



# winter Detox Guidebook

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# Welcome to your 7 Day Winter Detox Programme!

This guidebook is designed to give you a basic knowledge of how to build a strong foundation for your health, and achieve a natural state of radiance, energy, and balance.

To deepen your knowledge further you may choose to do a longer programme with me.

I created this program for you because of my own experience of overcoming years of foggy brain, fluctuating weight, sinus problems, muscle soreness, and fatigue at various times. Before my training, I treated each symptom separately with pills, supplements, naps, heating/cooling pads -- anything that worked at the time. I had been diagnosed with a liver condition at birth so didn't know if it was related to that and the medication I've taken since I was 3-4 years old. Fortunately, the paediatrician who looked after me was also a believer in natural health and this interest had stayed with me throughout my life and I realized there must be a better way to feel healthier.

So the journey began. It certainly wasn't overnight and it took a lot of trial and error. The real change began when I started to understand that food did more than impact my weight; it was also a trigger for many of my ailments, cravings, emotional eating and definitely the FOGGY Brain! I rarely have an issue with my sinuses. I have more balanced energy than I did 15 years ago, and my blood count for my liver is now lower than it has been in 3 decades. So now, when I feel like I need to reboot and cleanse, this is the program I follow and it works. So why not jump aboard and be supported on the Facebook page or via email, or if it suits you better, do it on your own.

Even people who have a super clean diet and lifestyle benefit greatly from seasonal detoxing because of modern day stressors and toxins we cannot always control. So no matter what might be your current lifestyle, health level, diet, or energy level, regular detoxification can be a very special gift to give to yourself.

Many of us set aside time to spring clean our homes, our garages, and our cars, yet our body is often forgotten. This is a wonderful opportunity to support your body so it can function at its full potential.

I regularly see clients face to face and online who suffer with allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune systems, and skin problems and love watching changes occur as their bodies restore balance and vitality again. This is why I wanted to share my knowledge with you through this free gift and the Masterclasses, Visualisations etc available in the Inner Health Hub if you decide to join.

*You can't go back and change the beginning, but you can start where you are and change the ending.* C S Lewis

## **Your symptoms are your body's cries for help!**

It is asking for a time to rest, rejuvenate, be deeply nurtured, and "tuned up." During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life!

*I wish you happy detoxing!*

## **Welcome to your 7 Day Winter Detox**

Disclaimer: The contents of this booklet and programme are based on the knowledge, opinions, and experience of Rosemary Tarrant unless otherwise noted. The information in this handout does not replace a one-on-one relationship with me as a qualified health care professional and should not be considered medical advice. Rosemary encourages you to make your own health care decisions based on your research and in partnership with a qualified healthcare professional. And most importantly, make sure to listen to your body.

## Why Should You Do a Detox?

So just for a minute, imagine living in a very small space. Imagine you could only remove 20% of the rubbish you had in this small home? What would it feel like to be there after a week? a month? a year?! How does it feel to be in that space now? A bit suffocating? This is how your body's cells feel when they cannot release waste because they never get a chance to rest and release. Cells in your body can hold toxins for a long time, so garbage can accumulate over months and years etc.

Detoxing your cells will improve your ability to absorb nutrients and eliminate waste. It can also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings.

When your body can't eliminate waste properly it becomes acidic and toxic. Your blood and cells slow down and symptoms can occur.

### These are some of the reasons why toxins build up in your body.

1. You take in more than you can eliminate either with food, lifestyle or environment. This inhibits your body from being able to fully recover.
2. An overly acidic diet allows microorganisms (yeasts, molds, fungi, etc.) to flourish and produce Mycotoxins in our body which create more toxicity.

**Toxins are stored in your cells. The quality of your life comes down to the quality of your cells.**

**Healthy Cells:** Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but to thrive:

1. Oxygen.
2. Water – the most abundant substance in the body.
3. Nutrition.
4. The ability to eliminate waste.

### Three ways cells can die:

1. Lack of oxygen.
2. A disturbance to the electrical field of cells.
3. Any physical rupture to the cells.

Your blood transports oxygen and nutrients to your tissues and eliminates waste. Your lymph system works closely with the circulatory system as it cleanses and returns tissue fluid to the blood and destroys toxins that enter your body as well as helping to distribute fat. **It also is part of the immune system so plays an important factor in our fight against infection.**

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.

