

Riannan's Tips

Hormones & Lowering Inflammation

Body Phase

LEARN SIMPLE DIET AND
LIFESTYLE SHIFTS TO GET
YOUR BODY BACK IN
BALANCE



EATING FOR HORMONE HEALTH

Must Do - Top Tips



Eat organic

Conventional produce is grown with harmful pesticides such as glyphosate. These chemicals are endocrine disruptors and throw off your hormone balance. So eat organic as much as possible. If eating all organic is out of your budget, follow the EWG's '[Dirty Dozen](#)' & '[Clean Fifteen](#)' guidelines.



Eat enough healthy fats

Your body uses fats as the building blocks for hormones. Without enough, your hormone production will suffer. Be sure to eat plenty of healthy fats like:

- Avocados
- Nuts & seeds
- Fatty fish (such as salmon, mackerel, sardines, & anchovies)
- Coconut oil
- Extra virgin olive oil
- MCT oil
- Kefir



Keep your blood sugar balanced

Sugar and refined carbs increase insulin resistance. They also reduce leptin, the hormone that tells you you're full. So to keep your blood sugar (and hormones) balanced:

- Eat the protein and vegetables on your plate first.
- Eat complete meals with a good balance of protein, healthy fats, and complex carbs
- Keep snacking to a minimum, no carbs by themselves



Eat protein at every meal

Protein is made up of amino acids, which your body uses to make hormones. Protein also lowers your hunger hormone ghrelin and helps keep your blood sugar stable. Aim to eat 20-30 g of protein with every meal. High protein foods include:

- Chicken
- Eggs
- Salmon
- Grass fed beef
- Sardines
- Lentils
- Turkey
- Beans
- Edamame

LIFESTYLE TIPS

To continue to work on



Manage stress

Stress raises your stress hormone cortisol. This can create a domino effect of other hormonal imbalances. So set aside time for daily stress relief. Meditation, yoga, breathwork, and time in nature are all proven to relieve stress. Aim for at least 10-15 minutes every day. Simply taking a walk at lunch can make a big difference.



Go Non-Toxic

Most personal care products like shampoo, deodorant, lotion, toothpaste, and cosmetics are filled with endocrine-disrupting chemicals like BPA, phthalates, parabens, and dioxins. Choose clean, non-toxic products instead. Check out the [EWG's 'Skin Deep Database'](#) [Purchase Better Options HERE](#)



Clean up your cookware

Non-stick cookware is loaded with xenoestrogens. These chemicals mimic estrogen in the body and can mess up your hormone balance. So choose stainless steel or ceramic cookware instead. Plastics can also leach endocrine-disrupting chemicals. So swap out plastic food containers and water bottles for glass or stainless steel. I bought the brand Caraway and also use Cast Iron too.



Get a good night's sleep

Poor sleep can disrupt your hormones big time. So for healthy hormones, try optimizing your circadian rhythm. Here are 3 ways to do that:

- Avoid blue light from cell phones and computer screens 1-2 hours before bed
- Stick to a regular sleep schedule
- Get morning light exposure (even 5-10 min can help)

LIFESTYLE TIPS

To continue to work on



Eat enough fiber

Fiber keeps you pooping so you can flush out excess hormones. If you're not pooping regularly these hormones can get reabsorbed and throw off your hormone balance. So how much fiber is enough? Women should aim for at least 25+ g of a day, while men should aim for 38 g. High-fiber foods include cruciferous vegetables, apples, sweet potatoes, legumes, and avocado.



Get Clean Water

You wouldn't believe what's allowed to be in the water! Start with getting a Reverse Osmosis system at least for counter if you can't do an installation. Besides that, lots of benefits of Hydrogen water as well as at least a Fluoride filter. Check EWG's website to see where your city water ranks



Exercise regularly

Exercise has a natural anti-inflammatory effect on the body. Even just 20 minutes of exercise is enough to reduce inflammation. Aim for 30 minutes of moderate exercise (walking, cycling, yoga, weight training, etc) a day. Injured? work on chair exercises and stretching on the floor to start. Not doing anything at all? Start with 3 days a week of something to get started.



Say No to extra Stress

Chronic stress creates inflammation and gut lining permeability. Find ways to keep your stress at bay and focus on self-care and self-love. Let go of extra projects or people that don't serve you and start learning to say "No" to a few things. Take one thing OFF your plate this month

OPTIMIZING DETOX

Must Dos for Detox



Take your Supplements now and get ready for Body Phase: Daily supplements and then Body Phase: 3 Days ON, 4 Days OFF
Remember it takes 3-4 months MINIMUM for gut **HEALING** to take place, be patient

Be sure to add in others as needed: D3 with K2, Magnesium, etc.



Stay hydrated

Drinking plenty of water helps your body detox excess hormones. Without enough water, all that fiber will just sit inside you. So aim to drink at approximately half your body weight in water every day. For example, if you weigh 160 pounds, your water goal would be 80 ounces a day. Make sure you have a good electrolyte drink mix. My favorite is Shaklee Hydrate [HERE <--Click](#)



Sweat it out

Sweating helps your body remove toxins via your skin. This lightens the load on your liver, which helps your body detox hormones. Exercise is a MUST, even something light per week such as 20-30 minutes light cardio indoor biking if needed, something at home if needed.

