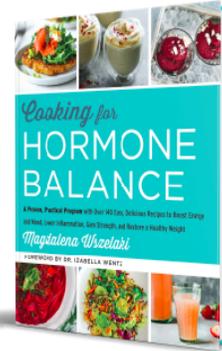


BOOK *Extras*



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WHY NOT JUST REMOVE YOUR UTERUS BECAUSE OF FIBROIDS AND “BE DONE WITH IT?”

Women diagnosed with uterus abnormalities like constant bleeding, endometriosis or fibroids (even if non-cancerous) are often encouraged by their doctors to remove their uterus (a hysterectomy). You are then assured that by removing the uterus and leaving the ovaries, you will still be producing your own hormones. Sounds plausible, right? In reality, your ovaries' main blood supply comes from the uterus. The procedure will therefore eventually make the ovaries stop producing hormones and you will be tweaking synthetic hormones doses for the rest of your life. The rush to remove the uterus minimizes its role; it's not just for having babies. Of course, hysterectomy is advised if you have been diagnosed with uterine or ovarian cancer.

In the case of constant bleeding, endometriosis or fibroids, the most common cause is estrogen dominance and/or low progesterone. Removing the uterus does not address these underlying causes. I have met women who had hysterectomy but did not address the underlying causes and continued struggling the estrogen-related issues such as thyroid and breast cancers. I therefore encourage you to focus on treating the underlying causes. If you had your uterus removed, you will still benefit from following the Phase I (Foundation) and then Phase II (Refinement) of my protocol.

IF I HAVE TROUBLE FALLING ASLEEP OR DON'T SLEEP WELL, WHY NOT JUST TAKE MELATONIN OR SLEEPING PILLS?

Remember the short-term and long-term plan I suggested? If you can't sleep without melatonin, do not stop it in the short-term plan. I still want you to get good sleep! But, it is a sign that your gut is not producing sufficient serotonin (a sign of poor gut health) and/or you are having a zinc and vitamin B6 deficiency to produce sufficient melatonin.

I probably don't need to tell you that reliance on sleeping pills is a sign of a gross imbalance in your body that you need to unravel. Plus, most people feel miserable on these pills due to the poor quality of sleep and feeling groggy in the mornings. As always, we want to look at the underlying root cause and not treating the symptom.

ADDRESSING PARASITES

Parasites are often the most overlooked cause of digestive and hormonal problems. If you cringe and think it could never happen to you, you are not alone. According to renowned parasitologist Dr. Omar M. Amin, 30% of us are hosts to parasites. What I have found in my practice is that if someone has completed the Elimination Diet, removed all food triggers, improved stomach acid levels, eradicated Candida, ruled out intestinal infections such as SIBO, and still faces digestive issues, parasites are a likely culprit.

- The biggest problem with properly diagnosing parasites is the failure of conventional medicine to create accurate testing methods. The tests available now often return false negative results. This was my experience until I invested in a top-notch stool test from Doctor's Data, a specialty testing laboratory, that confirmed that I had *dientamoeba fragilis*, a fairly common parasite that previous standard hospital labs did not register. I tried eradicating these parasites with herbal solutions, but to no avail. I was forced to surrender to a 10-day round of antibiotics. Just two weeks after the regimen, I began to feel the infuriating symptoms of Candida lifting and my leaky gut treatment finally paying off.
- Why do parasites create such extensive trouble in the human body? How do they impact our hormonal health? Parasites are known to produce toxic substances that can impair our brain [function](#) and create communication misfiring between the endocrine [glands](#), which can stifle the production of hormones. Parasites can have a debilitating impact on the ovaries, which produce estrogen and progesterone. Parasites can create havoc in the digestive system that leads to chronic diarrhea, constipation, IBS, leaky gut, bloating, gas, mucus in the stool and digestive pains. I often see people who are sensitive to many foods, and they turn out to have untreated parasites.
- But there could be even more symptoms that go undiagnosed. Many individuals who are labeled by their doctors as "difficult cases" or "hypochondriacs" often are simply victims of undiagnosed parasitic infections. The presence of parasites can manifest in a plethora of other symptoms, such as fatigue, skin disorders (dry, itchy skin, nose, or anus; rashes; eczema; sores), mood and anxiety problems, sleep disturbances (insomnia, teeth grinding, bed wetting, drooling), weight and appetite problems (parasites feast on nutrients, making us depleted and therefore causing excessive eating), muscle and joint pains, weakened immune systems, and even unclear vision, body odor, and bad breath.

- The list of symptoms related to parasites is long and can be connected to many other conditions. If you suspect a parasite may be the last unsolved piece of your health puzzle, get your stool tested by a lab specializing in parasite testing or try a 4- to 6-week herbal treatment that contains herbs like wormwood, cloves, and black walnut (I like GI Microb-X from Designs for Health). If you have parasites, you will feel much better after the treatment. If you do not, your symptoms will persist, but the herbs will do no harm.

