

5 STEPS TO
Detox Your Body
FOR HEALTHY HORMONES



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5 Simple Detox Strategies for Healthier Hormones

Hi my friend!

I am SO thrilled you downloaded this free Guide.

My name is Melissa Lowe, I'm a Nutrition and Epigenetics Health Coach, owner of The Thrive Guide, and my mission in life is to help women balance their hormones and reclaim their health again.

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.



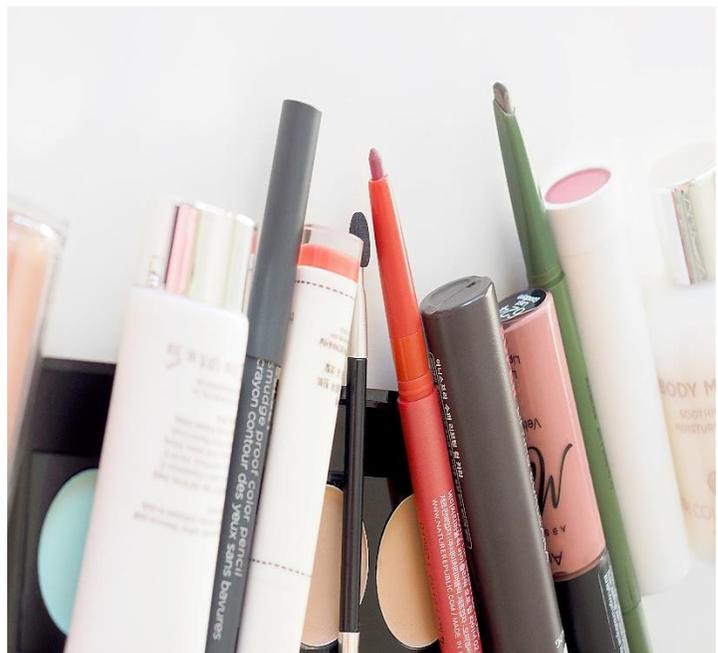


Then I came across some research about hormone disruptors and how many everyday items impact the way the body metabolises hormones and the way that hormone balance is impacted.

I was shocked! But I also had some direction.

Here's the thing – this isn't new information, but it's likely new to you (as it was to me!)

In 2004, the Environmental Working Group noted “The average adult uses 9 personal care products each day, **with 126 unique chemical ingredients**. More than a quarter of all women and one of every 100 men use at least 15 products daily.”¹



Why is that significant? Well, I'll tell you: These chemicals disrupt your hormones and create a toxic burden on your body.

I realised that what I struggled with for the longest time was hormonal imbalances.

I googled and searched and felt overwhelmed at first, but then I learned that there are simple, effective ways to help the body. I learned how to detox my body in a safe and gentle way. I removed foods that were overloading my liver; stopped using chemicals that were hormonal disruptors and began eating whole

¹ <https://www.ewg.org/skindeep/2004/06/15/exposures-add-up-survey-results/>



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foods, along with getting support from some other avenues with regards to specific supplements, stress management etc.

My life began to change. I felt like I was ME again.



From age 14 to my late 30's, PMS controlled me for two weeks of every month.

There were tears (as in loud ugly-cry sobbing), anger (rage), irritability, sore breasts, being overly sensitive and overly irrational, exhaustion, insomnia, skin breakouts and just feeling really really low. And that was on a good day.

My hormones controlled my life.

However, I eventually found a way to control them and now can happily say that PMS is a thing of the past.

Hopefully, through trying a few of the suggestions in this Guide, you too will find some relief.

This isn't something you just 'have to put up with' anymore. There is help and I hope to provide some of that for you.



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If you're like me and millions of others, you too are bombarded on a daily basis with toxins. Toxins are found in the air we breathe, the foods we eat, chemicals in the water, makeup, lotions, shampoo, hair dyes and perfumes.

These toxins enter the bloodstream, and the liver works hard to filter them out and detoxify the body.

Unfortunately, our toxic load is ENORMOUS.

The liver becomes overworked and sluggish and all the detoxification pathways suffer, and your health suffers.



Keep reading!

In this guide, I am going to share 5 of the simplest, gentlest, most effective things I learned that help support and detox the body from this incredible burden.

By doing this type of detox, you are supporting your liver and other detox pathways, so your body resets and your health finally has a chance to improve and balance.

Let's get you feeling great and vibrant again!



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WARNING SIGNS

Let's take a look at some of the signs your body may be expressing. Keep track as you run down the list. Then write down your score below.

Do you experience:

- Low energy and feeling sluggish
- Mood swings, anxiety, depression, irritability
- Painful, irregular, or heavy flow periods
- Tender breasts
- Bloating
- Skin problems
- Weight gain
- Low sex drive or libido
- Hot flushes
- Vaginal dryness
- Trouble getting pregnant or complications in pregnancy
- Oestrogen Dominance
- Ovarian cysts
- Endometriosis or PCOS
- Hair loss or excessive body hair
- Muscle or joint pains
- Intense cravings
- Recurrent Yeast infections
- Headaches
- Trouble sleeping, falling asleep or staying asleep
- The need to get up at night to urinate

Write your score here: _____ out of 21



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If you are experiencing 3 or more of the symptoms listed, then your body might benefit from a detox!

