

detoxing estrogen naturally

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blood sugar, progesterone, estrogen, liver, stay, eat, balanced, snack, pancakes, dominant, detox, mushroom, carb, sugar, insulin resistance, flat abs, absolutely, good, buying, spikes



00:02

Hi guys are chillin, and another part in the house. I'm just going to introduce you to all the parts of my house.



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I'm drinking my mushroom hot



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chocolate, can't get enough mushrooms.



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Actually,



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I really use your shower.



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Not that you want to know that.



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I wash my hair.



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But if you're a curly girl in here, you'll relate to this washing your hair is not just like a two minute process. It's like a two hour process. On the days I have to wash my hair. I'm just like,



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sorry, but this is not what we're talking about. I'm just literally talking about nothing. Why wait for people to come on?



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We're talking about detoxing estrogen naturally, which is a hot topic. And I've gotten pretty much 1000 questions on this. So drop your questions below as they come up. I would also love for you to hit the like button and comment so that



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I know that you can hear me.



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Oh my gosh, Paula, I'm so glad you hopped on. I need to message you after this. Okay, let me know if you can hear me please. And I love to be interactive. So drop all of the comments. And remember, the most engaged person in this group win a one on one call with me. This happens every single month. So you want to stay engaged.



01:44

AKA comment on



01:45

things.



01:46

Okay, so



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are you guys ready?



01:50

Are we ready?



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I think I just pretty much killed everybody's minds when I posted about that magnesium. off topic. Okay. So let's talk about estrogen. So, estrogen, I'm going to need my hands. I'm going to put my hot chocolate down. Okay, ready? Here is your cycle. Put it in the frame. Period, estrogen, Avi, elation. And then it's supposed to come down. And progesterone supposed to rise after ovulation? So ovulation is the middle in my nose. Okay, so here's estrogen. And then progesterone comes up like that. So that makes sense. So that is what estrogen is supposed to do. Now as a society, we are extremely estrogen dominant



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because of



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the toxins in our environment. Your products that you're using your hair products, your makeup products, your skincare products, your candles, the free breeze that you're spraying in your house your cleaning supplies this isn't for you to just be like oh I'm such a horrible person and that's all



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that we is telling me




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I'm literally just telling you why we are estrogen dominant this isn't to like shame you or make you crawl in a hole um, cuz I did all of these things you guys like I used to get those little like toilet bowl cleaner thingamajigs and like tape it to the inside of my toilet so it would like keep the bad smells away all the time in between cleanings and it just smelled really bad and I had the stuff that you sprayed in the house to help with the smell and I were all of the perfumes and like bought the expensive makeup from Sephora and hair care like my curly girl products are probably killing me slowly. Curly go products have so much crap in them. Anyways, so that's one of the huge reasons why now the other reason is our food. Our food is really really high in toxins because Can you imagine if we lived in a world where there wasn't organic food? Because everything was at the quality to be organic? Wouldn't that be awesome? Yeah. Okay. This is like making sense. Comment, drop some likes. Remember you guys are most engaged person gets to win a call. So comment away. I want to hear your thoughts. Don't be a silent

stalker. Okay, so that's my thoughts there. So, what, what are some symptoms like what happens when we're estrogen dominant? This is basically 99% of not 99 90% of hormones. issues are actually due to estrogen dominance like they they work their way back there. Okay. So that will be like PMS symptoms that will be oscillation spotting bad oscillations like oscillation, Avi leading cramps, mood swings.

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What else?

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heavy periods. It will sometimes be like, Oh, you're low on progesterone, or you're high in estrogen, but they kind of go hand in hand, because you need them to be

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equal. I mean,

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even I guess I should say. So if you're estrogen dominant, you're automatically low on progesterone. So it comes back to really needing to be able to raise our progesterone so it can balance out our estrogen. Okay. So I'm just kind of like explaining the why here. Wouldn't be lovely,

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wouldn't it Paulo, but in it


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in a perfect world. Okay.


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So one of my one on one clients is from Finland, you guys. And it's just so crazy to me, like how much easier and more accessible it is for her to just like, pick something up from the grocery store, and it not have a lot of bad ingredients opposed to here, like the same brand of stuff. So mind boggling to me. Okay?





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So


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basically, then what, what your goal is going to be, your whole goal is going to be to detox your estrogen naturally. AKA, support your liver, and raise your progesterone naturally. Okay, now. And I fell into this,


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I would focus


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very much on how I raise my progesterone, how do I detox my estrogen? How

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do I do it? How


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do I do it?


