

# Natural Hormone Solution

## How to Detox With Fewer Symptoms

When your body begins to heal (at a cellular level) you may feel the change happening. Give your body extra rest and care as you detox. You can help the detoxing along by using the following suggestions.

*"Sometimes when we try to release a pattern, the whole situation seems to get worse for a while. This is not a bad thing. It is a sign that the situation is beginning to move. Our affirmations are working and we need to keep going." ~ Louise Hay*

### Possible Symptoms of Detox:

1. Headaches
2. Brain fog
3. Fatigue
4. Muscle aches
5. Nausea
6. Cravings
7. Irritability
8. Anger, aggression
9. Mood swings
10. Trouble sleeping
11. Diarrhea/constipation - change in digestion



Here's What You Can Do About It!

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## 1. **Create a Self-Care Mindset**

During detox, remember to be GOOD TO YOU! This is time to focus inward. You need time to heal and restore, so take that time for yourself. Get more rest. Say “no” to extra activities, and skip regularly-scheduled activities that are not essential. Put yourself first. Love on yourself for the important work you are doing FOR YOU.

## 2. **Drink Pure Water**

The Solution to pollution is dilution! Drink LOTS of water, herbal and detox teas. Be sure the water is chlorine and fluoride free.

## 3. **Be Consistent With Your Nutrients**

Get your brain chemistry in balance - no more "slogging through the mud". Nutrients are truly magic for supporting all the different functions of your body. Be consistent.

## 4. **Take a Sweet Dream Detox Bath**

- 1 cups Magnesium salts
- 1 cup baking soda (aluminum free)
- 10 drops essential lavender oil

Make the bath as hot as you can stand it right before bed. (Boil a pan of water if necessary)

- Dim the lights, light a candle, put a Do Not Disturb sign on the door and relax!
- Directly after your bath, go to bed.
- You should be sufficiently relaxed to nod off quickly.

## 5. **Get enough Fiber**

Elimination is essential to help your body get rid of excess toxins. Fiber helps with the elimination process.

## 6. **Slow Down**

Flow with the rhythm of the wave. Give yourself permission to take it easy. No rushing. It will all get done in time.

## 7. **Sleep**

Sleep is essential for everything - including detox! When you get deep restful medication free sleep - your body is able to heal and remove toxins.

## 8. **Remove Toxins in Personal Care**

See the Safer Cosmetics for Hormone Balance for more ideas.

## 9. **Eat Organic**

See the EWG Shopper's Guide for healthier produce through their Dirty Dozen and Clean Fifteen GUIDE to help you avoid extra toxins in your food. Be especially mindful of this to really help the process!

## 10. **Add ACV**

Add a bit of Apple Cider Vinegar or fresh lemon juice to water, or salads. This will support liver cleansing. The liver is your body's filter, and does a lot of work for you. Love your liver!