposure to these chemicals causes hormone imbalance by introducing non-endogenous estrogen-like molecules into the body.

Too much estrogen, no matter the source, can lead to estrogen dominance in perimenopause. Estrogen dominance not only causes weight gain and exacerbates symptoms; it increases the risk of certain cancers too.

Let's look at this in more detail.

Liver Health

Our liver is the main detoxification organ in the body and one of its roles is to get rid of unwanted estrogens. Indeed, most toxins and chemicals reach the liver, where they are broken down to remove them from circulation. The liver works hard and usually does an outstanding job. However, nowadays, our liver is exposed to toxins at such an alarmingly increased rate; it simply can't keep up. An overworked liver recirculates the 'dirty' estrogens and leads to many of the symptoms you may be struggling with. Detoxification acts like a fairy godmother and helps it to eliminate the excess estrogens and toxins from your body.

Exposure to Endocrine Disrupting Chemicals

Each day, we're exposed to hundreds of chemicals that interfere with our endocrine system by mimicking, decreasing, or increasing our hormone levels (no wonder our hormones are a hot mess!). EDCs have been linked to many (peri)menopausal symptoms, health issues and diseases, including several types of cancers, autoimmune conditions, endometriosis, and thyroid disease.

I suggest you start detoxing your home from EDCs to reduce your exposure.

Here is a guide to help you get started.

https://static.ewg.org/pdf/kab_dirty_dozen_endocrine_disruptors.pdf

Xenoestrogens

Most of the beauty and personal care products that we use contain some endocrine-disrupting chemicals. Xenoestrogens are a sub-category of endocrine-disrupting compounds that mimic the estrogenic hormones. BPA is a notorious xenoestrogen that can act as natural estrogen in the body and bind to estrogen receptors, causing a multitude of (peri)menopausal symptoms, estrogen dominance and health problems caused by high levels of estrogen. And phthalates are another group of xenoestrogens to put on your avoidance list.

SIGNS YOU NEED A HORMONE DETOX

Before we dive into the program, let's look at the signs or symptoms that indicate you'd benefit from a hormone detox:

- Body aches and pains
- Difficult periods if you're still bleeding
- Endometriosis
- Estrogen dominance
- Feeling exhausted all the time
- Fibroids or cysts
- Hot flushes and/or night sweats
- Joint pain
- Low sex drive
- Mood swings

- Resistant weight
- Skin issues
- Tender breasts
- Thinning hair, hair loss or excess hair
- Water retention
- Weight gain – especially belly, hips and thighs

HOW TO GET STARTED

I suggest a hormone detox 1-2 times per year. Remember that YOU and your hormones are always worth this little bit of extra effort! You can start the detox anytime although I wouldn't advise beginning when you have your period if you're still menstruating. My top tip: when you have an extra hour in the day, batch cook, cook double / triple the amounts of proteins and "basics" to get ahead for the week or month. Health takes time and you deserve to live a hormone healthy life.

#1 DOWNLOAD THE RECIPE GUIDE

I have created a hormone healthy Recipe Guide to help you rock this 5-Day Detox. It includes omnivore and vegetarian options. There are drinks, basics, breakfast, lunch and dinner recipes for each day. Please substitute tofu/tempeh or similar vegetarian options for fish or meat if you wish (I do!).

I suggest you download the Recipe Guide and pop it in a folder for ease of use. As well, it's super helpful to clean out the junk in the refrigerator and the pantry. This process will help you to get mentally prepared to change your body and change your life.

#2 CLEAN UP YOUR ENVIRONMENT

- **Ditch the plastic water bottles and storage containers:** Even BPA-free plastic containers may still contain Bisphenol (including BPF and BPS), which can still be as damaging as BPA. Instead use a glass water bottle and use Pyrex or glass food storage containers. And NEVER microwave foods in plastic!
- **Filter your water:** Bottled water contains a very toxic endocrine system disruptor known as BPA. BPA leaches out from plastic water bottles into the water you drink. A great workaround for this problem is to purchase an affordable portable water filter for your home or install a home water filtration system.
- **Be cautious with canned foods:** These make for quick meals, but unfortunately contain high levels of BPA that contaminate even the cleanest of organic foods contained inside the can. You can look for BPA-free canned foods, however it's always best to use fresh or frozen when possible.
- **Detox your beauty and personal care products:** There are several environmental toxins found in today's standard personal and beauty care products including:
 - ✓ Aluminum Chips (found in anti-perspirants)
 - ✓ Phthalates (found in skin care items, perfumes, nail polish and hairsprays)
 - ✓ Furans & Dioxins (found in tampons)
 - ✓ Chemical Solvents (found in dishwasher detergent & laundry care items)
 - ✓ Parabens (found in lotions, makeup, shampoos and conditioners)

