

**Warrior Woman**

# **SPRING DETOX**

**for Body and LIFE!!**



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*Your Best body. Your Best life.*

# Warrior Woman Body (and Life) DETOX

## **FOOD:**

**Eat your cruciferous veggies: Broccoli, Cauliflower, Brussels:** They are unique because they're rich in glucosinolates, sulfur-containing compounds that have been proven to support the immune system, and aid in our body's detoxification process

They are known as **indole-3 carbinols** known for removing estrogens and balancing hormones). **1-2 servings a day**

**BERRIES:** aid immune system and detoxification. YUM!

**Drink LEMON AND WATER first a.m.:** Lemon is known to be the 'housecleaner' of the body. Drink first a.m., and wait 20 minutes before drinking or eating anything else. Do some deep breathing and/or do a small meditation at this time. What a way to start your day, cleansed AND grounded!

**WHEY ISOLATE protein powder:** raises glutathione in the liver, hence aiding detoxification. It must be the isolate version.

**Evacuate your bowels at least once a day:** Magnesium is brilliant for this. I take 500 mg bis-glycinate (you may have to start with 200 mg, and take before bed). Some like Vitamin C for doing the same thing, but we are chronically short on magnesium in our world, so I vote for magnesium, myself. Eat fibrous veggies and drink lots of water (2-3 liters a day).

Remember to **lightly steam your veggies** (never eat them raw)...it won't hurt the fiber or nutritional value of your veggies and your body needs help with digestion (especially as we age), so breaking down the 'hardness' of veggies is important here, for full absorption and proper digestion.

Add 1-2 TBSP of **ground flax** to cereal, or a shake for its fiber and healthy omega 3's.

Include **1-2 TBSP of MCT** oil (usually derived from coconut or palm oil, but you can also use flax, hemp or Udo's oil if you prefer).

MCT stands for **medium-chain triglycerides** (fats) and are smaller to digest than long chain forms (like olive oil) because they are in short chains, hence, the pancreas does not have to work to digest them, making it easier on the liver and body.

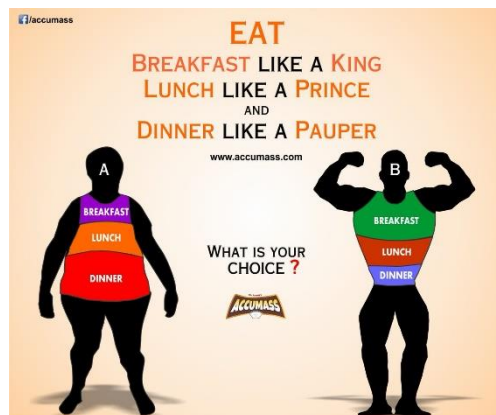
(MCT's are absorbed directly into the bloodstream whereas LCT's must be digested in the stomach).



**SUPPLEMENTS:** NAC (N-acetyl cysteine), milk thistle, turmeric, radish, shitake mushrooms, chlorella, spirulina, greens supplements...they all aid detoxification. It is impossible to name them all here, but find your favourites, and the mode of transportation that you like (tincture, food, etc) and stay consistent.

**Brekkie and Dinner:** Eat Brekkie 1-2 hours after the sun rises, and no eating 2-3 hours before bed. (No snacking!). I don't need to explain the health benefits of this, do I?

