

A woman with dark, curly hair is laughing joyfully, holding a bouquet of white daisies and pink tulips. She is wearing a light pink blazer over a white long-sleeved shirt and blue jeans. The background is a solid magenta color, decorated with several pink daisy flowers scattered around her. A large, light pink circular graphic is centered over the image, containing the title and subtitle.

Your Hormone Balancing
Quick Start Guide

DETOX YOUR MORNING

Simple • Pure • Whole

DR STEPHANIE ZGRAGGEN, DC, MS, CNS, CCN

ABOUT DR. Z.

About the Author:

Dr Stephanie Zraggen, is a nationally published author and leading expert in women's health. She has been in private clinical practice since 2004 and has helped thousands of women achieve natural hormone balance.

While in college, she struggled with debilitating menstrual cycle pain and her cycle became so bad at times, that she would be stuck in her house for days unable to go to school, work, or enjoy her social life.

It wasn't until she learned how to balance her hormones naturally, that she was able to get her life back! As a result of the step by step system she created she now has more energy, joy and her period no longer rules her world!

"My mission is to help women reclaim their hormonal health and feminine vitality naturally. I want you to feel sexy, vital, and balanced, which means your weight is right where you want it, your energy and sex drive are both maximized, all while creating this naturally and safely. I teach as many women as I can get my hands on that their hormones don't have to ruin their lives and I show them how to take back control of their health and their bodies."



A handwritten signature in black ink that reads "Dr. Stephanie". The script is fluid and cursive.

Disclaimer:

This eBook offered by Stephanie Zraggen, DC, MS, CNS, CCN is for educational purposes only. The information is a result of years of practice experience by the author. This information is not intended as a substitute for the advice provided by your physician or other healthcare. Do not use the information in this E-book for diagnosing or treating a health problem or disease, or prescribing medication or other treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem.

If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read in this material. Information provided in this E-book and the use of any products or services purchased from our web site by you DOES NOT create a doctor-patient relationship between you and any of the physicians affiliated with our web site. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

INTRODUCTION

Hello Beautiful Soul

Welcome to your hormone detox morning routine! I created this guide as an easy to use – DIY routine that when incorporated consistently and used over time will provide you massive positive change! This guide is the beginning of a fantastic journey where you will discover if you are experiencing signs of toxicity, how to identify toxins and specific steps you can take to remove them from your body, home and lifestyle. I am thrilled we have connected and on this journey together!

Toxins are everywhere

You are exposed to toxins **Every. Single. Day**. There are approximately **80,000** chemicals registered for use in the U.S., and **800,000,000+** pounds of herbicides are used yearly on our crops.¹⁻³ The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Research shows that certain chemicals may affect our immune, endocrine, nervous, and reproductive systems.

In fact, your body produces its own toxins, or waste known as endogenous toxins, simply by functioning. Your body also encounters external (exogenous) toxins, or chemicals made outside of your body. They are in the air you breathe, the food you eat, the water you drink, and the products you touch.^{4,5}

External Toxins

- Air and Water Pollutants
- Cigarette Smoke
- Certain Personal Care Products
- Dyes and Paints
- Heavy Metals
- Household Cleaning Products
- Pesticides and Insecticides
- Preservatives and Additives
- Trans Fats

Internal Toxins

- Ammonia
- Carbon dioxide
- Free radicals

You become what you eat

The typical America diet favors processed foods that tend to be high in refined sugar, trans fats, and salt. Processed foods often contain pesticides, artificial ingredients, and genetically modified organisms that can contribute to toxin build up in the body.^{6b} Exposure to these toxins can overburden your system's natural ability to detoxify.

Reducing your toxic burden can reduce your odds of asthma, cancer, Alzheimer's, infertility, hormonal and period problems and so much more. Reducing your toxic load can help you lose weight, restore your energy levels and balance your hormones. It can help you conceive a healthy baby and raise a healthy child.

When the body is overloaded with toxins, these toxins cannot be eliminated from the body and they slow down cellular function. This translates to decreasing your body's function; the brain won't fire as quickly so you become foggy and forgetful. This can mean you gain weight or feel tired and/or unmotivated.