HORMONES & BALANCE GUT HEALING GUIDE

Add (+)	Remove (-)
<p>Bone broths</p> <p>Beef, lamb, chicken bones and feet. For collagen, proline, glycine, glutamine, calcium, magnesium, phosphorus, silicon and sulphur. Minimum 1 cup/day.</p>	<p>Food Intolerances</p> <p>Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, citrus, nuts and seeds are common culprits in creating digestive issues. Do the Elimination Diet to find what are your sensitivities.</p>
<p>Vegetable broths</p> <p>For vitamin and mineral richness.</p>	<p>Artificial sweeteners</p> <p>Should be avoided at all cost.</p>
<p>Cooked food</p> <p>Cooked food is easier to digest than raw food. Soups, stews and braised meats are very healing.</p>	<p>Sugar</p> <p>Changes the intestinal pH and feeds pathogens such as candida. Do not eat more than 20 grams or 5 tsp per day, all in. Start reading product labels; 4 grams of sugar = 1 teaspoon.</p>
<p>Vitamin A-rich food</p> <p>To rebuild intestinal lining. Found in livers, sweet potato, fish oils and carrots. Minimum 1 serving/day.</p>	<p>Processed and packaged food</p> <p>White flour, white sugar, additives and preservatives. This includes protein shakes and powders.</p>
<p>Good fats</p> <p>To rebuild intestinal lining. Use coconut oil, ghee, avocado, duck fat, fatty fish like wild salmon. Minimum 3 tbsp/day.</p>	<p>Coffee</p> <p>Creates intestinal inflammation and slows healing. Makes us more acidic.</p>
<p>Probiotic-rich food</p> <p>Add vegetable ferments, coconut kefir, soy-free miso, kvass, etc. Aim for 2 servings/day.</p>	<p>Alcohol</p> <p>Highly inflammatory for the intestinal lining and feeds pathogenic bacteria.</p>
<p>Stomach acid</p> <p>To aid digestion and enzymatic activity for maximum nutrient absorption. Add 2 tbsp of lemon, lime, ACV or sauerkraut juice before breakfast or before each meal, if needed.</p>	<p>Medications</p> <p>Destroy intestinal lining and bacterial microflora. Include antibiotics, antacids, birth control pills, NSAIDs (aspirin, acetaminophen, ibuprofen) and steroids (e.g. corticosteroids).</p>

<p>Fiber</p> <p>To help food move along and aid liver function. Great sources are ground flax seed, chia, nuts and seeds. 30g or 2 tbsp/day.</p>	<p>Kombucha</p> <p>For its wild yeast content, creates an autoimmune response and Candida yeast overgrowth.</p>
<p>Sprouts</p> <p>To help enzymatic activity in the gut. 1 serving/day.</p>	<p>Stress</p> <p>The brain-gut connection can be causing digestive issues. Stress can be emotional, physical or chemical.</p>
<p>Bitter greens</p> <p>They help produce bile production, a digestive aid. Found in radishes, dandelion and artichokes. Minimum 1 serving/day.</p>	<p>Pathogens and infections</p> <p>Eradicate:</p> <ul style="list-style-type: none"> • parasites (frequent cause of digestive issues) • Candida and yeast overgrowth • bacterial infections such as SIBO

HORMONES & BALANCE GUT HEALING GUIDE cont.

ADD (+) Supplements

Gut Restore Kit (bundle)

The [Gut Restore Kit](#) is a supplement bundle that contains key digestive enzymes, ox bile, amino acids, vitamins, minerals and herbs that speed up the healing of the digestive tract. Must be used in conjunction with diet changes such as the Elimination Diet.

Probiotics, Supplements

Multi-strains: [Equilibrium](#), [Custom Probiotic](#)
 Spore-based: [Megasporebiotic](#)
 Soil-based probiotic: [Prescript Assist](#)

Balance

based on your unique bio-individuality

"Good" food but not for you: some of us can react to "good" food, for example: chicken, beef, legumes, onions or pineapple. Listen to your body to learn what is not agreeing with you. Set up the FMP Journal to really tune in.

Supplements: they are most effective when used in conjunction with diet changes.

Movement: low-intensity exercise such as yoga, pilates, tai chi, dancing are best. Avoid excessive exercise if you suffer from digestive problems.

HORMONES & BALANCE FOOD/MOOD/POOP JOURNAL

Date & Time	Food & Drink Consumed	How I Feel (mood, stomach/digestion, energy level, quality of sleep, skin, aches & pains, etc.)	Poop Use this chart to give it a number (#) and describe color Poop Code
/ /			
8:00 AM			
9:30 AM			
11:30 AM			
12:00 PM			
3:00 PM			
6:30 PM			
7:00 PM			
9:00 PM			

ALTERNATIVES TO THE ELIMINATION DIET

In case the Elimination Diet does not produce concrete results, there are a few of things you can do to investigate further.

1. IgG Food Intolerance test. Various labs test between 98 to 300 different foods intolerances. Most holistic/integrative doctors and naturopaths can run these tests for you. I have found that many food items do not show up on the tests, known as false negative results. I use them with clients who have multiple food intolerances and are on highly restricted diets. Otherwise, I recommend doing the Elimination Diet because your body never lies. Please note that IgE tests show allergies and not intolerances.
2. The Pulse Test. Measuring your pulse is a quick (but not always foolproof) way to test for food intolerance. To start, measure your heart rate over 1 minute by holding two fingers over the side of your neck or your inner wrist. Write down the result. Next, eat the suspected food, preferably after not having eaten it for a week. Wait for 10 minutes and measure your heart rate again over 1 minute. If your heart rate increased more than about 10 beats per minute it indicates a reaction to that food. For example, if your pulse was 50 heartbeats per minute before the food test and it went up to 65 after eating the suspected food, it could be an indicator that you have intolerance to it.
3. Rapid Weight-gain method. Food intolerances can cause such grave inflammation that a person can put on weight, literally overnight. After having eliminated the suspect foods (such as gluten, dairy, corn, eggs, peanuts and nightshades), weigh yourself first thing in the morning and jot it down. Eat the suspect food (only one, as per the re-introduction phase) on that day. Weigh yourself again the following morning. If your weight is gone up by more than 2 pounds, it could be an indication

that this is your problem food. Listen to all other symptoms that may surface during the re-introduction phase - weight gain is just one tool. If you gain no weight but develop other symptoms such as fatigue, brain fog, or irritability, it could also be a sign of a food intolerance.