WHAT HAPPENS WHEN SYMPTOMS GO UNCHECKED?

Okay, you ran down the list and checked off your symptoms.

Now what?

Left untended, any one of those symptoms could lead to a bigger imbalance.

Symptoms are an expression of an underlying imbalance or issue; your body is trying to tell you something.



Regardless of the cause, a body that is out of balance is a stressed body... and a stressed body is at greater risk of developing health issues.²

If we put on our detective hat and dig a little, we are likely to tease out at least one possible root cause. For example, low energy and weight gain can be symptoms of thyroid hormone imbalance. They can also be a result of poor sleep and an imbalance in cortisol or something like hypoglycemia (low blood sugar).

² <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>



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Without intervention, thyroid hormone imbalance can impact your heart, lungs, mental status, bones, eyes and metabolism³. Hypoglycemia and blood sugar imbalance can put stress on your pancreas, heart and liver and potentially lead to diabetes and other serious illnesses (Alzheimer's is one). Eeek.



When the female sex hormones are imbalanced and the body becomes oestrogen-dominant, many health problems can arise.

The health issues stemming from hormone imbalances are not limited to the reproductive system.

Hormone imbalance can also increase the risk for autoimmune diseases.

If keeping hormones balanced can be part of keeping the immune response in check, then let's do it!

Our job here is not to diagnose or play doctor, our job is to begin to be more mindful of the body so we can make necessary shifts and supports that are needed to bring balance back and restore our good health. Make sense?

³ <https://www.everydayhealth.com/hs/hypothyroidism-and-your-health/complications/>



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HOW TO DETOXYFY YOUR BODY FOR HEALTHY HORMONES

It may seem like a daunting task, but I assure you, there are some simple steps you can take right away to help your body!

What everything boils down to is reducing or eliminating burden on the body (especially the liver). The liver naturally eliminates many xenoestrogens (which mimic the oestrogen hormone) and other endocrine system (the collection of glands that makes and releases hormones into the blood) disrupting chemicals, but a lot of junk can get lodged in our system when the liver gets overworked.

Here are my 5 favorite tips for getting started on the path back to hormone balance and better health...

STEP NO. 1: MAKE SOME CHANGES YOUR DIET

If you do one thing, make it this: eat whole/unprocessed, seasonal foods... mostly organic if possible, or at least spray free.



Another option is to avoid the “The Dirty Dozen” and eat “The Clean Fifteen.”

Use these lists as a guide and focus your \$\$ on choosing organics for anything on the current dirty dozen list. Here’s a link to that list for reference:

<https://ceres.co.nz/blog/dirty-dozen-the-most-pesticide-laden-produce-plus-clean-15-list/>



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Eating organic can be expensive, but try your best to buy as organic as you can.

Pesticides are known to be endocrine disruptors, and many are oestrogenic, meaning they increase levels of oestrogen in the body⁴.

Since we're striving for balance, pesticides need to go!



Aim to increase your 'above ground' vegetable intake and keep processed foods to a minimum, as these can contain harmful substances either naturally or as additives. Also be mindful of nitrates found in deli meats and hot dogs, which help stabilise and flavor the product while wreaking havoc on your hormones.

STEP NO. 2: CUT OUT THE TOXINS

In the same way that pesticides and additives in processed foods add burden to your liver and act as hormone disruptors, so do other toxins.

The unfortunate thing is that toxins are found in almost everything, so you need to take a good look at what you're using on your body, in your body and in your environment and then change what you can.

⁴ <https://www.beyondpesticides.org/resources/pesticide-induced-diseases-database/endocrine-disruption>



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Common offenders are household products and makeup. Water bottles and food storage containers are also things to look at.

- Synthetic fragrances (shampoo, conditioner, lotion, perfume, soap, and even tampons and sanitary pads.)
- Formaldehyde (in nail polish, personal care products, keratin treatments)
- Parabens in beauty products
- Toxic chemicals in household cleaners

You should also avoid many scented products and using plastic containers. There's a whole list of things to avoid and more information here if you're interested in digging deeper:

<https://www.niehs.nih.gov/health/topics/agents/endocrine/index.cfm>

Eliminating or, at the very least, reducing, toxins is critical for hormone detoxification. Your liver, while an amazing and exceptional organ, simply cannot process the incredible load of chemicals and toxins that most of us are exposed to on a daily basis.

Aim for using natural products as much as you can and consider making homemade cleaning products or moisturisers etc. There is a lot of help out there – just get googling!



