

HOW TO DETOX WITH YOUR

Moon Cycle





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Our bodies know about change, rhythm, and cycles. This is a women's eternal, universal secret. Nature is rhythm and our bodies are part of nature – not only the immediate earth environment but the exquisite vast movement of the cosmos. – Camille Maurine and Lorin Roche

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. 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**. 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, causing 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, girlfriend. **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?

Get to Know Your Moon Cycle

If I asked you were 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!**

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.

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

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 active time** (active).

During this time estrogen begins rising so foods that are high in **probiotics** and **indole- 3- carbinol** are ideal to encourage healthy estrogen metabolism. This would be foods such as **cultured vegetables** (add 1 tbspn to your meals), **coconut yogurt**, 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

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

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

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 hard boiled eggs
1 handful parsley, chopped
½ cup purple cabbage, chopped
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, set them aside to cool 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

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 arugula

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 400 degrees F. Add the burger on top of a bed of arugula and top with sliced avocado.

Note: Don't know how to cook brown rice and black beans from scratch? Read on for some basic directions.

- **SNACK**

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

Ready to work with me?

I've worked with thousands of women over the past decade. Many of my clients have hormonal issues that affect their libido, sleep, happiness, digestive health, and can cause allergies.

Let's end the madness together.

Schedule a time to talk here.

Dedicated to your health and fitness,

Ed

Coming Spring 2020



<https://missfitsbootcamp.com/21-day-hormone-detox/>