Symptoms of Toxin Exposure

- Fatigue or difficulty sleeping
- Indigestion and other gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity (brain fog)
- Low libido
- Skin issues
- Joint discomfort
- Female hormone disturbances

You can create more efficiency around detoxification by modifying your habits to support your body's natural ability to detoxify, starting with your morning routine!

In this guide, I focus on the items that you can easily add to your morning routine that will give you the biggest positive changes in your ability to detox and balance your hormones and set you up for a fantastic day!

As a bonus, I've added some additional material at the end of this E-book with even more simple changes you can sprinkle throughout your day to achieve even more dramatic results. If you're feeling ambitious and want to really dive right in, I'd invite you to check out my [full 28 day detox program](#) where I give you all of the goods and a step by step program that always has profound results. **And grab \$50 off with the coupon code: 50VIP**

How to Use this Guide – The 7 Day Hormone Detox Challenge

I suggest that you do this morning routine for 7 days in a row - I call it the 7 day challenge. If you work Monday to Friday, you may want to prepare everything over the weekend, and then start your routine Monday morning before work.

Whatever your schedule, choose 7 days in a row that you'll be home to see the greatest benefits. You don't have to stop there – keep it going – see how you feel after 30 days and beyond. Take a moment now to choose your start date and commit by filling out your date below.

I am committing to the 7 Day Hormone Detox Challenge!

My Start Date: _____

Next complete the Toxicity Quiz on the following page!

TOXIN SYMPTOMS QUIZ

This quick quiz lists the most common symptoms associated with being toxic. The idea of this quiz is to create awareness around the idea that toxins could be contributing to some of your health symptoms as well as your quality of life in order to create change to eliminate or reduce toxins.

- ☐ Do you wake up tired, or feel like you can never get enough sleep?
- ☐ Do you wake up with puffy eyes, ankles or fingers?
- ☐ Do you need caffeine or sugar to make it through the day?
- ☐ Do you have trouble remembering where you left things or recalling words?
- ☐ Do you feel like you are in a haze or a fog?
- ☐ Do you have trouble falling asleep or staying asleep?
- ☐ Do you have a twitching eyelid, leg or other muscles?
- ☐ Have you been diagnosed with cancer?
- ☐ Do you have difficulty conceiving or unexplained infertility?
- ☐ Do you have asthma or a chronic runny or stuffy nose?
- ☐ Do you have weight that came on for no reason?
- ☐ Do you have weight that you cannot lose no matter what you do?
- ☐ Are you moody or quick to anger?
- ☐ Are you anxious or depressed?
- ☐ Do you have chronic diarrhea, constipation, or a mix of both?
- ☐ Do you have chronic sore joints or muscles?
- ☐ Do you struggle with acne, eczema or other chronic skin issues?
- ☐ Do you suffer from headaches or migraines?
- ☐ Do you have issues with gas, bloating, or heartburn?
- ☐ Do you binge eat or have cravings for certain foods or food groups?
- ☐ Do you have frequent urinary tract infections or frequent urination?
- ☐ Are you having PMS or cramps, despite good lifestyle habits?
- ☐ Do you have a heavy or long period with or without blood clots?
- ☐ Have you been diagnosed with ovarian cysts, fibroids or endometriosis?
- ☐ Do you frequently feel lightheaded or dizzy?

TOXIN EXPOSURE QUIZ

This quick quiz lists the most common areas or reasons that you may be exposed to toxins in your everyday life. The idea of this quiz is twofold 1) to create awareness around the idea that toxins are everywhere and could be contributing to some of your health symptoms as well as your quality of life and 2) to determine where your personal exposure may be to create changes you can take to eliminate or reduce those sources.

