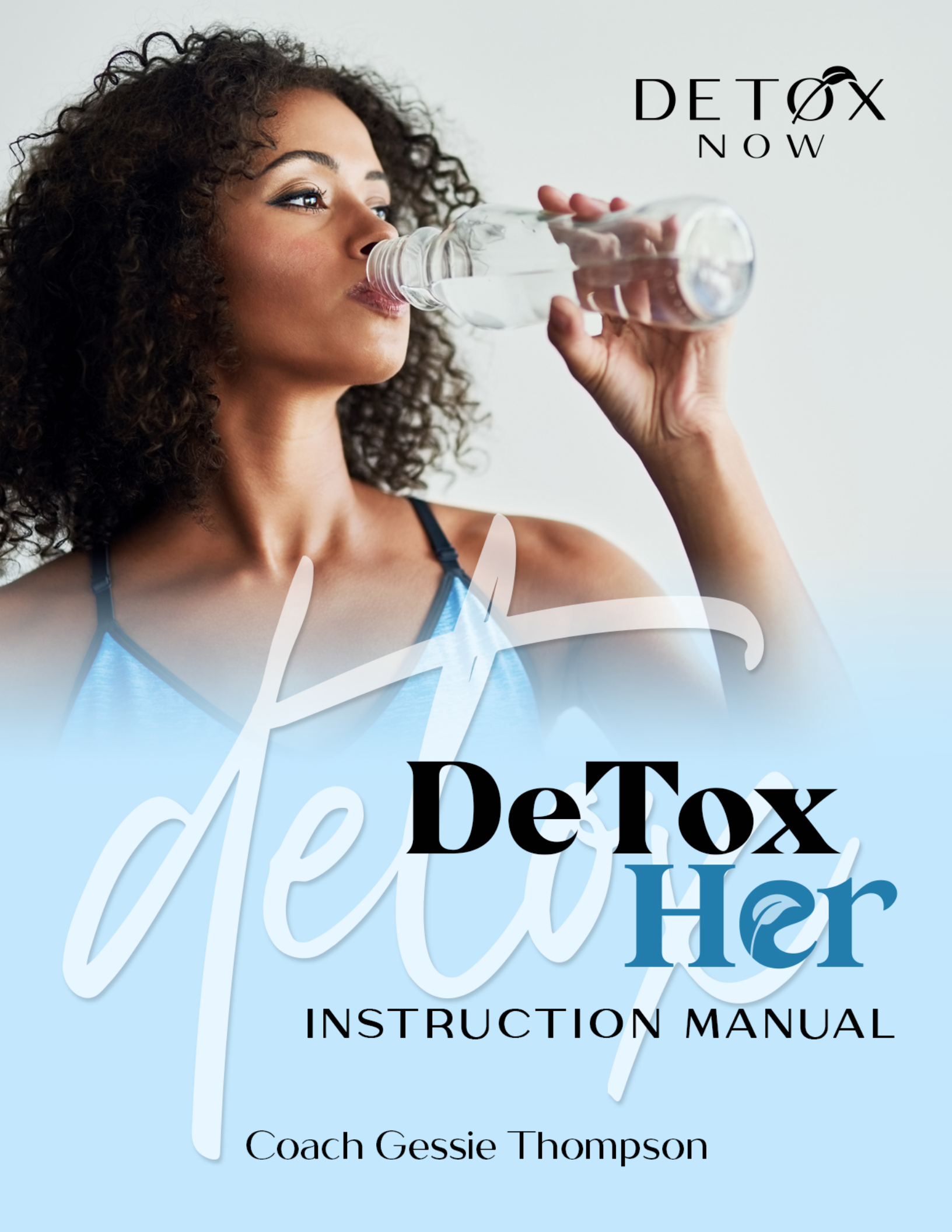


A woman with dark, curly hair is shown in profile, drinking from a clear plastic water bottle. She is wearing a light blue tank top. The background is a soft, light blue gradient.

DETOX
NOW

DeTox Her

INSTRUCTION MANUAL

Coach Gessie Thompson

Introduction

Detoxification vs. Fasting — What's the Difference?

Detoxification is the body's *ongoing* housekeeping. Your:

- **Liver** converts fat-soluble compounds into water-soluble waste (Phase I/II) and sends them to bile and blood for removal (Phase III).
- **GI Tract & Microbiome** bind/eliminate wastes in stool and prevent re-absorption.
- **Kidneys & Urinary Tract** filter blood and excrete metabolites.
- **Lymphatic System & Skin** move cellular waste; skin helps via sweat.

Fasting, on the other hand, is a *time-based abstinence* from calories (or from certain foods). While not the same as “detoxing,” fasting **supports** detoxing by:

- Reducing digestive workload so more energy is available for repair.
- Improving **insulin sensitivity** and metabolic flexibility.
- Encouraging **autophagy** (cellular clean-up) during fasting windows.
- Mobilizing fat stores—making **hydration, minerals, and bile flow** essential for safe elimination.

