

HOW TO DETOX WITH YOUR

Moon Cycle





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THE NEED FOR A HORMONE DETOX

Are you tired most of the time? Do you feel run-down and defeated? Do you dread **the drama that comes each month when you start your period?**

I feel your pain, my friend, as I too have been there. My name is Melissa Lowe, I'm a Nutrition and Epigenetics Health Coach, owner of The Thrive Guide.

I struggled for years with crazy hormonal emotions, skin issues, blood sugar imbalances, digestive issues, sleep issues and stress, plus a few extra kg's that really didn't want to budge.

Truth be told, I tried a million things (from doctors to supplements and so on) but nothing really worked and I didn't know what else to do.



But through nutrition, mindset and specific vitamins and minerals, I found a way out!

And the good news is, you don't have to stay there. You can balance your hormones and reclaim your life! There are many lifestyles and dietary strategies that can help you restore balance, though none as effective as a **hormone detox**.



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If ever there were a time to turn your attention to a hormone detox, it's now. Nowadays, our liver is **exposed to toxins at such an alarmingly increased rate**; it simply cannot keep up.

We are exposed to endocrine disrupting chemicals, xenoestrogens, and other environmental toxins that are harming our reproductive systems.



These symptoms can cause the **thyroid gland to malfunction, and contributing to the autoimmune epidemic** facing women today.

I suggest a hormone detox 1-2 times per year. **As well, I recommend learning more about your monthly periods.**

Can we be real for a minute? Most women know more about their iPhone; then they do about their bodies.

That changes today. **In this guide, I am going to teach you about both detoxification and your moon cycles.** I'm going to teach you how to live with intention so you can give your body exactly what it needs during each phase of your cycle. How cool is that?



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GET TO KNOW YOUR MOON CYCLE



If I asked you where you were in your cycle right now, would you know? If you are like many women, **you likely are only aware of your cycle during the bleeding time.**

If you want to get attuned with your body and your emotions or you want to **improve your fertility or heal an imbalance, you will need to track with your moon cycles.**

When you learn **what's going on "down there"** you will be taking back your personal power and reclaiming your health. **YOU should be the expert on your body – not your gynecologist!**



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LET'S DETOX WITH OUR MOON CYCLES

The **ideal time to start a detox is on day 8 of your cycle.** The follicular phase is a dynamic time perfect for starting something new!

However, you can start the detox in any phase **except the menstrual phase.**

Simply follow the suggestions under each of the categories below to support your body and give it exactly what it needs during each phase.

*** Please note, every woman is unique and how long you stay in each phase may vary. If you are trying to conceive then you should use an ovulation test kit. This schedule is for nutrition and lifestyle support only.



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Dark Moon Phase (Menstrual Phase)

Days 1- 7

Day 1 is the 1st day of bleeding. Do not detox during this phase. During this phase of your cycle, you should rest and practice self-care. The **menstrual phase** is a delicate time that requires **rest and reflection**.

Best activities during this phase:

- read a good book
- relax
- sip herbal tea
- write in your diary/journal

It's not a good time to put excess demands on yourself.

Best foods during this phase:

- nourishing soups
- warm broths (bone broth is magical)
- cooked foods

Lean towards foods that are high in **magnesium, zinc** and **iron** like **hemp hearts, grass-fed beef, clams, green leafy vegetables and broccoli**.



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Waxing Moon Phase (Follicular Phase)

Days 8 – 11

This is an ideal time to start a detox. The follicular phase is a more dynamic time and **perfect for starting something new**. During this phase your ovaries get busy, the immune system is strengthening, emotions begin to shift upwards, you become lighter and brighter and **energetically it is a more yang time** (active).

During this time oestrogen begins rising so foods that are high in **probiotics** and that help your liver to detox certain hormones are ideal to encourage healthy oestrogen metabolism. This would be foods such as **cultured vegetables** (add 1 tbsp. to your meals), **coconut yoghurt**, and **cruciferous vegetables**. Make a **kale smoothie** or cook up some roasted lemon **Brussel sprouts**.

Best activities during this phase:

- Yang (active) activities
- Go to the gym
- Go on a hike
- Catch up on work

Best foods during this phase:

- Cruciferous vegetables
- Cultured foods
- Probiotics



Full Moon Phase (Ovulatory Phase)

Days 12 – 17

Oestrogen continues rising during this phase as does testosterone. During this time your “mojo” is at its peak and you should feel energised and vibrant. This is a great time to **socialise with friends**, **reconnect with your partner**, or spend time **creating in the kitchen**.

During this phase, since oestrogen is rising, **work on digestion** and keep the **bowels moving**. Your body removes oestrogen through the stools. Constipation will allow oestrogen to be reabsorbed in your body and this could lead to a difficult period, so keep things moving. You can do that with plenty of **fresh green juices**, **high fibre vegetables** (especially sulphur and cruciferous veggies) and plenty of **plain water**.