- ☐ Do you eat processed or pre-packaged foods?
- ☐ Do you eat nonorganic fruits and vegetables?
- ☐ Do you eat meat that is not organic?
- ☐ Do you or have you ever used artificial sweeteners?
- ☐ Do you drink soda?
- ☐ Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- ☐ Do you eat fast foods and/or eat out regularly?
- ☐ Do you charbroil or grill foods?
- ☐ Do you drink coffee regularly?
- ☐ Do you drink alcohol?
- ☐ Do you drink tap water or pre-packaged bottled water?
- ☐ Do you use conventional beauty products/cosmetics? - Maybelline, Dove, Ivory
- ☐ Do you use conventional cleaning products? - Lysol, Bleach, Tide,
- ☐ Do you use air fresheners in your home, car, or office?
- ☐ Do you wear perfume?
- ☐ Do you smoke or exposed to smoke in your home or workplace?
- ☐ Do you have a pet in your home?
- ☐ Do you wear shoes in your home?
- ☐ Do you have any amalgam fillings?
- ☐ Do you use pesticides in or around your home?
- ☐ Do you have your home treated for insects?
- ☐ Do you have a new car, home, or bed?
- ☐ Do you have any chronic infections – Candida, toe fungus etc.
- ☐ Do you live near a manufacturing area?
- ☐ Do you live near a highway or airport?
- ☐ Do you work with any chemicals in your workplace? – Paint, Solvents, etc.
- ☐ Are you a dentist, painter, farm worker, or construction worker?
- ☐ Have you noticed a negative change in your health since you moved?
- ☐ Have you noticed a negative change in your health since your new job?

If you answer YES to more than 10 of these, you may want to consider my full [28 day hormone detox program](#).

MORNING HORMONE DETOX

Welcome to your new morning hormone detox routine. I have chosen the following actionable steps because they are fairly easy to implement into your daily routine and they are either no cost or very low cost. I know there's a number of choices so don't get hung up on perfection here – just pick a few that call to you and dive right in. Honor yourself during this time, go at your own pace, enjoy the process and feel free to add one or more of these detox techniques to experience even more results – Cheers!

1. **Wake up:** As soon as that alarm clock goes off, get out of bed!
2. **Write it down:** Take 5 minutes when first awakening to sit quietly and meditate. You can choose to sit in silence, pray or offer your gratitudes for the day. It's important to clean your mind and emotions just as we are also cleaning your body. Even better would be to grab your [journal](#) and write down your 3 gratitudes for the day! This is a great way to start any day.
3. **Drink Detox Water:** Drink at least 16 oz of water while getting ready in the morning! Staying hydrated on a daily basis will not only make you feel better overall but also help you on your detox journey. Hydration helps your digestive tract function properly, it assists with the removal of toxins and keeps every cell in your body nourished. Opt for pure water sources such as [spring water](#), reverse osmosis or filtered water.

Tips for Making Your Detox Water:

- Infuse for 2+ Hours: The flavors and nutrients won't infuse into the water right away. A good habit would be to make your water before bed and let it infuse in your pitcher overnight.
- Infuse at room temp: Basic chemistry says that water based reactions happen faster at higher temperatures. Let your water sit at room temperature if you want to speed up the infusion – just don't leave it out for more than a few hours unrefrigerated.
- Thinly slice: Another way to speed up the infusion process is to thinly slice your ingredients = more surface area. This makes it easier for the water to soak through and absorb all the wonderful nutrients and flavors!
- Use a [glass pitcher](#): Acidic ingredients like lemon can eat away at plastic containers especially over long periods of time while your water is infusing. While we are detoxing we are trying to avoid plastic chemicals in our bodies, so switching to glass containers all around is a great idea!

- The longer you infuse the water, the more flavorful it will be. If it is too strong for your taste buds, back off on the infusion time. Also, if your water begins to taste bitter then you've left the ingredients in the water too long. I like to infuse and then remove the fruits/veggies so all that is left is the H₂O!

Hormone Detox Water Recipe:

Ingredients

- 2 Lemons, thinly sliced
- 1 Medium Cucumber, thinly sliced
- 2 Inch Piece Ginger, thinly sliced
- 0.5 oz Fresh Mint (about 3 sprigs)
- 4 cups water (about 1 liter)

Directions

- Peel and thinly slice ginger
- Thinly slice lemon and cucumber
- Rinse mint and remove leaves from stems
- Combine all ingredients in a large glass pitcher and enjoy!

