Hormone Detox Essentials Cheat Sheet

by Dr.Vanessa via cheatography.com/44828/cs/13228/

1. Wake Up! Our First Step is Removing EDC's

Toss Anything Containing:

1.1. Parabens - methylparaben, propylparaben	1.2. Phthalates - “parfum”
1.3. BHA/BHT	1.4. Siloxanes
1.5. Petrolatum	1.6. Sodium Laureth Sulfate
1.7. Tricolsan	1.8. DEA Related Materials
1.9. Toulene	1.10. FD&C or D&C color
1.11. Propylene/butyene glycol	11.12. Formaldehyde

1.13. Chemical sunscreens: benzophenone, PABA, avobenzone, homosalate and ethoxycinnmate.

Check your existing products for hormone disrupting products at : http://www.ewg.org/skindeep/#.Wer8PNMjGYU**

Everyday the average woman applies over 160 chemicals to her face and body. Many of these chemicals are known to endocrine disrupting chemicals (EDC's), meaning they mimic estrogen in our body by sticking to estrogen receptor sites on your cells. Other chemicals we use daily are known neurotoxins (damaging to our neurological systems) others are carcinogens, and most have never been adequately tested for safety before hitting store shelves.

3. Sweat, sweat baby!

a. Exercise daily! Movement combined with an increase in body temp helps mobilize toxins

b. Sauna therapy Infrared Sauna : 50 hours over 6 months may reduce our body load of fat soluble chemicals by 70%

c. Take 500-1000mg of Niacin before jumping in the sauna to increase circulation, sweating and improve detoxification!

d. Drink plenty of filtered water (fluoride and chlorine in tap water interferes with thyroid hormone production and may lead to an inability to lose weight).

3. Sweat, sweat baby! (cont)

e. After the sauna have a cold shower, this helps to stimulate circulation and immunity.

f. Click here to purchase your own IR sauna: http://www.sunlighten.co.nz/?gclid=EAIaIQobChMIyJ_5pPmD1wIVngQqCh0S3Ah6EAAYASAAEgKf-_D_BwE

Many of the mentioned environmental toxins are stored in our fat cells. We like to say “the bodies solution to pollution is dilution!” thus it often will stick toxic chemicals that may be harmful to our organs into our fatty tissue, produce more fat cells and resist breaking them down. One of the best ways to detoxify these chemicals, stored in fat is sweating!

5. Try a Turmeric Latte

Ingredients

3 cm piece of fresh turmeric (peeled) OR ¾ tsp turmeric powder

2 cm piece of fresh ginger (peeled) OR ½ tsp ground ginger

1 heaped tsp Manuka honey

1 tbsp nut butter (cashew, almond, hazelnut) 1

1tsp coconut oil

1 ½ cup organic coconut, soy or almond milk

¼ tsp black pepper

¾ tsp cinnamon

1 tsp vanilla essence

Pinch of salt

DIRECTIONS:

Sponsored by **CrosswordCheats.com**
Learn to solve cryptic crosswords!
http://crosswordcheats.com

5. Try a Turmeric Latte (cont)

Blend all ingredients, then pour in a saucepan and gently heat until desired temperature. You can also double or triple the recipe, blend all of the spices, add the coconut and nut butter, and store in a jar in the fridge. Then you can heat your milk and add the spice blend later.

Love Your Liver with a Turmeric Latte

Avoiding foods and substances that stress the liver is crucial to hormonal health. Your liver has to process things in our diet and environment as well as the hormones in our body. Herbs like turmeric and ginger are anti-inflammatory, protect the liver and promote bile flow. Drinking Milk thistle tea is also a great way to support hepatic health!

7. Just Breathe

Try Alternate Nostril Breathing (Nadi Shodhan Pranayama)

Sit comfortably with your spine erect and shoulders relaxed. Keep a gentle smile on your face.

Place your left hand on the left knee, palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).

Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril. We will use the ring finger and little finger to open or close the left nostril and thumb for the right nostril.

Press your thumb down on the right nostril and breathe out gently through the left nostril.

Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.

7. Just Breathe (cont)

Breathe in from the right nostril and exhale from the left. You have now completed one round of Nadi Shodhan pranayama. Continue inhaling and exhaling from alternate nostrils. Homework: Complete 9 such rounds by alternately breathing through both the nostrils.

Deep breathing not only helps us detoxify but also turns off our stress response and helps our hormones. Alternate nostril breathing balances the brain benefits our digestion and helps us relax. Try this before bed for 10 minutes a day

2. Eat Real Food



When it comes to fruit and vegetables, organic is always best. If you cannot eat all organic download this list of the most contaminated foods here: https://www.ewg.org/foodnews/clean_fifteen_list.php
When it comes to animal products always choose organic as enviro-nmental toxins are accumulated as we move up the food chain. With fish, small fish with short life spans are preferred: mackerel, sardines, anchovies, for their relatively low toxicity and high omega 3 content.

Sponsored by **CrosswordCheats.com**
Learn to solve cryptic crosswords!
http://crosswordcheats.com

4. Gut Health for Hormonal Harmony

a. Stoke your digestive fire with Apple Cider Vinegar, herbal bitters, or Betaine HCL with meals

b. Consider digestive enzymes

c. Love Your Liver - Avoid alcohol, tobacco and paracetamol

d. Apples contain pectin which helps to bind and excrete heavy metals right off the intestines. This directly helps to reduce the load of filtration on the liver

e. Garlic contains allicin and the mineral selenium, both antioxidants. It assists the removal of heavy metals from the liver.

f. Cruciferous vegetables such as cauliflower, broccoli, cabbage, Brussels sprouts, Bok Choy, kale, radishes, and turnips contain glucosinolates which help the liver produce enzymes for detoxification.

g. Eggs, brown rice and whole grains, broccoli and spinach contain B-complex vitamins which improve liver function and promote liver decongestion.

h. Be a perfect Pooper - Put your feet up on a stool or wastebasket for better elimination when you sit on the loo.

i. Probiotics daily - Yogurt, Sauerkraut, fermented veggies or capsules

j. Increase fiber - Ground flax for phytoestrogens, chia seeds or psyllium

k. If needed take 1g Vitamin C every hour until you have a bowel movement

The health of our liver and gastrointestinal tract is crucial for hormonal balance. Our livers must work to detoxify hormones and toxins in our environment. After processing the liver dumps modified toxins into the gut, if we are not having a bowel movement at least once a day we will reabsorb hormones (leading to estrogen dominance).

Blue Light Blocking Glasses



Blue Light Blocking Glasses can be found online, Trademe, Bunnings or Mitre10.
Bonus: make sure your room it PITCH BLACK when you sleep. Use blackout curtains or a sleep mask for optimal sleep.

6. Be Bright about Light

a. Buy orange lens safety glasses from your local hardware store, and use them once the sun goes down.

b. Use f.lux to remove blue light from your computer screen https://justgetflux.com/

c. Use Night Shift for your iphone and ipad.

d. Get outside without sunglasses FIRST thing in the morning for 20 min to set circadian rhythm.

e. Use candles, or Edison bulbs over LED or fluorescent lighting

f. Exposure to blue light is linked to cataracts, increased risk of breast cancer and contributes to obesity.

Exposure to bright indoor light or light from screens all day and into the evenings disrupts our hormonal cascade, suppresses melatonin and ruins our sleep. Please read my blog on the science of why light at night is so harmful: https://www.bloomintegrative.com/blog/2-017/8/1/the-dark-side-of-light-at-night

Sponsored by **CrosswordCheats.com**
Learn to solve cryptic crosswords!
http://crosswordcheats.com