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STEP NO. 3: SWEAT

Did you know that your skin is the largest organ in your body?⁵ It is the primary barrier between you and the world.

According to a study recently published⁶, “The skin plays an important role in the biotransformation/detoxification and elimination of xenobiotics and endogenous toxic substances” – this means that all those endocrine disruptors and toxins have a way OUT of the body through the skin.



While the skin does this naturally, there is another great way to help facilitate detox.

Sweating, either as a result of exercise, sun exposure, sauna or even a bath, can help your skin push out harmful toxins.

Another great way to break a sweat is in the sauna⁷, but if you don't have access to one or if you're not keen on tons of exercise, try rebounding.

⁵ <https://www.nationalgeographic.com/science/health-and-human-body/human-body/skin/>

⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3415238/>

⁷ <https://www.greatplainslaboratory.com/gpl-blog-source/2016/12/12/how-to-maximise-the-benefits-of-sauna-for-detoxification>



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Rebounding is the perfect exercise because it is easy on the joints, can be done assisted if someone is too ill or weak to do it on their own and it helps move lymph while also inducing sweat.

You can also enjoy sweating out the toxins in a relaxing bath.

An Epsom Salt Bath or Magnesium Mineral bath can be drawn several times a week in a tub or moderately warm water (not too hot, for safety).

Take advantage of the ease and relaxation that Epsom salt baths offer.

Something that feels great, is stress relieving and has a host of health benefits – Win/Win/Win!



Epsom salt baths and Magnesium in general is wonderful for⁸:

- ✓ Lessening muscle cramps
- ✓ Aiding sleep, healthy bowel and healthy brain function
- ✓ Improving nutrient absorption
- ✓ Easing stress and improving concentration

⁸ <http://www.nutritionalmagnesium.org/magnesium-and-detoxification/>



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My favorite Epsom salt mineral bath:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup raw apple cider vinegar to a warm bath. You can also add a few drops of therapeutic grade essential oil (not a fragrance oil), such as lavender or cypress; if you do this, mix 2-3 drops of oil into the Epsom salt/baking soda/salt mixture and then add to the water so the oils get evenly dispersed. Swish everything around before getting in. Soak for 15-20 minutes.

Create a beautiful ritual each week, where you take a detox bath and sweat out those toxins!

STEP NO. 4: BREATHE DEEPER

Deep breathing resets and calms your Central Nervous System, which calms your mind and has a direct effect on the rest of your organs as well. Without diving too deep into the science, let's note that deep, rhythmic breathing helps⁹:

- ✓ Oxygenate cells
- ✓ Calm the mind
- ✓ Relieve tension
- ✓ Stimulates lymphatic movement

Take at least 5 to 10 minutes from your busy life to focus on your breathing and your thoughts so you can organise them and feel calmer throughout the day.



⁹ <https://www.well.org/healthy-body/deep-breathing-detox-better-breathing-lead-better-health/>



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Even if you make your breath slower and deeper for 60 seconds, your body will benefit.

For deeper breathwork, try this Ujjayi breath practice:
<https://chopra.com/articles/learn-the-ujjayi-breath-an-ancient-yogic-breathing-technique>

This yoga breathing technique will not only provide mental clarity but, will also aid your lungs in releasing the metabolic waste from your body.

STEP NO. 5: MAKE WRITING A HABIT

At the end of the day, write down your thoughts. Let everything out, without any fear of being judged. Let everything out that you've been holding on to.



Stress is known to impact health. A stressed body has more difficulty with sleep, weight, blood sugar management, cardiovascular health, clear thinking, etc.... the list goes on and on.

Letting out your thoughts will help you let go the stress that gets bottled up.

Just as you empty your bladder and your bowels to release the things that no longer serve your body, empty your mind and heart of the things that need to go.



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Also writing out what you need to do the next day will mean it's on paper and not stuck in your mind, with you waking in the night trying to remember what needs to get done.

This mental detox should not be underrated. Therapists and psychologists have known about the benefits of journaling for years¹⁰. **Tap into the power of this practice yourself and enjoy the benefits.**

By following the five steps provided above, you will be able to gently detox and reset your body. Incorporate one or all.

Make it a personal challenge to practice all five steps for a weekend... then for a week, then double-dog dare yourself to push it to 14 days!

The more you make these things happen, the easier they will become habit. Incorporating healthier habits into your practice doesn't mean that your health will be perfect, because practice doesn't equal perfection.



Practice, however, does equal progress and that's how you further your journey to hormone health and balance!

Good luck for your journey towards a new and healthy body, but..... (that's meant to prompt you to read on)

¹⁰ <https://twinlakesrecoverycenter.com/journaling-emotional-awareness/>



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When it comes to REALLY balancing your hormones, losing weight and gaining energy it is important to be aware that just doing one thing will not provide you with a magic fix.

THE FIVE STEP APPROACH

It is looking 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 (as you learnt in this e-book)
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
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



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THEN LET'S GET STARTED

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