4. **Move that Body:** Exercise and movement aids in the release of toxins, and is important in keeping the blood and lymph flowing. Consistent exercise can help relieve stress and toxicity by increasing blood flow to the brain. It also releases hormones, stimulates the nervous system, and releases endorphins. For this morning routine spend 5-10 minutes doing some simple movement exercises. This can be either your favorite yoga poses, a brisk walk with the dog around the block or some body weight exercises like push-ups, sit ups, and squats. Always listen to what your body is telling you and do what feels best for YOU.

Movement Ideas:

- Yoga Poses – 5-10 Minutes
 - Sun Salutations
 - Downward Dog
 - Lunge Poses – Triangle Pose, Warrior Pose
- Go for a walk – Have a dog that needs to go out? Do a 10 minute brisk walk around the block after Fido has done his business.
- Body Weight Exercises – 5-10 Minutes – Do each exercise before for 30 seconds each – Do 2 cycles of these exercises for a 5 minute workout or do 4 cycles for a 10 minute workout.
 - Jog In Place
 - Push Ups
 - Jumping Jacks
 - Sit Ups
 - Squats

5. Dry Skin Brushing: The skin regulates body temperature, functions as an eliminative organ of detox and has even been called the “third kidney.” It averages 3,100 square inches of surface area acting as a natural protective shield to your outside world.



Dry skin brushing is an old natural healing technique used to increase blood and lymphatic circulation. It not only removes dead skin cells, but also keeps the skin soft, improves blood and lymph circulation and helps with the removal of toxins. Brush your whole body once per day with a [natural bristle dry skin brush](#). Keep the brush dry (never get it wet).

Directions:

1. Start with your feet, moving in soft circular movements (always moving towards the heart) first on the bottom of the feet, and then on the top.
2. Work up each leg, one at a time, first the back of the leg (using the same soft circular, always towards the heart, movements) up through the buttock and then the front of the leg. Avoid any delicate skin, like the skin on the inside of the thighs.
3. After you are finished with the lower half, start at the fingertips of one arm; move up the arm (palms of hands, back of hands, forearm, bicep) and towards the heart. Repeat on your other arm.
4. Move to the back (this is where a short handled brush may come in handy) working your movements towards your stomach, starting and finishing with one side of the back and then the other.
5. When you get to your stomach, start at your lower abdomen and work your way up (make sure to steer clear of delicate areas like the nipples) and end at your chest in an upward stroke.
6. Rinse off and shower as normal.

6. Shower Hydrotherapy: This home therapy enhances circulation, detoxification, and metabolism. Ideally perform this therapy daily. Take a hot shower for 3 minutes, then switch to cold water for 30 seconds. Repeat this for 3 cycles, ending with a cold rinse. Make sure your entire body is showered in this manner. After you've finished 3 cycles, get out of the shower, quickly dry and go to bed or dress warmly until you warm back up.

7. Scrape that Tongue: Scrape your tongue before you brush your teeth. Jihwa Prakshalana, or the Ayurvedic self-care ritual known as tongue scraping, is an oral hygiene practice that removes bacteria (close to half of your oral bacteria live in the deep crevices of your tongue), food debris, fungi, toxins, and dead cells from the surface of the tongue.

When you sleep, your digestive system remains awake, removing toxins from your body by depositing them onto the surface of the tongue. If you don't scrape away these toxins, they can get reabsorbed by the body and can lead to respiratory difficulties, digestive problems, and a compromised immune system.

Benefits include less bad breath, improved digestion, enhanced taste, and improved immunity. [Tongue scrapers](#) are inexpensive; choose a stainless steel scraper as they are easier to clean.

Directions: Standing in front of a mirror, scrape your tongue by simply holding the two ends of the scraper in both hands, sticking out your tongue, and placing the scraper as far back on your tongue as possible. With firm but gentle pressure, scrape the surface of your tongue in one long stroke. Rinse the scraper and repeat until your tongue feels clean and is free of coating (usually 5 to 10 times).

8. Just Breathe: Pranayama is a Sanskrit term that describes the regulation of breathing to achieve health benefits. An ancient Indian practice, pranayama involves the manipulation of breath with 3 phases -- inhalation, retention and exhalation. A study published in the January 2014 "Journal of Diagnostic Research" linked both fast and slow types of pranayama to reduced stress and improved cognition, including attention, retention as well as speed in tasks that merge vision and physical action, such as playing video games. Several types of breathing exercises can be considered pranayama, including breathing techniques used in yoga and the 4-7-8 breathing exercise.