4. Kinesiology (also known as muscle testing). A method used to determine if your muscles weaken when exposed to a toxin or allergen is a good option as well but I have found it to be hit-and-miss; it works for some people but not others.

WHAT ABOUT “NEW” SWEETENERS SUCH AS STEVIA, XYLITOL, MONK FRUIT, AND ERYTHRITOL?

Stevia is not a sugar per se, as it does not raise blood sugar levels. The active compound, steviol glycosides, is up to 150 times sweeter than sugar. Historically, women in South America used large amounts of stevia as a natural contraceptive and in some women I've worked with who have eliminated all forms of sugar but used stevia generously had had their periods stop. Like with all things in life, moderation is key (even when it comes to cutting out sugar) and consuming stevia in large amounts is not a path to health. It's fine as a temporary solution for women who are going through the anti-Candida diet, who have fluctuating sugar levels or are working on reversing insulin resistance and PCOS. Other than that, enjoy the sweeteners in the left column of the table, in moderation.

Alcohol sugars such as xylitol, sorbitol, mannitol, and erythritol have become popular as low caloric and low-GI/GL sweeteners. There is little research available today to fully know their safety; some short-term studies state improvement of blood [sugar levels](#) and others report that some people develop digestive problems such as bloating, diarrhea, and gas. They can also contribute to pathogenic bacterial growth in the [gut](#). I do not recommend using them on a daily basis.

Monk fruit (also known as lo han) has favor recently. Studies show that monk fruit can lower blood sugar levels and cholesterol. However, the monk fruit products I have found on the market are either combined with erythritol, a sugar alcohol, or inulin, a type of fiber, which are both not suitable for many people with digestive problems. If you can tolerate it, monk fruit is a good option during the anti-candida diet.

Choose Low-Sugar Foods

I am often asked: "should I stop eating all fruit to avoid fructose?" The answer is no. Cut out all processed forms of fructose (or the likes of high fructose corn syrup and agave syrup) and be mindful of how much fruit you consume and how it impacts you. With the latest "health trend" of commercially made smoothies, juices and energy bars, it is much easier to load up on fructose than you think. To help you navigate the shopping aisles, **the below table should help.**

HORMONES & BALANCE SUGAR GUIDE

PRODUCT	WHAT TO LOOK FOR	HOW TO SUBSTITUTE
Power bars and protein bars	Many contain as much as 20-30 grams or 5 - 7.5 teaspoons of sugar per bar. Check for sugar content and pick the lowest. The amount of protein matters as it helps to even your sugar levels, so the more the better. The first ingredient must be real food. Avoid long lists of additives and preservatives. No gluten, soy and dairy. No "partially" or "isolated" anything. No HFCS, corn syrup, sugar alcohols or artificial sweeteners. No agave. First ingredient must be real food.	Switch to savory snacks like beef, turkey or buffalo jerky, crackers, flax seed crackers with hummus, or real food like a sliced apple with nut butter. If purchasing ready-made, consider these low-sugar, organic and unprocessed brands: Epic (paleo), Tanka (paleo), CORE Bar (raw), Health Warrior, and GoRaw.
Cereals	Stop eating them altogether. Raw grains like oats are hard to digest. Skip pre-cooked grains like quick oats, quinoa puffs, rice puffs or amaranth puffs to avoid sugar spikes.	If you like grains for breakfast, stick to whole grains like steel cut oats (if you pre-soak them overnight, they cook quickly), teff grain (high in protein content and vitamin B1), amaranth (high in protein, iron and magnesium). Whole grains won't create sugar spikes and will sustain you longer.
Juices	Avoid juices made with fruit and sweet root vegetables like carrots and beetroot, which can contain as much as 7 to 8 teaspoons of sugar in an 8 ounce glass.	Look for or make 30% fruit and 70% vegetable juices that use celery, fennel bulb, spinach, kale, cucumber, or zucchini. When at a juice bar, ask for a juice with reduced fruit content.
Smoothies	Most smoothies contain too much sugar from common fruit like banana, mango, pineapple and added sugars.	Opt for smoothies containing low-sugar containing fruit like berries and fatty fruit like avocado. Add plenty on protein to avoid sugar spikes, like nuts and seeds. Add a pinch of salt to bring out the sweetness.

Lattes	Lattes often seem like liquid ice-cream with cookies, topped with a bit of coffee! Lattes at the leading coffee chains contain as much as 20 to 40 teaspoons of sugar.	Make your own lattes. They are simple and delicious. Check out the Drinks, Teas and Tonics chapter on p.XXX for recipes.
Kombucha	Touted as the next health drink, it can contain as much as sugar as some of the unhealthy drinks. Many people with Candida yeast overgrowth have a problem with kombucha due to its high yeast content, which feeds the overgrowth.	Pick brands that have longer fermentation process and hence a reduced sugar content. If kombucha makes you dizzy, bloated, slightly high or you burp it, switch to other fermented drinks or stop drinking it.