## ■ ■ ■ Toxins and Inflammation

To achieve health, radiance, energy, balance, and a healthy weight, it is helpful to understand the underlying causes of diseases and obesity, which are *toxins* and *inflammation*. The good news is that we can restrict these causes by choosing to take an active role in feeling and looking better. A great way to do this, is with detoxing. 90% of the time, I start my clients on a detox of some sort even if they are not aware of it. It brings balance to your body and improves your digestive system, enabling you to be more successful with future health goals. But before we begin our detox, let's talk a little bit about toxins and inflammation.

### What makes us toxic?

Certain foods, our environment, and even our lifestyle can make us toxic. The simple truth is, we are surrounded by toxins. In fact, **we are exposed to more environmental toxins in one day than our great-grandparents were in an entire lifetime!** (feel free to read that sentence again)

- environmental chemicals in solvents, plastics, and adhesives,
- poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos,
- pesticides, herbicides, parasites in soil, food, and water,
- ingestible chemicals in junk and processed foods & their packaging,
- the toxins released by our bodies when under constant stress,
- and the toxic thoughts and words we may subject ourselves to regularly all contribute to an ever-decreasing level of radiance and energy.

### What creates inflammation?

Sugar, lack of exercise, toxins, food allergies, and food sensitivities can all cause inflammation. **Inflammation can cause weight gain and prevent weight loss. It's a vicious cycle – being inflamed makes you fat and being fat makes you inflamed.**

### Problems that can result from toxic overload and inflammation:

- Bad breath
- Bloating, gas, constipation, diarrhea & heartburn
- Canker sores
- Difficulty concentrating
- Excess weight or difficulty losing weight
- Fatigue
- Fluid retention
- Food cravings
- Headaches
- Joint pain & Muscle aches
- Puffy eyes and dark circles
- Post-nasal drip & Sinus congestion
- Skin rashes and acne
- Sleep problems
- Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.

**The results you can experience in this program when you follow it fully include:**

- Weight loss
- More vitality
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related systems
- Reduced joint pain
- Decreased fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Clearer skin
- Brighter eyes
- More stable emotions

I look forward to hearing about the changes that you experience.



# Let's Get Started

## Preparation

1. Complete the **Starting Point & Quiz** section of the Journal **before** moving on.
2. Get organized – read the program materials provided, come say Hello in the Facebook group, it will be so great to do this with you and I look forward to supporting you. Set a date to get started if doing it on your own, and input new habits, self-care, and routines into your diary, your phone & on your fridge door etc. – **Reminders are key to your success.** (Inside the notebook I use to write shopping lists and my purse are useful places for me)
3. Go shopping for the food supplies described in the program that you don't have at home already.
4. Create a system to make things easy. Set up your needed utensils, etc. Put away items that could take you off track to **reduce temptation.** Focus on the benefits of giving your body this long overdue rest, release & rejuvenation.

## Benefits of Detoxing

There are many reasons a person may choose to detox. As you go through this process, you will find that even if you started off with just one reason, the benefits you experience are often broader and far-reaching.

Detoxing by itself, however, is not the full solution. **Getting rid of the toxins and minimizing exposure to new toxins must always be balanced with replenishing the body's vitamin, mineral, and macronutrient reserves.** When we simply detox without rebuilding, it is like removing the old oil from your car without replenishing it with new oil. Your body will be running on empty!

### Summary of potential detoxification benefits:

- Increased energy
- Mental clarity & better concentration
- Improved digestion
- Allergy relief
- Hormonal balance
- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Clarity in life path and goals
- Tissue regeneration
- Personal confidence and empowerment

This is a gentle and relatively short detox designed to jump-start your journey to health. It may seem a bit restrictive compared to the modern day diet, but you won't go hungry, as this isn't a fast. Eat abundantly from the foods that are listed for the program and use the menus and recipes as guides to make the most of your experience. If you don't like one of the meals then substitute it for a meal elsewhere in the programme.