- ✓ Choosing safe alternatives to these products that are free of these common chemical toxins is so important during your detox.
- **Reduce your intake of conventional produce and factory-farmed meats/seafood:** These foods have high concentrations of pesticides and/or added hormones and antibiotics, the perfect storm for disrupted hormones. Instead, purchase locally grown fruits and veggies from the farmer's market or grocery store, plant an herb garden in your home, join a co-op for local produce and/or natural meats and buy pastured / grass-fed / wild-caught meats and seafood.

FOLLOW A DAILY SCHEDULE

A quick-start daily schedule to get your detox boosted.

- ✓ **Morning:** Drink lemon water before breakfast
- ✓ **Mid-Day:** Skin-brush for an energy boost and snack on a bowl of fresh berries
- ✓ **Afternoon:** Drink a green juice before lunch
- ✓ **Mid-Day:** Drink dandelion tea and snack on protein balls
- ✓ **Early Evening:** Enjoy a chamomile tea before or after dinner to relax and unwind
- ✓ **Before Bed:** Turn off devices at least one hour before bed, and massage your legs and feet with magnesium oil

THE IMPORTANCE OF HORMONE BALANCE

The most common women's health concerns hinge on the intricate balance of hormones combined with the effects of stress, weight, sleep, nutrient status and energy. Let's look at the five most common health concerns for women, address the pillars of wellness involved and learn how they relate to common health concerns for women of every age and stage.

#1 HEART DISEASE

The leading killer of women (and men) globally is heart disease. The World Health Organisation (WHO) reports that it is responsible for about 17.9 million deaths each year and a high percentage of those are women who become especially vulnerable to it post-menopause. And heart disease in women looks different from that in men. In addition to the common chest pains, women can also present with jaw pain, aches in the shoulders and upper back, nausea, vomiting, or shortness of breath.

Risk factors for developing heart disease:

- Hormone imbalance
- Smoking
- High cholesterol
- High blood pressure

- Physical inactivity
- Weight imbalance (under or overweight)
- Diabetes

Other risk factors that can't be avoided include ageing, genetics and gender.

#2 CANCER

Breast cancer is the leading cause of cancer death in women closely followed by lung cancer. Risk factors include age, genetics, race, early onset of menstruation (before age 12) or late onset of menopause (after age 55), chest radiation, obesity, alcohol abuse, not having carried and delivered a baby and certain medications.

To reduce your risk of developing cancer, cancer societies around the globe recommend:

- Controlling your weight
- Exercising
- Quitting smoking
- Talking to your doctor about your risk and getting appropriate screening for breast cancer.

Want to know how check your breasts? Take a look at this video:

https://www.youtube.com/watch?time_continue=16&v=4fX0aLfrM_0&feature=emb_logo

#3 OSTEOPOROSIS

Estrogen and progesterone are more than just sex hormones. They play a significant role in other areas of your body, such as regulating bone production and turnover. As we get older, hormone levels in the body decline, and that is where we run into problems. When hormone levels are too low, the rate of bone breakdown will exceed the rate of bone formation. While it's impossible to prevent or stop bone breakdown entirely, there are ways of strengthening the bones and reducing the rate at which they break down.

Here are a few:

- **Move more:** When you hit menopause, you need to move more if you want to have stronger bones. Focus on weight-bearing exercises, which stimulate calcium deposits. This, in turn, leads to the growth of cells called osteoblasts that promote bone growth.
- **Eat a calcium-rich diet:** After menopause, your body needs more calcium. Calcium is a significant building block for bones.
- **Get more Vitamin D:** Calcium is only half the solution when it comes to overall better bone health. It would help if you had plenty of vitamin D, too, especially after you hit menopause. Vitamin D is essential if you want to get the most out of your calcium intake because while calcium builds bone density, Vitamin D enhances the body's ability to absorb calcium. This means you need both of these nutrients if you want to see the benefits of either of them.

#4 DEPRESSION

The US National Institute of Mental Health reports that about 12 million women are affected by a depressive disorder each year compared to about six million men.

Hormone imbalance is a major risk factor for depression and it's prevalent during the menopause transition.