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And that was just I always got that label when I was dealing with my hormonal issues like, Oh, she's just estrogen dominance. She's estrogen dominant. And I just felt like every test, I went to every doctor, I went to every lab work, I get God, it would always be like, estrogen dominant. I was just like, me, me, me, me, me. Like, it got annoying, because I'm just like, okay, gee whiz, tell me what to do about it. I feel like I'm constantly detoxing my liver. Isn't my liver detox enough. And it was annoying. And that's because all I was doing was treating the estrogen. And you need to focus on your hormones as a whole in order to see a difference. So yes, this is titled detoxing your estrogen naturally, and we'll focus on Tibbets for that. But in the end, you guys, it really comes down to focusing on your hormones as a whole and how they affect your body in a day to day, your thyroid, your adrenals, your blood sugar, your cortisol, because if you're just treating one, and the others are still having issues, it's like you have a broken wheel and you fixed or a wheel like this with axles, and they're all broken, but you fixed one and it's still going to be like doing this. Okay, so you had to work on all of them at one time. Okay? So, the basis the number one thing if you're going to only walk away with one thing from this, are you listening? balance your blood

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sugar.


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I put the clapping emojis in between it. Why? Because every time your blood sugar becomes imbalanced and it spikes, what goes up must come down. When it comes up. You then therefore spike your cortisol, which means that your progesterone now cannot get up because your cortisone progesterone are made from the same compounds. So if your cortisol is being spiked because your blood sugar just plummeted means your pedestrians aren't gonna be able to get up there. The more imbalanced your blood sugar gets. your ovaries produce testosterone you guys. So if you have PCs and you have elevated androgens, I want you to


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really listen to that

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part that I just talked about. It is so important to keep your blood sugar balanced. And this is not talked enough about and in our culture today. Like how many of you have eaten Pop Tarts for breakfast?


 09:34
cereal.


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sugary cereal, pancakes.


 09:41
doughnuts.


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Every time you're doing that, you're setting yourself up for a roller coaster on your blood sugar. Okay. I used to get so annoyed because my mom didn't want us to eat cereal. So if you're watching this mom I love you. She would make us if we were going to have cereal, we had to


have nuts with it. And if we wanted to have waffles, we had to have eggs with it. And I was always just like, I. But now I know why because it would help stabilize my


 10:17
blood sugar.


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Okay? Not that it's the most ideal situation, but it's better than just pancakes. Okay,


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so

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what your goal needs to be is to keep your blood sugar as stable as possible. This is not just for diabetics, guys. Everybody should be doing this. Because if you're insulin resistance,

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this is


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something that is absolutely 100% necessary for you otherwise, you are not going to be able to lose weight. And I know that a lot of women will get into victim mode. I am saying I'm saying this with Love you guys. I've been in the victim mode. I'm saying this all because I've been there, you get in the victim mode. And you're like, I can't lose weight. I'm insulin resistance. That is not true. You can? You absolutely can. You just have to keep your blood sugar balanced and heal your body as a whole. So stop having the pancakes for breakfast, okay, you can't have it all, there is no magic pill that you can take, that's going to just make all of your ills go away, you guys, you have


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to


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put in some effort. And I know that is where a lot of people just drop off and they walk away,

because they want me to give them this magic pill. And that's what I looked for forever, I would always be like, this would be me, I'll be on Pinterest. And I'll be like, five minutes of flat abs. Literally, I probably had like 1000 of those Pinterest things pinned of like five minutes to flat ABS or six news for flat ABS or whatever it was, or guilt free desserts or whatever. I just always was wanting the quick fix, like seven day cleanse to a flat stomach, like all of the things okay? No, you don't have to say goodbye to pancakes. Hold on, I'll give you an alternative. And it's not going to help because what's going to help you is small changes that are consistent. Okay, so I'm going to give you a lot of tips by the end of this. But I want you to focus on starting with one thing that you can be consistent with. Okay. All right. Are you guys with me? Do I lose y'all? So what does looking like keeping your blood sugar balanced mean it means staying low glycaemic. Now do not go buy monk fruit, or xylitol, or arthritis or any of those artificial sweeteners and be like it's sugar free, I'm not going to spike my blood sugar. You know, those smart sweets, you


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guys


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that are claimed only have like one gram of sugar and amazing for diabetics. And everybody will like binge and eat like an entire bag. I'm so going to break burst your bubble, but I know diabetics that it spikes their blood sugar saho There you go with those sweeteners that supposedly don't do anything. But not only that, they're really bad for your gut. So that's why I'm saying stay away from them. We don't want to hurt our gut lining. So you want to be staying low glycemic so that means not spiking your blood sugar. So you know, maybe that seven grams of sugar for you maybe that's like eight grams of sugar,