**Please don't deviate from the foods listed and eat as many as possible as they have different benefits for the health of your body and its ability to release toxins and rejuvenate your cells.**

This detox is designed to be gentle yet effective. It is also intended to be doable while you work, play, or go about your normal routine. I do ask that you vary your normal routine a bit, simply because you will be eating, doing and thinking different things while detoxing.

**One incredible benefit to detoxing will be the awareness gained about how different foods make you feel physically, emotionally, and energetically.** This often happens on a longer Detox/Cleanse/Jumpstart that I run throughout the year in the Membership, so let me know if you are interested in finding out more about these. Your taste buds will begin to change and this can mean that you get a better appreciation for the various tastes such as tart, pungent, sour as well as sweet which is often overloaded on the 21st century diet.

### **Detoxing and your body**

Each toxin you come into contact with is filtered through the liver. It is the second largest organ and it is often overworked. Given that we now understand the degree we are exposed to toxins on a daily basis, it is easy to see how our livers are being put into overdrive. It can lose its ability to function as efficiently and this leads to a cascade of potentially serious health consequences and uncomfortable reactions such as inflammation.

**What happens when the liver is not functioning properly or is overburdened?** Toxins find their way into other organs, skin, fatty tissues, and the blood.

This basic detox focusses on detoxing the liver. However, it also provides support to other systems in your body, such as the colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process, these other organ systems will also provide pathways to efficient elimination.



## ■ ■ ■ Common Signs That the Liver May Need Some Attention

### **Do you wake up at night?**

If you wake up consistently between 1:00am and 3:00am, your liver may be asking for some support. While we sleep, the liver becomes more active energetically, and works on detoxing and detoxification. Waking up around this “liver time” can signal that the liver is exhibiting signs of toxicity and needs some detoxing. Many times this happens from eating either too much sugar in the evening or animal protein.

### **Eye problems?**

Conjunctivitis, lots of mucus, itching, macular degeneration, dry eyes, and cataracts indicate liver weakness. Another physical clue is a vertical line (like a frown line) between the eyebrows.

### **Skin problems?**

Eczema, psoriasis, rosacea, skin rashes, acne and dry skin are clues that the body is overwhelmed.

### **Angry emotions?**

If the liver is congested and being forced to work too hard, it becomes “hot,” causing excessive anger and irritation. People often feel irritated, resentful or frustrated when the need for a detox is required.

### **Hormonal imbalances?**

PMS, hot flashes, and pre-menopausal symptoms are increased due to a congested liver and can reduce dramatically with the detox process.

### **Constipation?**

This condition can often be caused by a congested and toxic liver or even stressed adrenals. The colon should still be addressed, but it is often not the root cause and giving this organ is really important so it can remove the toxicity, otherwise it may re-circulate around the body and just find a different home and carry on causing trouble.

Do get in touch with me via email if you don't have a daily bowel movement of a healthy size and consistency, we will be talking about it in the Facebook group also as it is just so important.

## 11 Steps that Support a Healthy Liver

1. Eliminate toxins from your diet and your life as best you can.
2. Drink pure (filtered) water throughout the day. (A Britta jug filter will suffice)
3. Drink your lemon water first thing every morning.
4. Eat dark greens, preferably raw, every day (e.g. "green juice," which can taste amazing by the way, or a big green salad). Eat lots of celery (a good source of plant sodium that helps support the adrenals), watercress, broccoli, kale, cucumber, spinach, romaine, fresh herbs like basil and coriander, and sour green apples.
5. Eat animal protein between 10am and 3pm It can be stressful for the liver to eat the animal protein later in the day or evening, especially if you are showing signs of liver stress.
6. Remember, you need protein to support and detoxify the liver. In addition to protein naturally found in foods, good complete protein sources can be found in beans, nuts and seeds such as quinoa, hemp and chia seeds.
7. Eat dinner at least 2-3 hours before bedtime.
8. Make sure the colon is supported and clean. When toxins remain in the colon, they are sent back to the liver or may get into the rest of the body. The liver sends them right back down to the colon in the bile so can create a yo-yo effect taking energy. To help permanently eliminate these toxins from the body, add extra fiber, probiotics, (more about these later) and filtered water.
10. Sweat! Saunas and exercise are a good way to sweat. Another way is the toxin elimination bath (details provided in your resources) at least 3-4 times per week. It's really important to cleanse the skin after sweating, or the toxins, bacteria can sit on the skin, get partially reabsorbed, recirculated and also clog the skin.
11. Assist your lymphatic system - Use a body brush every day to stimulate your lymphatic system and help move lymphatic fluids. You can also lymphasize, which is a way to stimulate lymphatic drainage, ridding your body of toxins, wastes, trapped protein, bacteria, and viruses. What do you need to do? **Jump on a mini-trampoline - this is called rebounding. This creates an ideal condition for cleaning the cells. The vertical acceleration and deceleration help the cells squeeze out waste.**