These recommendations are based on my current evaluation of common products. Note that companies re-formulate their products (most often making them less healthful), so you need to do your own investigation when stocking up.

HORMONES & BALANCE SUGAR BALANCING GUIDE

Add (+)	Remove (-)
<p>PFF Breakfast</p> <p>Breakfast rich in proteins, fat and fiber, within 1 hour of rising.</p>	<p>Artificial sweeteners</p> <p>Should be avoided at all cost. Can cause neurological damage and gut disbiosis.</p>
<p>Protein-rich food and snacks</p> <p>E.g. soaked nuts and seeds, jerky, kale chips, bacon bits. Eat protein-high small meals if you feel your blood sugar levels dropping.</p>	<p>Sugar high in fructose</p> <p>Avoid sugars high in fructose as fructose gets metabolized in the liver - this creates additional stress on the liver. For example, agave is very high in fructose and should be avoided. Refer to "Sugar and Sweetener" Guide for more details.</p>
<p>Fat</p> <p>Fat slows down sugar absorption and helps regulate blood sugar levels. Refer to "Fats & Oils Guide" to pick the right fats. Add 2-3 tbsp/day.</p>	<p>Processed and packaged food</p> <p>White flour, white sugar, refined grains, additives and preservatives. This includes cereals, protein shakes and powders.</p>
<p>Fiber</p> <p>Helps to slow down the metabolism of sugar (a good thing!). Great sources are ground flax seed, chia seeds, nuts and seeds. 30g or 2 tbsp/day.</p>	<p>Coffee</p> <p>Coffee increases sugar levels and should therefore be consumed with meals and not on an empty stomach.</p>

Low GI/GL

Focus on food that is low on the Glycemic Index / Load scale, especially in the morning. Reference site: www.glycemicindex.com. Food high on the GI/GL scale deregulate blood sugar levels.

Alcohol

Alcohol is sugar, too. If you must drink, limit to 2-3 drinks per week, always with or after food. Avoid drinking late at night as it may disturb your sleep and creates additional load on the liver. Avoid mixers as they contain HFCS (high fructose corn syrup).

Sugar selection

Not all sugar is the same. Pick sugar that is least processed, has less fructose and is low on the GI/GL load. Refer to "Sugar and Sweetener" Guide for details.

Late-night desserts/snacks

Eating sugar before bedtime is a recipe for a poor night's sleep and additional strain on the liver. If you must snack, have nuts, seeds, kale chips or jerky.

Probiotic-rich food and probiotics

It's well proven that fermented food helps with sugar cravings. Add 1-2 servings/day. Also add a top-quality probiotics listed in the Buying Resources.

Food intolerances

Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, sometimes grains and of course sugar can contribute to fluctuating sugar levels. Do the Elimination Diet to find what your sensitivities are.

Fenugreek

Regulates glucose, HA1c, insulin, and LDL cholesterol levels. Take as a supplement or learn more about herbs in this free workshop www.HerbsforBalance.com.

Stress

Chronic stress depletes us from serotonin and dopamine – sugar creates an illusion of a quick but dangerous fix. Learn to respond to stress differently or avoid it, if you can.

Vitamin B complex

Vitamin Bs can help regulate blood sugar levels. Food rich in vitamin Bs is liver, animal proteins, seaweed, sunflower seeds, spinach. To replenish quickly, consider [Vitamin B Maximus](#).

Toxicity

Make time and space for a detox once a year in spring or fall; it's a good way to reset your body and reverse sugar cravings. Check out the [Thyroid Detox](#) free workshop and decide if it would benefit you.

BALANCE

based on your unique bio-individuality

"Good" food but not good for you: some of us can react to "good" food, for example: grains. For some people with insulin resistance, hypoglycemia, type 1 diabetes, even gluten-free grains can be a trigger and cause leptin resistance. Tuning into your body is key.

Supplements: use them strategically as most people take too many of them. Alongside diet changes, consider the all-in [Sugar Balancing Kit](#) containing the critical sugar-balancing berberine, chromium and essential omegas.

Movement: have a regular movement routine – it is proven to improve insulin sensitivity. Avoid excessive exercise if suffering from adrenal dysfunction.

WANT TO GEEK OUT A LITTLE ABOUT THE ROLE OF EACH DETOXIFICATION PATHWAY?

This table sums up the works of the different detoxification pathways and how to support them with food and supplements.¹² If you suffer from a specific hormonal imbalance such as estrogen dominance, please use this table to pick the right foods or supplements to support your liver.

Liver Detoxification Pathway	Responsible for clearing	Inhibitors	Activators
PHASE I	<ul style="list-style-type: none">• Bacteria• Pesticides• Medications	<ul style="list-style-type: none">• Curcumin (found in turmeric)	<ul style="list-style-type: none">• Riboflavin (B2)• Niacin (B3)• Magnesium

¹ [The Path August 2012 edition](#)

² [Women's International Pharmacy](#)