4 - 7 - 8 Holistic Breathing Exercise- made popular by Dr. Andrew Weil, is a useful tool that you will always have with you so feel free to use it every day not just when cleansing. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. Use it to deal with food cravings. Great for mild to moderate anxiety, this exercise cannot be recommended too highly!

Directions:

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

1. Exhale completely through your mouth.
2. Close your mouth and inhale quietly through your nose to a mental count of 4.
3. Hold your breath for a count of 7.
4. Exhale completely through your mouth, making a whoosh sound to a count of 8.
5. This is one cycle. Repeat the cycle 3 more times for a total of 4 breaths.

MORE DETOX TIPS

The entire idea of this guide is to create fun and easy ways for you to enhance your body's ability to detox and help you feel fabulous. If you want to do even more, here's my favorite all day tips and tricks to sprinkle into your daily routine. Don't think that you need to do them all; just pick a few to try and you can always add more later!

- **Avoid the BIG 3:** Avoid or at least decrease the 3 biggest inflammatory foods in the standard America diet – Sugar, Gluten and Dairy. Do this for 30 days and I PROMISE you'll feel so much better!
- **Eat Organic:** Pesticides and Fungicides can reside on fruits and vegetables that you could be eating. By choosing organic, you reduce the amount of these chemicals in your body, thereby reducing your toxic load. If you cannot purchase all organic foods, then at least avoid the '[Dirty Dozen](#)' – the most contaminated fruits and vegetables according to the Environmental Working Group's yearly assessment - strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, and sweet bell peppers.
- **Clean Green:** Many cleaning products are laden with harsh chemicals that have been shown to cause cancer and other chronic diseases. To minimize this effect on yourself and your family, switch to more friendly cleaning supplies or use items like vinegar, baking soda, and lemon juice to clean your home. Start simply by eliminating antibacterial cleaners, air fresheners, and drain cleaners. For more information, check out [EWG's cleaning guide](#).
- **No more Plastic or Cans:** The safety of bisphenol A, a chemical found in plastics, is still up for debate. These plastics can be found in water bottles and in the coating that lines canned foods. One study found that avoiding canned foods can substantially reduce circulating BPA and phthalates by two thirds, even after just a few days. To minimize this chemical, avoid the use of plastic as much as possible, avoid plastic packaging, cellophane, and aluminum foil, especially with hot or acidic foods, and drink out of [glass](#) or [stainless steel bottles](#) instead. Purchase foods from glass jars instead of cans, and do not cook or microwave any food in plastic.
- **Count Sheep:** The benefits of getting a good night's sleep is especially vital while you are detoxing. Manage your schedule and routine so that you can devote at least 8 hours each night to some shut eye. This may involve saying "no" to extra activities or waiting to binge watch Game of Thrones. Stop your screen time at least 2 hours before bed time, get into bed before your actual bedtime, make sure the room is completely darkened, and read a book or meditate to slow down that brain in preparation for dreamland!