# Your Detox

I have outlined the basic detox program below. If you have any specific issues, such as inflammation, candida, cellulite, hormonal issues, possible food intolerances, allergies, or blood sugar issues (hypoglycemia, insulin resistance), I can provide you additional information to support these conditions. Please let me know and we can schedule a one-on-one session to discuss.

## How to optimize your detox

- It is ideal to space meals 3-4 hours apart without snacks. This allows the body to tap into and begin to burn fatty tissue that is storing toxins.
- Eat your evening meal at least 2-3 hours before going to bed, to ensure that you are not still digesting when your body needs its rest and renewal. The body, particularly the liver, does some serious detoxing at night. This is why staying up past midnight to party (alcohol, drugs) is particularly destructive to the liver.



## Detox Foods

**On the detox you will be eating only the foods on the “good food” list below, and include at least some of the suggested therapies and lifestyle habits for the greatest results.**

### Foods you will enjoy during this cleanse.

- Fresh or frozen fruit, ideally berries (organic where possible)
- Fresh vegetables – no limit, try to eat more than four cups per day
- Legumes -- lentils, navy beans, adzuki beans, mung beans, and others
- Brown rice and quinoa
- Unsalted raw nuts and seeds (no peanuts)
- Flaxseeds (ground)
- Lemons -- organic, do not purchase pre-squeezed lemon juice
- Lemon and olive oil cocktail (1 tablespoon of organic extra virgin olive oil and half a squeezed lemon)
- Vegetable broth (organic and sugar-free)
- Sea vegetables
- Avocados
- Olive oil & Coconut oil
- Raw apple cider vinegar
- Herbal teas
- Unsweetened cranberry juice

### Foods and substances to avoid during all phases:

- Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)
- Sugar alcohols such as sorbitol, mannitol, xylitol, and maltitol
- Artificial sweeteners like aspartame
- Natural sweeteners (Stevia is ok to include)
- Alcohol
- Caffeine (except green tea)
- Yeast (baker's and brewer's), some fermented foods (including vinegar **except raw apple cider vinegar**)
- Dairy products
- No soy products (**fermented soy such as miso, tempeh, and Gluten-free tamari are ok**)
- Dried fruits (dates, prunes, raisins, figs, etc.)
- Gluten (anything made with wheat) and all flour products
- Corn
- Nightshade plants (tomatoes, potatoes, eggplants, bell peppers)
- Peanuts
- Refined oils and hydrogenated fats such as margarine
- Stimulants
- Processed foods or food additives
- Fast food
- Junk food
- Any food that comes in a box, package, or is commercially prepared

### A note about probiotics or good gut bacteria supplements:

Probiotics are included in your daily protocol because they are essential for optimal digestion of food and absorption of nutrients, and they help your body produce vitamins, absorb minerals and aid in the elimination of toxins. Good gut bacteria also make up a very large portion of your immune system.

## ■ ■ ■ The 3 Phases of the Detox

### Preparing for the detox (2-3 days before your Start Date)

To begin to prepare the body, you will eliminate sugar, dairy, refined foods, refined oils, and coffee. You will also want to prepare your environment and collect the foods, tools, supplies, and supplements you will need. As you go through this preparation, you will experience the strongest and most frequent signs of toxic withdrawal.

### What is toxic withdrawal?

When you start to eliminate substances your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. It is important for you to realize that only unhealthy, toxic substances are addictive. If you experience uncomfortable sensations, these are signals that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with chocolate, sweets, biscuits, fizzy drinks or crisps etc, the more you will inhibit the healing detoxification process.