Weight training 3x a week light weights helps with insulin management as well.



Dry brush

Dry brushing exfoliates your skin and reduces the appearance of cellulite. But it also stimulates your lymphatic system, which helps your body remove wastes and toxins. If the lymphatic system gets sluggish, it can lead to a build-up of estrogen. New to dry brushing? [This post](#) will walk you through it. And [here's](#) a great set. Do 3x week at least. Brush towards heart, easy to do before shower.

OPTIMIZING DETOX

Do 1-2 Per Week ON Cycle



Castor Oil Packs

This remedy promotes liver detoxification and stimulates the lymphatic system. To make a castor oil pack, soak a piece of wool or cotton flannel in castor oil and place it on the right side of your abdomen. Then apply a heating pad for around 30-45 minutes. Can order online Amazon - Queen of Thrones brand make sure cold pressed organic castor oil in dark bottle.

Watch Video CHTV 340 in Resource Library



Bile Push

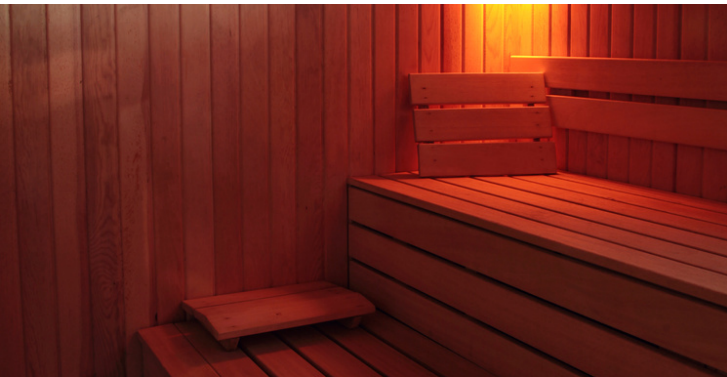
Go to Detox Support Therapies Module 7

Take: 2 Gut Clear, 1 ML Cytodetox, wait 30 mins
1-2 tbsps Ghee

Help maximize liver, gallbladder health

Do once on ON cycle

Helps support detox symptoms, clearing of stuck toxins, bugs, etc.



Sweat it out

Sweating helps your body remove toxins via your skin. This lightens the load on your liver, which helps your body detox hormones. You can sweat it out via exercise or even take in a sauna session. At home portable saunas that can turn your bedroom into an at-home spa and Infrared Sauna Blankets are amazing! Take two Bind/Gut Clear before hand and do ON detox cycle. Do 2-3 x weekly



Coffee Enema

Module 7 Detox Support Therapies

While it may sound weird, this method involves injecting warm coffee into your rectum and colon and then retaining it for around 15 minutes. Coffee enemas cleanse the liver, relieve constipation, reduce inflammation, promote immunity, and boost your energy. They also flush out harmful yeast, bacteria, parasites, and heavy metals.

OPTIMIZING DETOX

Do 1-2 Per Week ON or OFF



Epsom Salt Baths

Epsom salts contain magnesium, a mineral that helps your muscles relax and is critical for detox. Soaking in an Epsom Salt bath helps flush out harmful toxins while easing stress and promoting relaxation. Simply add 2 cups of Epsom salts to a warm bath and feel your stress melt away.



Rebounding

Believe it or not, jumping on a mini trampoline can help you detox. The up-and-down motion stimulates the lymphatic system to help flush out toxins. As an added bonus, it may help reduce cellulite too. Try rebounding for 3-5 minutes at a time, working up to 15 minutes a day.



Lymphatic Massage

Lymphatic drainage massage has become a popular form of massage due to its potential health benefits. It's a gentle form of massage that focuses on the lymphatic system, which is part of the immune system. Your lymph system includes organs, vessels, and tissues that move or drain a water-like fluid called lymph from other parts of your body into your bloodstream.



Lymphatic Tapping

Resource Library - Detox Support & Alternative Therapies videos under links

Click -->[This Video is helpful too](#) on how and why open up different areas of your body. This should be done 3x a week

OPTIMIZING DETOX

Do 1-2 Per Week ON or OFF



Yoga/Pilates/Stretching

This should be done 2-3x a week for movement for bones, muscles, joints and flexibility. Not just maintenance of body for longevity, but movement of toxins through the body. Gentle and easy is OK. Can even do Chair Yoga or stretches if movement is limited



Foot Detox

Foot detoxes are becoming more and more popular as a way to rid the body of any harmful toxins. Potential toxins can range from impurities in the air, to chemicals in your home and beauty products. Because of their surge in popularity, ionic foot detoxes are now being offered at some health and wellness spas, at alternative health offices, and even for at-home use.



Oil Pulling

Oil pulling is an oral detox technique that comes from Ayurveda. It involves swishing around a tablespoon of coconut or sesame oil in your mouth for around 10- 20 minutes. This helps flush out harmful bacteria in your mouth, prevents tooth decay, strengthens the gums, and prevents bad breath. Afterward, spit the oil out into a trashcan and rinse your mouth with warm water.



Tongue Scraping

What goes on in your mouth affects your entire body. Scraping your tongue first thing in the morning helps you remove harmful bacteria, toxins, and dead cells. The result? Better breath, enhanced sense of taste, and improved oral health. When choosing a tongue scraper, opt for stainless steel or copper.