<p>Detoxification Pathway</p>	<ul style="list-style-type: none"> • Heavy metals • Caffeine • Hormones • Alcohol • Pollutants 	<ul style="list-style-type: none"> • Grapefruit • Nutritional deficiency • Toxic exposure • Medications such as acetaminophen (brand name Tylenol) • Alcohol consumption • Low protein intake that depletes glutathione 	
<p>PHASE II</p> <p>GLUTATHIONYLATION</p> <p>The primary Phase II detoxification pathway helps to detoxify and eliminate poisons in the liver, lungs, intestines, and kidneys.</p>	<ul style="list-style-type: none"> • Pesticides • Paracetamol (painkiller) • Heavy metals such as mercury, lead, and cadmium • Penicillin • Tetracycline (antibiotics) • Petroleum distillates • Alcohol • Bacteria 	<ul style="list-style-type: none"> • Low levels of: iron, zinc, B vitamins, selenium • Fluoride • Aspirin 	<ul style="list-style-type: none"> • Glycine, glutamine and cysteine • Methionine (from meat, fish, and dairy) • Fish oil • Limonene (citrus rind) • Cruciferous vegetable • Vitamins B2, B6, and C • Selenium • Milk thistle • NAC supplement (glutathione precursor) • SAME supplement • DIM (di-idolyl-methane) supplement • Whey protein, if tolerated
<p>PHASE II</p> <p>METHYLATION</p> <p>Most powerful liver and brain detoxifier and protector. Impacts the immune, digestive and nervous system.</p>	<ul style="list-style-type: none"> • Estrogen • Dopamine • Histamine • Heavy metals: lead, mercury, arsenic • Air pollutants • Pesticides 	<ul style="list-style-type: none"> • Alcohol • Low folate • Low vitamin B12 	<ul style="list-style-type: none"> • Choline; found in eggs, non-GMO soy lethicin and avocado (in lesser amounts) • Vitamins B6 from whole grains and nuts • B12 from offal and meat • Folate from green vegetables • Beets and leaves • SAME supplement
<p>PHASE II</p> <p>SULPHATION</p> <p>Binds steroid hormones and transforms them into a more soluble form that can be excreted in the urine or bile.</p>	<ul style="list-style-type: none"> • Estrogen • Progesterone • Thyroid • DHEA • Melatonin • Histamine • Dopamine • Adrenalin • Noradrenalin 	<ul style="list-style-type: none"> • NSAIDs such as Ibuprofen, Motrin or Advil • Yellow food dye 	<ul style="list-style-type: none"> • Sulphur-rich foods: garlic, onions, cabbage • Cruciferous vegetables • Eggs, if tolerated • MSM supplement
<p>PHASE II</p> <p>GLUCURONIDATION</p> <p>Estimated to account for 33% of all drugs metabolized by Phase II detoxification</p>	<ul style="list-style-type: none"> • Sex hormones; estrogens, cortisol, and androgens • Paracetamol • Pollutants, food additives • NSAIDs such as aspirin and Tylenol • Antidepressants 	<ul style="list-style-type: none"> • Oral contraceptives • Aspirin • Pesticides 	<ul style="list-style-type: none"> • Calcium d-glucarate • Magnesium • Zinc • Vitamin B complex • Essential Fatty Acids • Limonene found in lemon, lime and orange • Glucuronic acid found in agar agra gel and apples • Milk thistle • Green tea • SAME supplement

<p>PHASE II</p> <p>ACETYLATION</p> <p>Acetyl Co-A is attached to toxins to make them less harmful and easy to excrete</p>	<ul style="list-style-type: none"> • Primary way to eliminate sulfa drugs 	<ul style="list-style-type: none"> • Low vitamins B2, B5 and C • Cigarette smoking 	<ul style="list-style-type: none"> • Acetyl-CoA, derived from normal metabolism
<p>PHASE II</p> <p>AMINO ACID CONJUGATION</p> <p>The conjugation of toxins with amino acids</p>	<ul style="list-style-type: none"> • Salicylates (high in aspirin and pain medications) • Environmental pollutants • Food preservatives 	<ul style="list-style-type: none"> • Low protein diet 	<ul style="list-style-type: none"> • Mainly glycine (found in gelatin and bone broths), taurine and glutamine (found in animal proteins)

HOW YOUR GALLBLADDER AFFECTS YOUR HORMONE BALANCE

The liver produces bile and the gallbladder stores and releases it when you eat food containing fats. Think of bile like a soap. When you need to wash fat off of a dinner plate, soap emulsifies the fat and breaks it down, cleaning the dish. Bile does the same thing to the fat in your body, breaking it so is usable. When food from the stomach reaches the first part of the small intestine, a hormone called Cholecystikin (short name: CCK) is released. CCK stimulates the release of bile from the gallbladder.

Western medicine takes a liberal approach to removing gallbladder and assures patients they can easily live without them. Even though that is true, a body without a gallbladder can compromise the quality of your health. According to UC San Diego, more than 25 million Americans have gallstone diseases (mostly due to gallstones) and 500,000 to 700,000 gallbladder operations are performed each year in the US. Most patients are women who do not realize that most gallbladder conditions are reversible with the right diet and supplements. Western medicine doctors fail to inform them that the bile stored in the gallbladder helps to excrete the hormones our body no longer needs.

That does not mean that without the gallbladder, women won't excrete the hormones, but it just means that the body won't be as effective. It is one of the reasons why many women develop hormonal imbalances within months of the procedure. If you are at a risk of having your gallbladder removed due to gallstones (the most common reason), work with a naturopathic or functional doctor to get the stones dissolved with herbs, supplements, or even a gallbladder flush. See Dr Debbie Greaser's website, gallbladderattack.com, for more information on gallbladder problems and after-surgery care.

Hypothyroidism, low stomach acid, food sensitivities (especially to gluten and dairy) and estrogen dominance are the most common causes of gallbladder inflammation and gallstone formation. As reported in the Women's Health Initiative (a long-term study conducted on over 160,000 menopausal women aged 50-79), estrogen supplements have increased the risk of gallbladder disease.