### Signs you are experiencing toxic withdrawal are:

- Headache
- Weakness
- Stomach cramping
- Lightheadedness
- Empty, growling stomach
- Irritability or moodiness
- Fatigue
- Bloating feeling

Depending on your situation, these symptoms can last from 2 – 5 days. This will be the most difficult part of the program, but these changes are the most important in getting you started. **Don't give up as change is happening and toxicity is moving out of your cells and your body and remember to drink plenty of fluids!**

### Phase 2: During the detox (7 Day Meal Plan)

In this phase, you are allowing your body to have a rest and regenerate. Avoid animal protein, restrict oil intake to no more than 2 tablespoons per day of coconut oil or flax oil (except for the olive oil and lemon cocktail). Reduce the amount of brown rice or quinoa consumed to two servings per day. I suggest you eat yams, carrots, beets, or other starchy vegetables as your main starches whenever possible. You will be enjoying an abundance of

alkalizing fresh (organic) plant foods, including high quality plant-based protein.

This is a great time to juice vegetables, make green smoothies, and drink vegetable broths. These all help keep the body fortified with nutrients, while facilitating detoxification. This will be the most restrictive phase.

### Phase 3: Adding Back and Awareness (1 -3 days)

At this point you will be adding back the foods you eliminated during 7 Day Detox. This can be a difficult time because you will be adding back foods that may have been causing you irritation, so take it slow. The first step is to stick with the foods on the “foods you will enjoy” list. This means you will be adding back animal foods and more grains.

Be sure the animal protein is organic so as not to overwhelm your body with toxins again. Do this for the first 3 days. After the 3<sup>rd</sup> day, you can start to add in the other food groups we eliminated, such as dairy, gluten, sugar, and fermented foods. However, when you add these foods, add them one at a time and journal about any symptoms you notice, such as:

- Headaches
- Sore throat
- Sinus pressure or changes with your sinuses
- Dry skin
- Moodiness
- Stomach issues
- Irregular bowel movements
- Gas
- Dry eyes
- Disrupted sleep
- Bloating
- Weight gain

As you add back food groups, you are keeping track of symptoms so you can identify food sensitivities and understand how certain foods affect you. This will help you understand how and why you are feeling a certain way. For example, too much alcohol is known to cause hangovers. Food, especially sugars, works the same way and it will be your choice as to whether or not to carry on eating problematic foods. Remember though, if these foods are causing you noticeable problems they may also be causing a whole lot of other problems that you don't know about yet. Food is meant to nourish and nurture us not make us feel unwell.

## Daily Stress Relief

This is one of the most important parts of your detox program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success.

1. Daily, do the Toxin Eliminator Bath. Each evening, place 2 cups of Epsom salts and one cup of baking soda into a tub, run the hottest water you can stand and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly. (If you don't have a bath then get a bowl and put in 1 cup of Epsom salts and 4 drops of lavender oil, and soak your feet, it will still help to draw out toxicity).

2. Listen to the visualisations provided or ones of your own daily, this helps the parasympathetic system which reduces effects of stress in your body quite dramatically.

3. I highly recommend you get up and move at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). This will reboot your system. Try yoga, dance, or taking a walk.

4. Twice per week, go for a sauna if possible.

5. During the detox, aim to do a castor oil pack\* each night.

6. At least one massage is highly recommended during your detox. It can be great to get one at the beginning and one towards the end, as you will see how your body has changed.

*\*Note: castor oil packs aren't recommended if you are menstruating, pregnant, or trying to conceive.*

## ■■■ Individual Issues covered in the future with me.

### Food Intolerance – Why Are We Eliminating Certain Foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal," then you should know it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more. Food allergies and intolerances are much more common than most people realize and are something I have helped clients with for over 20 years..