- **Clean up your Personal Items:** Many toiletry items and cosmetics contain chemicals, and heavy metals such as lead and mercury. In order to avoid toxins, switch to cleaner, greener personal items and cosmetics. For more information, visit [The Cosmetics Database](#) to see if your current products pass the test!
- **Food Prep:** Avoid Teflon cooking surfaces and high/dry heat cooking to reduce exposure to perfluorochemicals and advanced glycation end products (cancer causing agents). Trade in aluminum and Teflon pans for stainless steel and [stone ware](#). Food preparation techniques that maximize nutrient availability are advantageous, such as steaming, slow cooking, soaking and sprouting.
- **Hydrate Yourself:** Staying hydrated on a daily basis will not only make you feel better overall but also help you continue to maintain feeling good post detox. Hydration helps your digestive tract function properly, it assists with the removal of toxins and keeps every cell in your body nourished. Opt for pure water sources such as [spring water](#), reverse osmosis or filtered water. Drink at least eight 8oz glasses of pure, clean water each day, but ever better would be to drink half your body weight in oz. For instance, if you weight 200lbs then you drink 100oz per day – that simple!
- **Stop Smoking:** Cigarettes not only contain nicotine, but also a myriad of chemicals in the filter. On top of the chemicals, your body must deal with the smoke associated with smoking. By kicking the smoking habit, you can reduce your overall toxic load.
- **Environmental Changes:** As deemed appropriate and possible, environmental changes may be advisable to minimize ongoing exposures. Relatively straightforward changes include using a carbon block water filtration system, [HEPA air filters](#), [Himalayan salt lamps](#) and essential oils in the home.
- **Detox Consistently:** After you finish with your 7 day hormone detox challenge if you still feel like more is needed or you want to go further with the process, consider my [28 day hormone detox program](#). Even if you don't choose mine, I suggest that you perform a detox at least once or twice per year. By making detox a part of your healthy lifestyle you'll not only feel good, but also function at your best too!
- **Create Your Health Network:** Maintaining your health doesn't have to involve just yourself. If after the detox you still have some health goals to meet, then create your team of wellness providers to help you reach those goals. Additional options may be diagnostics such as blood tests, hormone evaluations, thyroid testing, heavy metals testing, or allergy testing. Or maybe it's finding a provider to create an ongoing game plan for you to have accountability and see results. Choose your team based on their education, clinical experience and rapport. If you feel like more support is needed, please feel free to reach out to [schedule a complimentary consult](#) with me to determine if we'd be a good fit to work together.

MY FAVORITE DETOX HACK (THAT IS NOT A SUPPLEMENT)

Boost Your Detox with Energy, Weight Loss & Inflammation Support – Naturally with Light!

If you've loved diving into your hormone detox journey, I have something extra-special to share that can elevate everything you're already doing.

In this section, I want to introduce you to a powerful, non-invasive technology I've recently added to my own healing toolkit that has completely transformed my energy, motivation, and mental clarity in just one month—it's called the [LifeWave X39® phototherapy patch](#), and it's absolutely worth your attention.

What is LifeWave X39®?

The X39 patch is a small, wearable patch that uses phototherapy—a safe and non-transdermal (nothing enters the body) technology that stimulates specific points on the skin with light. This light signals your body to produce more GHK-Cu, a naturally occurring peptide shown to support wound healing, collagen production, and activation of your own stem cells.

And here's the beautiful part: stem cells are your body's natural repair system. But as we age, their activity declines dramatically. The [X39 patch](#) helps reactivate and reset your stem cells so your body starts functioning and repairing more like it did in your youth.

How Can It Help You?

Adding the X39 patch into your daily routine may help you:

- ✿ Detox more efficiently – By supporting cellular regeneration and tissue repair, your detox pathways work more effectively.
- 🔥 Reduce inflammation – X39 has been shown in studies to lower inflammatory markers, which is key for hormone balance, pain relief, and disease prevention.

⚡ Increase energy and stamina – Many users report feeling significantly more energy, vitality, and motivation within the first few days to weeks. I definitely did!

🧠 Improve mental clarity – That dreaded brain fog? Gone. X39 supports neurological repair and better focus.

💪 Support weight loss – By reducing inflammation, supporting mitochondrial function, and improving sleep, your metabolism and detox processes become more efficient.

🛌 Enhance sleep and recovery – Deep, restorative sleep is a frequent “side effect” thanks to improved cellular function.

My Experience

Within the first month of wearing the X39 patch, I noticed:

- ✓ A huge increase in energy
- ✓ Clearer thinking and mental sharpness
- ✓ The motivation I'd been craving to get things done
- ✓ An overall sense of well-being that I hadn't felt in ages

Honestly, I was skeptical at first. But this little patch has truly blown me away.

How to Try It

This is a simple and powerful addition to your daily detox and hormone-balancing routine. You just apply the patch to clean skin (instructions come with it) and wear it for 12 hours a day. That's it. No drugs, no chemicals, no side effects—just light and healing from within.