According to the New England Journal of Medicine, birth control pills can also cause gallbladder problems, as "(they) induce important alterations in the composition of human gallbladder bile, and suggest a biochemical basis for the increase in gallbladder disease observed among women using oral contraceptives."

HORMONES & BALANCE LIVER DETOX GUIDE

DIET - Add (+)

Stomach acid

Aids liver function and enzymatic activity for maximum detoxification. Add 2 tbsp of lemon, lime, ACV or sauerkraut juice before breakfast or each meal, if stomach acid is low.

Fiber

Aids the liver in moving toxins out. Add 2-3 tbsp of insoluble fiber per day; ground flax seed, chia seeds or psyllium husk.

Bitter greens

Promotes bile excretion to help move toxins out. Found in radishes, dandelion and mustard greens - juicing and steaming them are both great. Add 2 servings/day.

Cruciferous vegetables

They are rich in diindolylmethane (DIM) which helps the detoxification pathways. Found in broccoli, kale, brussels sprouts, cauliflower, bok choy.

Vitamin B-rich food

Supports all major detoxification pathways. Food richest in vitamin Bs is liver. Alternatively, purchase a vitamin B complex supplement from a quality source, [recommended brand](#).

Lemon peel

Rich in limonene – an activator in the methylation pathway detoxification. Use in dressings, baking, smoothies and juicing.

Choline-rich food

Supports the methylation pathway. Found in eggs (if tolerated) and avocados.

Sulphur-rich food

Supports the sulphation detoxification pathway. Found in egg yolk, broccoli, onion, garlic or MSM supplement.

Vitamin C-rich food

Helps the glutathionation detoxification pathway. Highest amounts found in camu camu or goji berries (aka wolfberry). Add ½ tsp of camu powder to smoothies, porridge etc every day.

Selenium

Helps break toxins down. Found in brazil nuts, sardines, anchovies, herring, chicken breast, turkey meat, mustard of all types, curry powder, milk thistle and turmeric.

Sea vegetables

Excellent chelator of heavy metals. Try kombu, nori, wakame, and arame – best used in soups, stews and salads. Not recommended for Hashimoto's patients with elevated TPO antibodies.

Milk thistle powder

Used in Western herbalism for centuries. Recommend 1 tsp/day. Caution: can be estrogenic for some.

HORMONES & BALANCE LIVER DETOX GUIDE cont.

DIET - Remove (-)

Food intolerances

Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, citrus, nuts and seeds are common culprits in creating digestive issues that inhibit the liver function. Do the Elimination Diet to find what your sensitivities are.

Medications

Inhibits the detoxification pathways. Includes, but not limited to, antibiotics, antacids, birth control pills, NSAIDs (aspirin, acetaminophen, ibuprofen) and steroids (e.g. corticosteroids).

Fluoride

Inhibits the glutathionation pathway. Found in tap water (in the US, Australia, not EU). Use a fluoride-removing water filter.

Other

Fried food, coffee and alcohol should be avoided as they take up a lot of liver resources to be cleared out.

ANTI-CANDIDA SUPPLEMENTS & PRESCRIPTIONS

Supplements & Prescriptions

Supplements:

Oil of oregano – (brand: Biotic Research), 50mg/day

Undecylenic acid

Start with 1 capsule 3x/day with meals for a couple of days, then increase to 2 capsules x3/day for 1 day, then 3 capsules 3x/day for 1 day, then 4 capsules 3x/day for 1 day, then 5 caps 3x/day (15 caps total per day). Take this for a month, then if symptoms improve, taper

Berberine

500mg x3/day

Grape seed extract

follow bottle instructions

S.Boulardii probiotic

start with 2 and go up to 4 before bed

Take these supplements at the same time for 4 to 6 weeks.

Liver support and detoxification supplements:

Alpha-lipoic acid (ALA) - 300mg/day

N-acetylcysteine (NAC) or glutathione, - NAC: 1000mg x2/day, glutathione: 10mg/day 20 minutes before meals

Hydrochloric acid (HCl)

before meals – start with 1 and go up until you feel stomach discomfort

Magnesium glycinate or malate

300mg/day or until you get a well formed stool per day, or use magnesium citrate if constipated, dose up until you get loose stool

Prescription

work with a doctor to determine if needed: Fluconazole and/or compounded (sugar free) Nystatin

