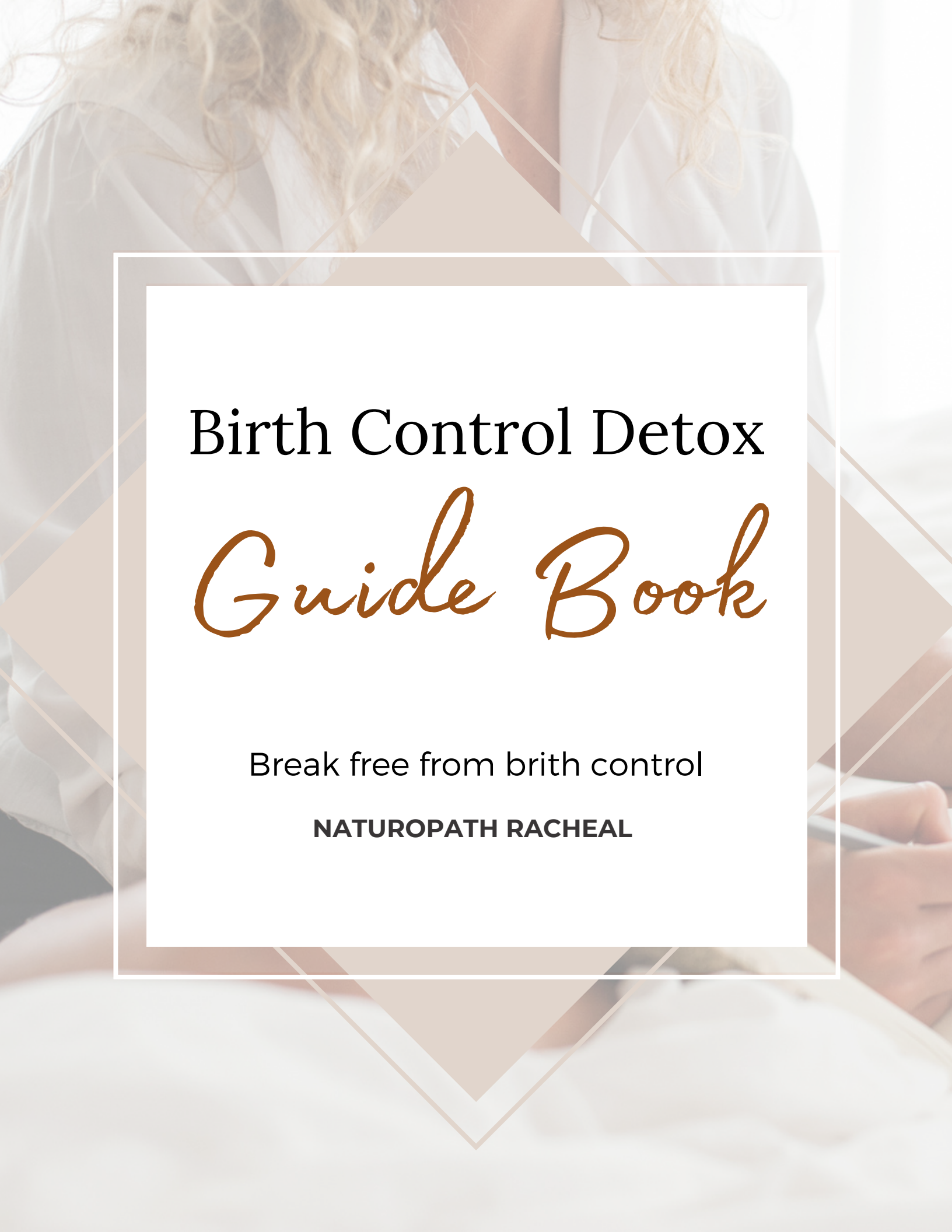




Birth Control Detox

Guide Book

Break free from birth control

NATUROPATH RACHEAL



Welcome beautiful!

I'm Racheal, a Naturopath on a mission to help women quit birth control and minimise 'post-pill' side effects.

This guide book is for you if:

- You're ready to quit birth control
- You want to take action and need guidance
- You want to avoid 'post-pill side effects'
- You're ready to embrace a natural way of living and become best friends with your body

I know personally know how scary and confusing it is to quit birth control. When I decided to quit the pill I had many questions like:

What will my period be like when I quit?

Do I quit cold turkey?

What if I get acne or crazy mood swings?

Can I get pregnant straight away?

Do these questions sound familiar?

My experience quitting birth control was terrible. I decided to quit my pill cold turkey. Yep, one day I woke up and said "goodbye, farewell, see you later". Weeks later, my face was covered in painful acne, my periods were extremely heavy and I was an emotional wreck. This experience set in motion my health journey to heal my post-pill side effects and help other women quit safely.

I do not want you to have the same experience. No woman has time to deal with that. I want you to feel supported and know that you are not alone in quitting birth control. By giving you the 3 foundational steps I use with my patients all over the world, you can prepare your body to safely and confidently quit birth control.

It's time to quit birth control and break free from synthetic hormones!

Birth Control Detox

3 Steps to quit birth control

#1



Elevate

Gut Health

Birth control disrupts healthy gut micro-flora needed to clear out synthetic hormones and other chemicals from your body. The Estrobolome is the family of bacteria stops synthetic oestrogen clearing our of your body, contributing to 'post-pill' side effects such as acne, inflammation, weight gain, mood swings and heavy periods (not cool). The pill also depletes important nutrients that need to be assimilated through the gut from your diet. Elevating your gut micro-flora and digestion will support your body in so many ways hence why it is the first foundation when quitting birth control.