#### **Some symptoms caused by food intolerances:**

- Acne/skin breakouts
- Anxiety
- Gas/bloating
- Slow metabolism
- Depression
- Headaches
- Lethargy
- Weight gain
- Digestive issues
- Cravings for food
- Binge eating
- Menopausal & PMT Symptoms



## ■■■ Individual Issues covered in the future with me (cont.)

### **Candida / Yeast**

Do you know what candida is? It's a clinical term for yeast and it's a sneaky little organism that lives inside your body and may be sabotaging your health, energy, and weight loss efforts. Everyone has candida in their body. It's totally normal, and it lives in your intestines. But if you have an overgrowth, it can wreak havoc on your body, and affect every area of your health. *Many people have a candida overgrowth in their bodies and don't even know it!*

### **Some symptoms caused by food intolerances:**

- Chronic abdominal gas
- headaches/migraines
- Excessive fatigue
- Brain fog
- Intense sugar and alcohol cravings
- Mood swings
- Rectal itching
- Itchy Skin
- Low sex drive
- Nail fungus,
- Belly fat

## Blood Sugar Imbalance

Blood sugar imbalance is a condition in which your body does not handle glucose effectively. Throughout the day, blood glucose levels may fluctuate outside of the body's desired blood glucose range. Your energy can swing from being high after a meal to being low if you skip a meal. Insulin is the hormone responsible for keeping the blood sugar levels in the normal desired range. Insulin works by opening channels on cell membranes, allowing glucose to travel from the blood into body cells. During times of blood sugar imbalance, insulin can become a little out of control. Blood sugar imbalance can be a precursor to diabetes mellitus and it is therefore important to address the contributing factors before the condition develops further. Another important point is that Alzheimer's Disease is now often being referred to as Diabetes Type 3 which indicates a strong correlation between blood sugar and keeping your brain healthy.

### Signs your blood sugar may be out of balance:

- Cravings for sweets, sugar, or bread products (This is almost a guaranteed sign that your blood sugar is out of balance.)
- Fatigue after eating a meal or a "food-coma"
- Lightheadedness if meals are missed
- Eating sweets does not relieve the cravings for sweets
- Dependence on coffee to keep yourself going or get started
- Difficulty losing weight

## Hormonal: Female, Thyroid and Adrenal Imbalances

### Symptoms of female hormone imbalance

- Acne or oily skin
- Bloating
- Bone loss
- Depression
- Excess facial and body hair
- Hot flashes
- Heavy, irregular or painful periods
- Irritability
- Loss of muscle mass
- Loss of scalp hair
- Low libido
- Memory lapses
- Mood swings
- Nervousness
- Night sweats
- Poor concentration
- Sleep disturbances
- Tender or fibrocystic breasts
- Urinary incontinence

- Vaginal dryness
- Weight gain

### **Symptoms of thyroid imbalance**

#### Overactive (Hyperthyroidism)

- Nervousness
- Tremor
- Mental fogginess
- Poor concentration
- Racing heartbeat
- Muscle aches and pains
- Heat intolerance
- Reduced menstrual flow

#### Underactive (Hypothyroidism)

- Fatigue
- Depressed mood
- Mental fogginess
- Poor concentration
- Weight gain
- Bloating (fluid retention)
- Muscle aches and pains
- High cholesterol
- Feeling cold
- Excessive or prolonged menstrual bleeding

### **Symptoms of adrenal imbalance**

- Allergies / asthma
- Sugar cravings
- Arthritis
- Sleep disturbances
- Bone loss
- Memory lapse
- Chemical sensitivities
- Morning/evening fatigue
- High blood sugar
- Increased abdominal fat

## In Closing

Remember, the first 2 -3 days of a detox are usually the most challenging. It actually gets easier the longer you are on the detox. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat without feeling like you need to be deprived. Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable

I wish you great success with this program and suggest you come back to it a few times a year or if you want to join me for a longer detox/cleanse or one of the other health programmes then I would love to support and educate you through it.

There is also the **Inner Health Hub** that you can join and the benefits of this are extensive. We look at the whole health of the body (physical, mental, energetic and even a little bit of the spiritual as well as environmental). As well as the explanations of what things may be out of balance, there are a wide variety of tools for you to use to help you move forward towards longer lasting balance. Each month has its own focus and I would love to hear from you what topic you would like covered as listening to you is how I know what you want to achieve. New topics, videos, visualisations are added each month so this will grow and develop into an understandable and doable health encyclopaedia.

You can find out more here.

Wishing you a happy health journey,

*Rosemary*