16 HACKS TO BETTER SLEEP

1. Stop drinking caffeine (coffee, black and green tea, sodas) by 12pm. If you are a slow caffeine metabolizer, you might need to cut it out altogether.
2. If you need a late-night snack, pick something high in protein (like a handful of nuts), but avoid sugary snacks like ice cream, sweet fruit or candy.
3. Do not drink alcohol before bed, it is a sleep disruptor.
4. Get on the Elimination Diet to cut out all inflammatory foods for you - inflammation and poor gut health are common reasons for poor sleep.
5. Start the day with a Protein-Fat-Fiber (PFF) breakfast. It will help you stabilize your blood sugar levels and hormones throughout the day.
6. Have an early and light dinner, preferably three hours before sleep. Many women tell me that the lighter the dinner, the deeper the sleep.
7. For people with adrenal fatigue, Dr. Alan Christianson, the New York Times' best selling author of "The Adrenal Reset Diet" recommends a carbohydrate-rich dinner. I have seen many women enjoy deep sleep after a bowl of quinoa, oatmeal, sweet potatoes, squash, beans and legumes (if tolerated), with a bit of lean protein thrown in. Rich, fatty dinners will overwork your digestion and liver and you will sleep poorly. Light dinners free up the body's energy to do the cellular repair work at night.
8. Load up on magnesium. My favorite is magnesium malate with slow-releasing technology from Jigsaw or magnesium glycinate by Klaire Labs. If you are experiencing digestive issues, use magnesium oil from Ancient Minerals transdermally by massaging it on your shoulders and feet.
9. Try a banana peel tea, recipe from Dr Michael Breus: "Thoroughly wash an unpeeled organic banana. Slice off the ends and cut the banana in half with the peel still on it. Place it in a saucepan with three-and-a-half to four cups of boiling filtered water and boil for three minutes. Drink the delicious water, with a dash of cinnamon or honey, if desired."
10. Reduce computer screen and TV time two hours before bed. If you need to work late, download the f.lux application to block off the blue light which interferes with melatonin production.
11. Keep your bedroom as dark as possible. Some people are sensitive to even the tiny electronic lights found on TV screen, computer monitors, electronic alarms, radios, etc. Cover them before sleeping. Get thick, dark curtains to prevent street lamp or moon light from coming in. This will help with melatonin production.

12. If your poor sleep is caused by any of the above-mentioned hormonal imbalances, look into specific guides in Chapter 4.
13. If you have "running thoughts" that prevent you from falling asleep, keep a small notebook next to your bed and jot down all the things that need to be done, that worry or annoy you. Writing is therapeutic and frees up your mind.
14. Keep your bedroom cool, many people sleep better when the room is not too warm.
15. Download and listen to hypnosis MP3s, my favorites are from HypnosisDownloads.com.
16. Seek therapy if you are dealing with a long-standing trauma from the past. I've met women who started experiencing good sleep after releasing deep emotional trauma.

SOAKING AND SPROUTING GUIDE

Many of the Cooking for Balance recipes include sprouts, so this simple guide will explain the benefits of sprouts and will also provide useful tips for making sprouts at home. Or if short on time, sprouts can simply be purchased from the health store, already sprouted and prepared.

What are sprouts?

When a seed, nut, bean or grain is germinated with water and it begins to grow, it becomes a sprout. The germination starts a growing process, which aids in the digestibility of the bean/seed/ grain and brings a flood of enzymes into each individual sprout.

When sprouting a dry bean or seed, it will transform from a dry, hard ball into a wonderful array of vitamins, minerals, and protein that are much easier for the body to digest and use. The great news is they are really easy to sprout at home for relatively little cost. Once ready they are a great addition to salads, can be used as a garnish on any meal or can add a lovely crunch to soup!

Benefits of sprouting

There are many. In fact, all flours back in the day used to be made from sprouted and/or fermented grains for easier digestion. Food producers don't do this anymore so it's no wonder an incredible amount of people have problems digesting grains.

Here are some of the key benefits of sprouting:

1. Phytic Acid and Enzyme Inhibitors are Neutralized

Phytic acid binds with calcium, magnesium, iron, copper, and zinc, making it hard to impossible for these nutrients to be absorbed. It's also irritating to the digestive system. By sprouting grains, legumes or seeds, the phytic acid is neutralized very effectively. Sprouting also neutralizes enzyme inhibitors. This is important because unfortunately, these enzyme inhibitors not only inhibit enzymes in the actual seed, but can also inhibit our own valuable enzymes once they have been eaten.

2. Sprouting Aids Digestibility

Beyond even anti-nutrients that are neutralized by sprouting, there are other changes that take place during sprouting that make it easier for us to digest our seeds/legumes/grains.

"Soaking will also help to diminish some of the fat content and will help convert the dense vegetable protein to simpler amino acids for easier digestion. The more complex carbohydrates in the foods will also start to break down into the simpler glucose molecules." Wendy Rudell, Raw Transformation.

Ever experienced problems with legumes causing intestinal gas? Well sprouting helps break down the complex sugars responsible for that, making them easier for all of us to digest.

Sally Fallon gives us one more reason to sprout our grains as well, saying that "Sprouting inactivates aflatoxins, potent carcinogens found in grains." Nourishing Traditions, pg 112.

Finally, now that the enzyme inhibitors are neutralized, enzymes, which help digest food, are free to be produced during the sprouting process and then benefit us when consumed.

For all of these reasons, sprouting greatly helps digestion.

3. Increases Nutritional Content

"The process of germination not only produces vitamin C, but also changes the composition of grains and seeds in numerous beneficial ways. Sprouting increases vitamin B content, especially B2, B5, and B6. Carotene increases dramatically-sometimes even eightfold." Sally Fallon, Nourishing Traditions, p. 112.

Sally also mentions how the Chinese used to carry mung beans when on long journeys at sea. They would sprout and eat the mung beans as they contained sufficient amount of vitamin C to prevent scurvy. Who doesn't need a little extra vitamin C in its natural absorbable form? This is a great benefit for all of us.

Research shows that during the sprouting process mung bean sprouts (or just bean sprouts, as they are often called) increase in vitamin B1 by up to 285 percent, vitamin B2 by up to 515 percent, and niacin by up to 256 percent. Wow!

4. Sprouts Are More Alkalizing to the Body

Some food is acid forming, and some is alkalizing. We need a balance of acid to alkaline food to maintain good health. Unfortunately, we usually have too many acid forming foods in our diet (stress, and environmental stresses also make our body more acidic). Grains, legumes and meats are generally thought to be acid forming (that doesn't mean that they are bad, rather, they need to be balanced out with alkaline food), while fruits and vegetables are alkalizing. By sprouting grains and legumes, we are helping them become a more alkaline forming food. Remember that by sprouting, we are starting the process of making a plant. So, in a sense, it's more like eating a plant or vegetable so therefore more alkalizing.