#2



Enhance

Detoxification

Like all toxins, synthetic hormones from birth control are processed in your liver and cleared out of your body. When your liver is working optimally, it can clear out synthetic hormones quickly so your can start to produce your own natural hormones. This means you can experience healthy periods, re-balance your hormones , stabilise your mood, support skin health and optimise your energy levels.

#3



Eliminate

Toxins

Never before have we been exposed to such high amounts of toxins and chemicals. The most devastating toxins are known as endocrine disruptors which impact our hormones and fertility health. These bad boys enter your body and tell it to grow facial hair, cause heavy and clotty periods and even create cancerous cells. And guess what, birth control is one of the worst endocrine disruptors! Embracing a toxin free life will improve your health and your future generations health.

Print Me

#1

Elevate

GUT HEALTH



CHECKLIST

Thrive Spice

Eating antimicrobial herbs can help you to boost healthy gut microflora, promote detoxification and rebalance your hormones. *Thrive Spice* is a blend of powerful antimicrobial herbs that not only tastes great but will also help you to detoxify from birth control. To make, blend even amounts of dried nutmeg, ginger, cinnamon and clove. Have 1-2 heaped teaspoons daily.

Chew your food

Yes, it's simple but how well do you chew your food? Chewing your food until it is liquid will support digestion, increase nutrient absorption, reduce gas and bloating, support detoxification of the pill, activate the 'rest and digest' nervous system and increase your energy levels. Chew each bite at least 20-25 times. So simple and yet so effective.

Cut out dairy and sugar

These two foods disrupt your hormones and can increase insulin resistance, metabolic conditions, PCOS, acne and inflammation. For at least 4 weeks prior to coming off birth control remove these foods completely.

Print Me

#2

Enhance

DETOXIFICATION



CHECKLIST



Embrace Sprouts

Sprouts are the ultimate superfood and incredibly beneficial for your gut health and detoxification. They are loaded with fibre, vitamins, minerals, antioxidants, enzymes and phytochemicals.



Sweat it out

Sweating can help clear the body of chemicals and endocrine disruptors such as BPA. Move your body in a way that feels good such as dancing or attending a daily sauna.



Supplement with N-acetyl-cysteine

NAC is an amino acid that is super powerful for the liver and it increases glutathione, your body's most potent antioxidant. I use NAC in the clinic for acne, hormonal imbalances, PCOS and supporting detoxification, which is why I highly recommend supplementing. I recommend taking 500mg 2-3 times per day

Signs your liver needs support

- You are on hormonal birth control
- Feeling sluggish, tired and hungry
- Poor blood sugar balance
- Insulin resistance
- Poor cholesterol levels
- Bad breath
- Oestrogen dominance
- Headaches
- Acne
- Feeling nauseous after fatty meals
- Sensitive to smells
- Fat in the stool
- Sugar cravings and insulin resistance
- Waking up at 3am each morning

Print Me

#3

Embrace

TOXIN FREE



CHECKLIST



Remove all plastics

Plastic contains Bisphenol-A which has been linked with reproductive problems, obesity, early puberty, heart disease and certain cancers. Start switching to glassware, say no to receipts and plastic coffee cups and treat yourself to an aluminium bottle.



Organic Food

If you are new to the Environmental Workers Group, the *Dirty Dozen* and *Clean 15* then you will love these guys! They have listed the top fruits and vegetables that have been highly sprayed with toxins, herbicides and pesticides so you can buy these ones organic or wash, them really well.



Clean up your makeup

Your makeup comes with a whole list of nasties just waiting to cause a hormonal imbalance. Download the app *Think Dirty* and start going through your makeup, hair products and other hygiene products and start reducing your toxin exposure

Enrollment Now Open!



The Birth Control Detox Program is for women who

- » Are wanting guidance to quit birth control and take a holistic approach to health and emotional wellbeing
- » Are ready to live, love and lead in a way that honour their natural feminism powers and cyclic nature.
- » Are wanting to experience more joy, ease, energy, flow, connection, confidence, self-trust, growth, pleasure abundance and freedom in their body

What's Included In The Program...



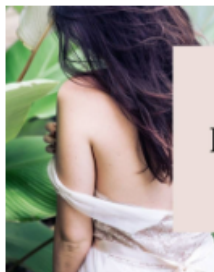
Elevate Digestion

MODULE 1
The Birth Control Detox

MODULE 1

Elevate Digestion

- Why your gut health is essential when quitting birth control
- The Estrobolome
- 4 Daily actions to elevate gut health
- The Birth Control Detox Workbook



Enhance Detoxification

MODULE 2
The Birth Control Detox

MODULE 2

Enhance Detoxification

- How detoxification works
- How birth control is cleared from your body
- 4 Daily actions to enhance your detoxification



Eliminate Toxins

MODULE 3
The Birth Control Detox

MODULE 3

Eliminate Toxins

- What is the endocrine system
- What are the top toxin 'bad boys'
- 4 Daily Actions to eliminate toxins
- Toxin Free Workbook



Bonus Supplements

Bonus Module
The Birth Control Detox

MODULE 4

Bonus Module: Supplements

- Top supplements to support your cleanse
- How to take them and dose
- Supplement Guide
- The Birth Control Detox Nourishing Cookbook

JOIN HERE