✨ You can check it out here: lifewave.com/drzgraggen

If you're curious or ready to up-level your energy, metabolism, and health naturally—I highly encourage you to explore this. Your body has the ability to heal itself... sometimes it just needs a gentle spark of light.

PROGRAM PRAISE

Women across the country have experienced life-changing results through the 28-Day Hormone Reset Detox and Dr. Stephanie's personalized care. From improved digestion and energy to clearer skin and balanced moods, these stories reflect the power of a well-designed, supportive program led by a practitioner who truly understands women's health. Here's what some of her clients had to say about their journey and transformation with Dr. Stephanie.

My toxicity score dropped 70 points – and I lost 16 pounds without even exercising!

For 3 weeks I followed the Paleo Diet and for 2 weeks followed a detox plan with supplements from Dr. Stephanie. My digestion, mood, and body improved across the board. I also lost 16 pounds just from resting and resetting. If you've ever thought you couldn't do it—take it from this pizza, beer, and coffee lover—you absolutely can!

— Erin Rose Raduazo, Erin Rose Photography

My body didn't even know how to digest a spinach salad...

I came to Dr. Z completely depleted—fatigue, joint pain, major digestive problems. She gave me hope, a realistic timeline, and a step-by-step plan. Within 5 months, my digestion was thriving, my energy was up 70%, and random symptoms I'd just 'gotten used to' were gone. I'm now stronger than ever—and she's always there when I need support.

— Christina C., Decatur, GA

I was struggling with fatigue, brain fog, bloating, and low libido... Dr. Stephanie got me straightened out so fast!

After completing her 3-week detox and following her guidance, I sleep well, have more energy, clearer skin, no bloating, better memory, and even my sex drive is back. Invest in yourself—Dr. Stephanie is the real deal!

— Lindsey G., Charleston, SC

SHOPPING GUIDE

Here's your list of item's you'll need to do the 7 Day Hormone Challenge: Try to purchase organic ingredients when available. Do your prep work and have all of your supplies on hand for your start date. Click on the links listed throughout this guide to see my favorite products.

- 8 Organic Lemons
- 4 Medium Cucumbers
- 8 Inches of Ginger
- 2 oz Mint
- Clean filtered or spring water
- [Dry Brush](#)
- [Tongue Scraper](#)
- [Journal](#)
- [Glass Pitcher](#)

Conclusion:

I know this guide contains a number of ideas. My goal isn't to overwhelm you but to provide you with a carousel of additional fun and therapeutic actives that you can add to enhance your detox experience. Most are free or inexpensive so see what appeals to you and dive right in.

Last but not least, don't forget to enjoy the journey!

Let's Connect:

I'd love to stay in touch – Please consider following me on [Facebook](#), [TikTok](#), [YouTube](#) and [Instagram](#) to continue the conversation as well as find more detox tips, recipes, and hormone advice!

Yours In Health and Service,

Dr. Stephanie

References:

1. "About," National Toxicology Program, US Department of Health and Human Services, accessed March 13, 2018, <https://ntp.niehs.nih.gov/about/index.html>.
2. Arthur Grube, David Donaldson, Timothy Kiely, and La Wu, "Pesticides Industry Sales and Usage 2006 and 2007 Market Estimates," Washington, D.C.: United States Environmental Protection Agency, February 2011, PDF e-book, http://www.epa.gov/sites/production/files/2015-10/documents/market_estimates2007.pdf.
3. Michael N. Antoniou et al., "Concerns Over Use of Glyphosate-Based Herbicides and Risks Associated with Exposures: a Consensus Statement." *Environmental Health* 15, no. 1 (2016): 1-13. <https://doi.org/10.1186/s12940-016-0117-0>.
4. Romilly E. Hodges and Deanna M. Minich, "Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application," *Journal of Nutrition and Metabolism* (2015): 16. <http://dx.doi.org/10.1155/2015/760689>.
5. Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," *Public Health Reports* 117, no. 4 (2002): 315-23, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497458/pdf/12477912.pdf>.
6. Ian A. Myles, "Fast Food Fever: Reviewing the Impacts of the Western Diet on Immunity," *Nutrition Journal* 13 (2014): 1. <https://doi.org/10.1186/1475-2891-13-61>.