What type of seeds can you sprout?

There are many nuts, seeds and pulses that can be sprouted, but the question is... which are the easiest? Some can be a lot harder to sprout than others so we recommend starting simple and beginning with mung beans; these little guys are just begging to be sprouted. As a beginner they are a really rewarding place to start the journey into sprouting and it is very hard to go wrong. Once confident with these, there really is no limit to what can be sprouted. Here are some examples:

Beans:

Beans are perhaps some of the easiest sprouting choices as they are large and less likely to mould than seeds. They are a nice place to start.

- adzuki
- garbanzo
- lentil
- mung

Seeds:

- alfalfa seeds
- broccoli seeds
- clover seeds
- enugreek seeds
- mustard seeds
- onion seeds
- radish seeds
- pumpkin seeds
- sesame seeds
- sunflower seeds

Nuts:

Always use raw (this means unpasteurized), unsalted and whole nuts and be aware that nuts sprout on the inside, so you will not see a tail come out as with seeds. You can eat these as soon as they are soaked for 6-8 hours.

- hazelnuts
- pistachios
- Brazil nuts
- pecans
- walnuts
- cashews
- macadamia nuts
- pine nuts

Grains:

Although we call them grains normally, these are actually seeds that are often classified and used like grains.

- amaranth
- buckwheat
- millet
- quinoa
- wild rice

What do you need to start sprouting?

The great news is there is no fancy equipment required, all that's needed is:

1. Jar (ideally a sprouting jar with a 45° prop – see the guide below on how to sprout with an everyday jar, so you can start today if you want!)
2. Filtered Water
3. Muslin Cloth
4. Elastic band or ribbon (not needed if you have a jar with a two part lid)
5. Sprouting nut/bean/seed of choice.

How long will my sprouts take to grow?

The great news is that after only a few days most sprouts will be ready to eat. The longer the sprout time, the larger their tails will grow and the more "sprouty" they will become. Different nuts and seeds take longer to germinate, so look at the Sprouting Table below to get an idea of how long each sprout will take to be ready.

Be aware that the smaller the sprout, the more prone it will be to molding. It's important to be vigilant with rinsing and make sure to drain them well and check them regularly.

FOUR simple steps to sprouting:

Step 1: Soak the seeds, nuts, grains or legumes as per the Sprouting Table.

Step 2: Rinse with fresh, filtered water as per the Sprouting Table.

Step 3: Store upside down in a glass jar with cheese-cloth over the top, or a sprouting bag.

Step 4: Expose the sprouts to sunlight to increase chlorophyll (the blood of plants).

Step-by-Step Sprouting

1. Choose your preferred bean/ seed. Remember to always source organic products to avoid pesticides which can have an estrogenic effect on the body and may create imbalances.



2. Soak them in a jar for 6-12 hours and if time permits, replace the water they soak in regularly as it will become a murky color due to residues which come out during germination. If sleeping or at work – don't worry, just rinse them once and be done!



3. After the soaking time, some of the sprouts may already look more alive. They will have increased in size, be softer to the touch and the shells will be cracked. They may even have a little tail already!



4. Drain the sprouts and rinse them a few times in filtered water. Take a small square of muslin and place it over the jar and either replace the outer lid (if the jar has a two part lid) or simply put an elastic band around the top.



5. Leave them in their jar and rinse them with filtered water twice daily and then drain again. Noticeable changes will occur every day. They can be eaten when they are small or wait until they are big and curly!



Soaking and Sprouting Table

	Start with	Soak	Rinse & drain	Sprout time	Best sprout length
Seeds					
Alfalfa	2 tbsp	4-6 hours	2-3 times/day	5-7 days	1 - 2"
Red Clover	2-3 tbsp	8-12 hours	2-3 times/day	5-6 days	When sprout is green
Radish	1 tbsp	6-12 hours	2-3 times/day	3-5 days	½ - 1"
Broccoli	3 tbsp	6-12 hours	2-3 times/day	3-6 days	1"
Beans					
Adzuki beans	1 cup	8-12 hours	2-4 times/day	3-4 days	2-3"
Garbanzo beans	1 cup	8-12 hours	2-4 times/day	3-4 days	2-3"
Lentils	1 cup	8-12 hours	2-4 times/day	3-4 days	2-3"
Mung beans	1 cup	8-12 hours	2-4 times/day	3-4 days	2-3"
Grains					
Quinoa	1 cup	8-10 hours	2-3 times/day	1-2 days	Just as

	Start with	Soak	Rinse & drain	Sprout time	Best sprout length
Millet	1 cup	8-10 hours	2-3 times/day	1-2 days	you see the tail, about 1/8"
Buckwheat	1 cup	4-6 hours	2-3 times/day	1-2 days	1/8"
Brown rice	1 cup	8-10 hours	2-3 times/day	3-7 days	
Nuts and seeds					
Almonds	2 cups	6-12 hours			Just plump up
Pumpkin seeds	2 cups	6-12 hours	2-3 times/day	1-2 days	1/8"
Sunflower seeds	2 cups	6-12 hours	2-3 times/day	1-2 days	1/8"

How to eat sprouts

Add to your salads, soups, stews (only at the end) or add to smoothies.