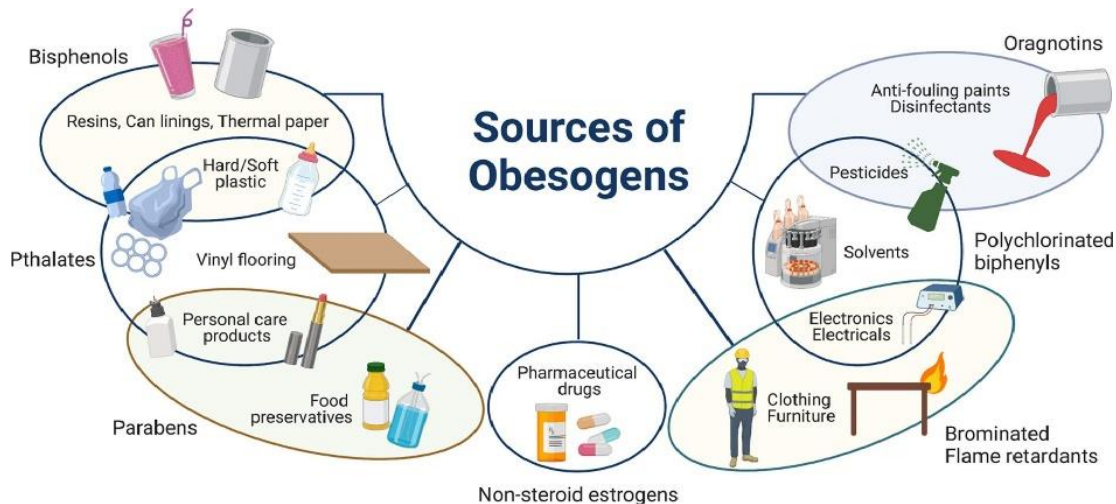
**Breakfast like a King, lunch like a Queen and dine like a Pauper.** It goes against the North American style of eating, but it makes for a strong immune system, less fat accumulation and allows your organs to better detoxify while sleeping (which is when it occurs). I've been eating this way for years, and it has been one of the best changes I have made to my health, my sleep and my waistline!



## **ENVIRONMENT:**

**Avoid obesogens and xenoestrogens:** Obe's are chemicals that disrupt the body's normal homeostatic controls in such a way as to promote adipogenesis and lipid accumulation (fat accumulation or inability to lose fat as readily). Xeno's are hormonal disruptors, or 'fake' estrogens in our environment. Many man-made compounds have both. They are chemicals to which individuals are exposed on an almost continuous basis, in the foods and beverages they consume and the products they use.

It's impossible to list them all, and more impossible to entirely block them, but a search of Google can educate you on how invasive they are, so we know what we're dealing with.





**BATHING**: Have an Epsom bath (it's magnesium)...2-4 cups magnesium, 1-2 cups baking soda, and throw in some essential oils if you like, and soak in the hottest water possible.

When you get out, do not towel dry, just wrap the towel around you and lay down for a bit. The detox will continue...

**SAUNA**: Always a good detoxifier. An infrared sauna is brilliant, but if you don't have access to one, just do as you can.

**Yoga and Daily meditation**: both go without saying...it decreases stress and toxic overload (remember, toxins are not just in our food and drink and in the air...unresolved emotions and stress are also 'toxins' to the body and downregulate our cells.

**Live in TUNE with the LIGHT**: Dim the lights at night, and rise and fall asleep with the sun...this can sound difficult but your body wants to maintain it's natural 24-hour **circadian rhythm**. It's easy to say 'I'm a night owl' but you CAN switch this around. I worked hospitality for 17 years, and regularly worked till 2 a.m. When my son was born, I quit and vowed to turn my cycle around...it took awhile, but my body adapted and now it is in a permanent cycle of rising early and to bed early (9-ish). This single move to regulate my sleep has been the biggest change to my health and wellbeing, and I maintain it even on weekends and holidays. My sleep is ever more important as I age too!

**Say NO to screen time**: Nix the computers, phones TV 2-3 hours before bed (if hubby wants to watch, move him into another room or you move into another room). We covered this in our SLEEP module (Module 9) in the Mastery Program, this and many other tidbits so review this...the onslaught of red wave lengths and EMF's are wreaking havoc in our brains and body, as is screen time, bright lights in the home etc. Get back in touch with the cycles of the sun and moon.

**TRAINING**: You know I was going to mention this, right?

**WEIGHT LIFTING**: think of it like a little mini flush: every time you lift, your muscles are contracting and expanding, and this pump like action pushes against the lymphatic system, and moves the fluid through your body, hence a mini detox with every training session.

**POWER WALK**: walking fast (not a leisurely stroll but powering through a walk) and deep breathing in the process is a wonder detoxifier and calms the parasympathetic system (the fight or flight thingie).

**INTERVAL TRAINING**: spurts of high intensity (run or elliptical) then low, then high, pumps the lungs and rids the body of toxins. PLUS a great fat burner and aids recovery too! I recommend 2 minutes all out, then 1 minute slow, for 20 minutes. It is better than LSD (long slow distance) in many ways.

PS - And **no alcohol please**...at least for a month. After that, on occasion (1-2 drinks a week max).