Best activities during this phase:

- Social activities
- Spending time with others
- Intimacy
- Creative activities

Best foods during this phase:

- Fresh juices
- Lemon water
- High fibre foods
- High enzyme foods like papaya and pineapple



Waning Moon (Luteal Phase)

Days 18 -28

During the luteal phase, you may feel some PMS symptoms as the body prepares to menstruate. Oestrogen and progesterone both surge and then get a bit all over the place – as do your moods. **It's also common to feel tired during this phase.** During this time there is a natural tendency toward clearing and releasing. **The luteal phase is an excellent time to move your focus towards detoxing your emotions.** Consider a few emotional detox strategies such as a write + burn, 7-days of diary/journal writing, or guided meditation.

You can support your emotions with foods high in **B vitamins** such as **quinoa** and support your adrenals (controls stress hormones) with **good fats** such as **coconut oil** or **fat bombs!** And let's be real...this is a good time for some **organic dark chocolate** too! Just a little bit to take the edge off.

Best activities during this phase:

- Moving inward
- Emotional release
- Guided meditation
- Yoga
- Breathing practices
- Journal/diary writing

Best foods during this phase:

- Good fats like coconut oil, ghee, avocado, and brazil nuts
- Foods with B vitamins like quinoa and beef
- 70%+ cacao chocolate



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DETOX RECIPES

BREAKFAST

SPINACH AND ONION OMELET

Serves 2

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 2 cups spinach
- 4 eggs, whisked
- sea salt and black pepper to taste

Melt coconut oil in a sauté pan over medium heat. Add chopped onion and sauté for about 3 minutes. Add spinach. Allow spinach to wilt for about 3 minutes, then add whisked eggs. Season with sea salt and black pepper. Stir until eggs are fully cooked and serve.

LUNCH

SPRING BERRY SALAD WITH BLUEBERRY VINAIGRETTE

Serves 2

- 2 cups baby spinach
- 1 cucumber, chopped
- 1 tomato, diced
- 2 eggs
- 1 handful parsley, chopped
- ½ cup purple cabbage, chopped



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1 avocado, diced
2 tablespoons chia seeds

Blueberry Vinaigrette

½ cup blueberries
1 tablespoon raw apple cider vinegar
2 tablespoons extra virgin olive oil
1 small garlic clove
sea salt to taste
black pepper to taste

1. **Prepare your vinaigrette.** Add blueberries, raw apple cider vinegar, extra virgin olive oil, garlic, sea salt, and black pepper to a blender. Blend until smooth. Set to the side.
2. **Assemble the salad.** Boil the eggs. Once the eggs are finished (usually after 10 minutes), set them aside to cool, peel then slice the hard-boiled eggs in half. Add the salad ingredients to a large salad bowl except the avocado and chia seeds. Top with hard-boiled eggs, chia seeds and avocado. blueberry vinaigrette and mix until well coated.

DINNER

VEGGIE BEAN BURGERS

Makes 4

2 cups cooked black beans
1 cup steamed spinach or kale
1 carrot, chopped
½ onion, chopped



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1 bunch chives, minced
½ cup miso liquid (add 1 tablespoon miso to ½ cup water) or use vegetable broth
1 tablespoon dried basil
1 tablespoon oregano
sea salt and pepper to taste
½ cup cooked brown rice
1 avocado, thinly sliced
3 cups rocket salad

1. **Prepare your burger mixture.** Wash and chop all your vegetables. Mash up the beans and add them to your vegetables. Add the cooked brown rice and remaining ingredients to a bowl. Mix thoroughly, then form the mixture into individual patties.

2. **Bake your patties.** Bake your patties for 30 minutes at 200 degrees C. Add the burger on top of a bed of rocket and top with sliced avocado.

SNACK

- 1 apple with 2 tablespoons almond butter
- ¼ cup hummus with chopped vegetables



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THE FIVE STEP APPROACH

For ultimate hormonal balancing, we need to look specifically at five different areas to help you bring back balance.

For ultimate hormonal balance you need to look at:

1. What you are eating and drinking and how can you reduce the load on your liver, including other toxins you may be exposed to.
2. How you manage stress in your life, both short and long term
3. Learning how to take time for yourself, no matter how busy you are, including sleeping well.
4. Supplements – vitamins and minerals that you may be lacking in.
5. Other areas that may be causing issues (thyroid, adrenals etc.)



Symptoms of hormones being out of balance are a sign that something is not working quite right in your body, combined with stress and a busy lifestyle, hormonal imbalance is something many women struggle with.

Looking at the root cause of hormonal imbalance is what is key to reducing symptoms (instead of just looking to reduce symptoms).



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If you are ready to...



Plus, discover any amazing Epigenetics programme that will transform the way you eat, exercise and live....

THEN LET'S GET STARTED

Head over to www.thethriveguide.co.nz to find out more.

Or book in for a complimentary 30 minute 'All About You' health and wellness session [here](#).