Other risk factors for depressive disorders include:

- **A personal or family history** of anxiety, depression, mood disorders, heart disease, chronic illness and/or a history of physical or sexual abuse
- **Substance abuse** and/or use of certain medications/drugs
- **Relationship or personal problems** and/or a stressful life event, such as job loss, death, serious illness or surgery
- **Diseases that could trigger depression**, such as vitamin deficiency and thyroid disease

Some things that may help boost mood and relieve depression symptoms include:

- **Daily exercise**
- **A nutrient-dense whole food diet** that avoids processed foods
- **A good multivitamin or B-vitamin complex** (look for folate, not folic acid)
- **Laughter!** Laughter stimulates the vagus nerve and can provide an instant mood boost in addition to supporting long-term relief
- **Sun exposure** (wear sunscreen), lightbox or Photobiomodulation therapy

- **Connection.** Being part of a community ([come join our group!](#)) or even having a text chat with a friend can help bolster feelings of connection and worth
- **Mindfulness** practices or meditation
- **Good, restorative** sleep
- **The help of a therapist or coach** for deeper support

#5 AUTOIMMUNE DISORDERS

According to the American Autoimmune Related Diseases Association (AARDA), there are more than 80 known disorders that involve the immune system attacking the body. Lupus, Rheumatoid Arthritis, Type 1 diabetes, Hashimoto's, and Multiple Sclerosis are among the most common. The mechanism of dysfunction is not well understood in any of these illnesses. As well as that, 75% of the people affected by autoimmune disorders are women.

Since the cause of autoimmune disorders remains largely a mystery, the risk factors are speculative. Some experts believe that viruses may play a part in triggering autoimmune imbalance. Leaky gut and food intolerances seem to be a factor as well as hormone imbalance.

Common triggers include:

- Food
- Stress
- Illness
- Medications
- Impaired detoxification
- Genetics

By keeping a journal and noting your mood, symptoms, your food and beverage intake and your output (bowel movements and any other discharge) you can begin to assess your situation and see if any patterns emerge that can help you determine next steps. **In general, a diet focused on nutrient-dense whole foods, nourishing beverages (smoothies, vegetable juices) can help. Sleep, daily bowel movements, and breaking a sweat every day are also shown to help support proper detoxification** and ease or stave off autoimmune imbalance.

TIPS FOR A SUCCESSFUL DETOX

- Start a journal to document this amazing process.
- Realise that you're going to shed what does not serve you both physically and emotionally.
- Eat/drink every three hours to stabilise your blood sugar (if you practise IF do this within your eating window).
- Consume one green drink a day such as one teaspoon chlorophyll in water or add one teaspoon green food powder to your smoothie or coconut water.
- Regular bowel movements are important for proper detoxification; if you are not "going" then try drinking peppermint tea or more lemon water to better support your liver and alkalise your body.
- Take a bath each night with Epsom salt. Try adding a few drops of essential lavender oil.
- Make sure you are sweating daily - try light exercises like jumping on a rebounder, sitting in a sauna, or swimming.

ENJOY!

I hope you love this 5-Day Hormone Detox. Last year we had five groups go through the 21-Day version with some amazing results.

As I do these right along with you, I can tell you I'm probably more slender than I've been in about three decades. I also became pain-free after experiencing chronic pain for five years.

Doing a detox is also called a cleanse or a reset and is life-changing!

Email me anytime with questions or I'll see you on email and in the group as you start on the road of effectively losing weight, detoxing with ease, and achieving endless energy.



Jenna X

You can reach me here: jenna@youology.co.nz

Please join our Facebook group 40+ hormones, weight & life [here](#)

And follow us here: [Instagram](#), [YouTube](#)

TESTIMONIALS

🌸 **We are grateful to work with a very special community of women.** 🌸

"Every women needing support with hormone imbalances would truly benefit from doing this detox. It isn't just about doing the detox it's also about learning about hormones and how your body is impacted in healthy and not healthy ways. It changes the way you think something that needs to happen for women who struggle with eating badly. It's about a lifestyle change. The support is so personal and individual. Each person is made to feel empowered."

- Catherina

"I was so grateful I stumbled on the 21-Day Hormone Detox post on Facebook. I was really feeling the full effects of going into menopause and was willing to give things a go. Within days of starting the detox my side effects of menopause eased and eventually disappeared. I couldn't believe it! It really does work! The focus on whole foods is mine and my family's focus from now on. If it is good for me, it must be good for everyone - right?!"

- Carissa

"I totally loved the 21-Day Detox - it's now a way of life for me! Eating healthy, re-setting my habits and teaching me self care which is vital to our wellbeing . Something I'd never learnt and found hard...salt baths by candlelight are now a fave relaxation prior to bed. I love what I put in my body to restore and care for it! A massive thank you Jennifer 💕"

- Helen