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I do not know,


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it depends on how your body reacts. I do know that if you are insulin resistance, you need to be staying under 25 grams of sugar a day, including sugar from fruit that should be the only sugar that you're having. Unless it's like, I don't know, like slightly sweetened with maybe some coconut sugar cane sugar. But you have to stay under 25 grams of sugar a day. If you're insulin resistant, necessary, that is so necessary to be able to get your insulin resistance under control and get yourself receptive to your insulin again. And that may not be forever, like maybe a few months down the road when things are stabilized and your insulin is doing what it's supposed to and your souls are receptive to it. You can have desserts here and there. But you have to absolutely keep your insulin I mean your sugar down if your insulin resistance and your healing that I'm not talking about carbs, you guys talking about sugar. Okay, so my number one thing that I tell everybody is high protein high fat breakfast in the morning and eat within 90 minutes of waking Leah absolutely hates intermittent fasting. It is data for men, all of those amazing


things that you hear about intermittent fasting studied on men. There was one study that was done on women, it was done on rats, female rat, and it shrunk their ovaries. So I'm gonna stay far away from intermittent fasting. It's not been tested on women. Okay, so high protein, high fat,

 15:29
and

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a little bit of carb. So I'm not anti carb, I'm just saying you want to start out high protein, high fat. Now, if you are dealing with any sort of insulin resistance or hormonal issues, something you actually want to really try and focus on is more like three bigger meals. And not snacking, if you can just because every time you eat even if you do have a balanced meals, your blood sugar's still gonna go up a little bit. So the more you can just stick to a cup, three big meals and no snacks, but we'll get to what kind of snacks you want to have. So high protein, high fat, and some carb, high protein high fat, okay. And then every single meal or snack that you have needs to be balanced it needs to have protein fat fiber, and be very listened to what I said that I said fiber. Now carbs have fiber dependent that's why I said that because I want you to have a very specific type of carb. Um, I'm sorry, guys. I don't know I have like the hiccup burps are so annoying. So like veggies fall into that category, but they're not that many, many carbs. fruit, like antioxidant berries fall into that category. They're a high fiber. And they're a carb, like sweet potatoes fall into that category keen wha falls into that category. Okay. That is why it is very specific about saying fight. Butter. Sniff Sniff. Okay, so what's your pudding be a good high protein, high fat, chia pudding would be a phenomenal snack. I don't think that chia pudding is very high and protein

 17:19
Paula,

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maybe or the rest of your arm, but that would be phenomenal snack. So that's what I would focus on. And then I would try and get 12 hours between your last meal and your first meal to give your digestion a time to heal. Okay. But make sure that you're full, don't be hungry. Okay, so now let's talk about what would be good types of snacks for this. Good types of snacks would be like anything that basically kind of protein fat.

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So



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this is where I would love to make



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chia pudding.



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This is where I would love to have like, my seed cycling clusters is a really really good snack. This is where having you can have mushroom coffee, you guys have a mushroom coffee elixir and you should you could put some MCT oil in there and some raw cow because raw cow is an amazing superfood may be a little bit of mcec that's an amazing superfood, and some collagen and froth that baby up with some coconut milk.



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That will be a good one.



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Avocado is a good good snack. So anyways, you get the whole Gist about keeping your blood sugar balance. That's literally the number one thing that you need to do if your insulin resistance you're dealing with any hormonal issues if you have elevated androgens, all the things because every time your blood sugar spikes, inflammation rises in your body, you have cortisol spikes, who progesterone can't get up, and then your ovaries produce testosterone. You need a recipe for all my mushroom coffee books are thinking Majid sorry, talking about.



19:04

Okay, so





19:07


that is number one thing that we should do. Now the number two thing that you should do if your estrogen dominant is focused on your liver health. Why is this? So if you have the mthfr gene mutation, which a lot of women do, your liver detox is 10 times slower than the average person. Hello, Leah has that gene mutation. Now you can actually turn on and off a gene mutation expression. So a gene expressing itself by your environment. So you can have the cancer gene for example, you can have it turned off because of your environment. Disease is 90% dependent on your environment. That means your lifestyle that means eating like literally

eating in the stuff you have in your house and how you live your lifestyle can prevent disease like I'm not shooting shit you guys when I tell you felt like it should be a lifestyle for you. And I just I don't know,


 20:04
maybe.

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I mean, you're you're obviously on the same wavelength because you're like, over here trying to, you know, balance your hormones naturally. But it literally blows my mind that people are just

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like, Yeah,

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I just don't care. I'm just gonna, you know, keep eat and all this stuff, you know, gotta die somehow.

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And I'm over here like,

 20:22
Yeah, but disease is 90% your environment. So are you trying to like just saying, Oh, no, that does not mean there are a lot of people that still get sick, even though they do take care of their environment. There is that other 10% you guys, so I'm not saying it's Vout proof method. But it's good for your health. And do it for your future kids. When I say to for your future kids, if you don't want to do it for yourself, do it for your free tickets. I'm off my soapbox. I'm going to go back on to liver health. So coffee enemas are amazing for detoxing your liver. You have to get organic coffee. It's absolutely 100% necessary. Do a coffee edamame disgusting, I know really good for you. I'm bitter herbs are really really good. cruciferous vegetables are really really good. soluble fiber is really really good. It's going to help you know flush your liver out. And I just want to like point one thing out like don't ever fall for those like seven day juice cleanse that are going to detox your liver because your liver needs fat to detox. Oh, all that fruit juice your drink and isn't doing anything for your liver. Just want to point that out.

