



The 7 Day Hormonal Balancing Detox

Almost everyone can benefit from doing a liver cleanse or detox program or at least giving your liver and entire digestive system a bit of a rest from its daily struggle to deal with all of the toxins in your diet, water and environment. The liver is the main organ of detoxification in the body and one of its many roles is to metabolise your reproductive hormones.

You may need to do a detox if you're having difficulty in any area of your health such as:

- Problems losing weight.
- Low energy levels and fatigue.
- Fertility problems, especially after fertility treatment using medication.
- Skin problems.
- Frequent headaches.
- Immune system problems system such as recurrent viruses or infections.
- Muscle and joint pain.
- Abdominal bloating or poor digestion, bad breath, IBS, sluggish metabolism.
- High cholesterol.
- People who have had fertility treatment can benefit from a liver cleanse to help clear the system of any residues of synthetic hormones and other drugs.
- A history of over indulgence, ie: processed food, alcohol, coffee and sugary foods.

Please consult your health practitioner if you have any medical problems or if you need advice with your diet. By following a liver cleansing diet, you will give your liver a rest, which will help it function better and you should also feel much better too.

Here are some basic guidelines for the week prior to doing The Liver Cleanse /Detox:

- Stop drinking beverages containing caffeine and sugar reduce coffee to 1 cup per day to prevent withdrawal symptoms.
- Reduce your refined carbohydrate intake (white bread, sugar, white pasta, crackers, biscuits and all junk food).
- Stop eating processed and fatty foods.
- Stop drinking alcohol.
- Stop eating salt.

- Stop eating sugar and other sweeteners.
- Reduce intake of animal products like milk, cheese, dairy, shellfish, beef, pork and all processed meats. Fish, chicken and turkey from healthy sources are fine.

It is possible to go straight into the cleanse if you already eat a fairly healthy diet that doesn't contain many of the above products. If your diet does contain lots of caffeine, sugar and processed food then you need to decrease these gradually or you could actually feel quite unwell for a few days.

The program:

Days 1-5:

Start with hot water with the juice of ½ lemon. To protect the Vitamin C in the lemon juice make sure you don't pour boiling water over the juice. Instead, pour boiling filtered water into a cup, add some room temperature water and then put the juice on top. I use ½ a lemon but you can use more or less to suit your taste. This is a practice that you can continue forever to help you start the day in a healthy way. Have a good stretch, go for a walk in the fresh air.

BREAKFAST

Have fruit – a bowl of fruit salad, mixing 2 or 3 different kinds. Frozen berries can be used, these are especially good during winter months (gently heat them in a bowl in the oven for 15 minutes until defrosted & warm). A tablespoon of good natural yoghurt or a tablespoon of oat or rice bran may be added.

Alternatively you can have a:

liquid breakfast:

A juice: a mixture of carrot, celery, beetroot, apple and a piece of ginger works well (Organic if possible) Any variety of fruit and vegetables is fine (but only use 1 piece of fruit and the rest vegetable)

A smoothie- blend together a cup of some Almond milk*, oat or rice milk with 2 fruits (either a handful of berries, a banana, a kiwi, some melon, pineapple or pear), a heaped dessertspoon of a good quality protein powder (brown rice protein powder or pea protein is good) or 2 tablespoons of natural yoghurt, a dessertspoon of crushed linseeds or any crushed nuts or seeds. This smoothie is great as a post workout boost if you do lots of training or if you have a very physical job use as a snack.

Alternatively you may have a bowl of porridge made from either oats or millet (gluten free) with rice, almond or oat milk.

LUNCH

Have a large raw salad – mixed organic leaves, grated raw veggies (carrot, courgette, beetroot etc), red, yellow or orange peppers, avocado, small florets of broccoli or cauliflower, thinly sliced cabbage etc. Also try lightly steamed green beans or asparagus. Make a good dressing with olive oil, lemon juice & fresh herbs.

Alternatively, make up a batch of vegetable soup – lightly sauté onions & leeks in a little olive oil, then add plenty of chopped vegetables, such as carrot, peppers & pumpkin or celery, courgette & broccoli. Cover with vegetable (low salt) stock & simmer until cooked. You may have several bowls of this over the afternoon if needed. To make it more filling you can add a tin/cup of dried, washed & cooked organic lentils, chick peas/garbanzo beans or other legumes.

EVENING MEAL

Have one of the choices from lunch. Alternatively, have a plate of steamed vegetables, drizzled with olive oil. If you are very hungry, have a baked sweet potato.

DRINKS

Lots & lots of water: clean and filtered. Herb teas are fine. If you usually drink lots of tea or coffee reduce your consumption prior to the cleanse. It is preferable to have only water and a variety of herbal teas.

DAYS 6 & 7

Breakfast: as above or you can have some porridge with soy, rice or goats milk or almond milk. Or you can have some homemade muesli made with oats, seeds, nuts, oat or rice bran, dried fruit etc.

Lunch: as above and you can add some form of wheat free bread or crackers, such as rice cakes, spelt or rye bread or oat cakes.

Evening meal: as above & you can add a small portion of a protein based food such as tofu, egg, chicken, fish or beef. It must be of good quality, preferably organic.

NOTES

- Most people lose 3 -4 pounds on the above cleansing diet. If you do not need to lose any weight or you need to gain some weight- you need to add in more calories to the program. Have an avocado with your lunch or 2 tablespoons of hummus or other healthy dip. Also have a handful of unsalted nuts or seeds mid-morning and mid-afternoon. Or have some organic yoghurt. Cleansing diets don't suit everyone so check in with me if you are unsure.
- Drink plenty of good quality water. A small glass every hour that you are awake is ideal. A jug filter or an under-sink filter is recommended. Herbal teas are also recommended.

- You will need to do some exercise each day, such as two 20 –30 minute walks. Or do yoga, dancing or swimming.
- You may feel tired or have other symptoms during the first few days. You may need to go to bed earlier & drinking lots of water will help. The herb Milk Thistle will help the liver to get rid of toxins.
- Take great care after completing the above program not to resume previous poor dietary choices. Reintroduce healthy foods slowly and note if you appear to react any foods as they are being reintroduced.

***Almond Milk recipe:**

Soak about 12-15 almonds in water overnight. Discard the water then add a litre of fresh filtered water. Put in blender and process on high for 2 minutes. You can add a few drops of natural vanilla essence. At this stage you can either strain it through some muslin or just use it complete with a few bits.