 21:10

21:49

Um,

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liver is actually really good for your liver. Sorry, I heard a noise and I'm home alone, not really mess on sleeping. So like grass fed grass finished. beef liver is actually amazing for your liver. So there's that you can make some liver chili or a liver patay or all of the above. So soluble fiber you guys do a coffee enema bitter herbs, lemon juice, and good fats are all really good for flushing out your liver, like castor oil pack is something else you can do can do castor oil pack on your liver don't do that when you are menstruating or if you're pregnant, or nursing or any of those things, okay? So those are ways to support your liver, okay. So you're balancing your blood sugar, you're supporting your liver. And then let's talk about some superfood things that are just good overall for your hormones. So that's going to be maca is a none of these things are necessary. I'm gonna like preface it with none of these things are necessary, but they are helpful to kind of add into your little store of things. Okay, so that's going to be machop powders really good. It's an adaptogenic. And it's really good for your sex hormones. So that would be amazing to use. Raw cow is really good. It's a superfood, and it's also a really good source of magnesium, which will help your progesterone rise so that's a really good thing to do. Um, or my other reishi mushroom is another really good one

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that's in my

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so only way I'm going to get mushrooms on you guys. I'm sorry, I hurt mushrooms. Okay, so those are really really good. And then what are some other ones trying to think of my dandy blend is a good one with dandelion blend cammo cammo.

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The


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fruit powder thingy is really good for helping a progesterone rise as well. So all of those will help bring out your estrogen. So those are just kind of some maybe fun supplements not fun but like supplements to kind of stick in to help you along. But number one thing that you need to be doing is balancing your blood sugar. number two thing you need to be doing is helping your liver detox limiting your exposure to endocrine disrupters, so your liver doesn't have to work as well and then you can add the supplements in there. Now I'm not going to be like okay,


you can't have this food this food this with this food for the rest of your life. But I will say that gluten and dairy are highly inflammatory and the unless you have no sensitivity and you have access to grass fed

 24:44
dairy,

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then grass fed raw dairy, a two from A to protein that might be beneficial for you if you are not sensitive to dairy. But I will say that gluten and dairy are highly inflammatory And most people I know, have a sensitivity to it that they need to heal from. So it doesn't mean that you have to stay away from it all the time. But it may be something that you have to stay away from for a while to heal from. And when you are eating foods that are inflammatory to your body, it triggers an enzyme called aromatase, which converts testosterone into estrogen. So there we are with more estrogen again, does this make sense why you're seeing away from inflammatory foods, it's not just because it's fun, it's because there's literally that pattern that happens in your body, okay. So, the other things to kind of make sure you just are doing your best is focus on Whole Foods you guys like if you're just focusing on balancing your blood sugar and Whole Foods as your starting price, you're going to be doing incredible, like, ditch the process crap, like, stop buying fast food stop, like buying the TV dinners, stop buying all the packaged goods. Try and just make it like you want mac and cheese. Knock yourself out.

 26:05
Make it

 26:08
Okay. Um, you want whatever it is make it like start out there. Okay, start out there. And just focus on getting your whole foods in. Okay? And balancing your budget. And then you're like, Okay, I think I'm getting this and then go ahead and be like, Okay, now we're gonna cut out these foods because I'm ready for my next stage. Okay? Does this make sense you guys, it's all about consistency. So if you doing everything at one time doesn't mean means you're not going to be consistent especially if you're not working with a coach you don't have someone to keep you accountable, then don't do everything at one time do it. Please. Okay, so I think that this is a great thing for you to start out with. It's really really important to keep your blood sugar balance and support your liver if your estrogen dominant so that is absolutely where I would start and then of course you guys see it

 27:07
cycling.



27:08

Hello, everyone should be doing that. Anyways, someone's relate with Oh, mushrooms are so nasty as the texture they're like mushy. Okay. That is my thoughts for the day you guys let me know if you have any questions if you want continuous support with this and you're like okay, I love this. I think this is great Leah but I need support I can't do this by myself. shoot me a message we can talk about maybe possibly working together Let me know. I want to have you see success. So I only take on a few one on one clients. I don't take on a ton at one time. So I want to make sure that this is a good fit for you and for me, but I also want you to see in meet your goals. So if you were like okay, I need help with this. shoot me a message. We'll get you there honey. Okay, drop any questions you have below. It was nice chatting with you. And that's all my thoughts, detox your estrogen guys.