The DeTox Now Combination Protocol

Our approach pairs **detoxification support** with **fasting frameworks** to help you feel well *during* your fast and recover smoothly *afterward*.

The Core Stack (TDN)

These two are your foundation across all fasting methods.

- [DeToxHer](#) (TDN): Herbal support for liver function, bile flow, and detox drainage. 5 mL **after meals** (Intermittent or Fruit Fast). During a 7-Day Water Fast, 5 mL up to **2–3×/day** as tolerated.
- [PowerHer](#) (TDN): Balanced electrolytes for hydration, steady energy, and cramp/headache prevention. 1 scoop in 16–64 oz water, sipped throughout the day. **Note:** No more than 2 scoops/day.

Complementary Support (Placed in Eating Windows or Refeed)

For General Health Support

(Safe and broadly beneficial for most fasting clients)

- **TDN (Primary):**
 - [D3+K2](#): Bone, immune, and hormone support. Pair with fat-containing meals.
 - [PreventHer](#): Foundational micronutrients for **women**; use during IF eating windows or post-fast.
- **Seshen (Supportive):**
 - [Magnesium Complex](#): Supports sleep, muscle relaxation, bowel regularity, and blood pressure. Take in evening.
 - [Probiotic-60](#): Gut motility and barrier support. Start on refeed Day 2+ or during IF meals.
 - [Greens Vitality Blend](#): Micronutrient/phytonutrient support during eating windows (not water-only).
 - [Omega-3](#): Broad anti-inflammatory support, cardiovascular protection. Take with meals.
 - [Chlorophyll](#) & [Chloro Mint](#): Extra antioxidant support, natural deodorizing, gentle detox. Helpful in higher detox demand phases.
 - [Men's Daily](#): Multivitamin/mineral support for **men**; use in IF eating windows or post-fast.

For Chronic Condition Support

(Recommended based on individual health needs, symptoms, or history)

- **TDN (Primary):**
 - [EliminateHer](#): Strong anti-inflammatory herbal blend. Recommended for fibroids, endometriosis, arthritis, or significant inflammation/pain. Use based on symptoms.
- **Seshen (Supportive):**
 - [Liver Care](#): Daily hepatic support. Recommended for clients on multiple medications, elevated liver enzymes, or known detox burden.
 - [Lymph Tonic](#): Supports gentle lymph drainage. Use if clients are puffy, sluggish, or congested.
 - [Gluco-Balance](#) or [Myo D-Chiro](#): Supports insulin sensitivity and glucose metabolism. Recommended for clients with pre-diabetes, diabetes, PCOS, or metabolic issues. Coordinate with a clinician if on glucose-lowering medications.
 - [Digest](#) / [Flush](#) / [Bile-Care](#) / [UT-Health](#) / [Pancre-Care](#): Symptom- or history-specific use (digestive weakness, constipation, gallbladder support, urinary issues, pancreatic support).

- [Heart Health](#): Cardiovascular and blood pressure support. Recommended for clients with hypertension or circulation issues.

Special Considerations for Clients with Chronic Conditions

For clients with chronic conditions, slight adjustments may be needed to the baseline fasting methods:

- **Fibroids, Endometriosis, Adenomyosis:** A separate **BalanceHer Program & 4-Month End Fibroids Protocol** is available, which includes an optional fasting protocol tailored for women with reproductive health conditions. Clients with these conditions should reference that program for the most suitable fasting guidance. (See Appendix A)
- **Pre-Diabetes or Diabetes:** Choose gentler fasting windows (e.g., 16:8). Avoid extended fasting unless closely monitored by a clinician. Glucose-supportive supplements such as **Seshen Gluco-Balance** or **Myo D-Chiro** may be introduced with meals.
- **PCOS (Polycystic Ovary Syndrome):** Favor gentle, consistent fasting windows (**14:10 → 16:8**). Avoid extended fasts unless clinically supervised, as aggressive fasting can elevate stress hormones and disrupt ovulation. During eating windows, prioritize **25–35 g protein/meal**, high-fiber carbohydrates, and healthy fats; consider a **10–15-minute post-meal walk**. Place **Seshen Myo D-Chiro** daily (AM or split) and, if needed, **Seshen Gluco-Balance** with the largest meal. Coordinate with a clinician if using glucose-lowering medications. (See Appendix B: PCOS for method-specific details.)
- **Thyroiditis (Hypothyroid/Hashimoto's):** Favor 16:8 fasting windows to avoid excess stress on metabolism. Ensure adequate micronutrient support with **TDN D3+K2** and **PreventHer**, and consider **Magnesium Complex** in the evening for restorative sleep.
- **High Blood Pressure / Hypertension:** Maintain hydration with **PowerHer**. Avoid prolonged fasting initially; IF or the 3-Day Fruit Fast may be safer options. **Seshen Heart Health** may provide additional cardiovascular support in eating windows.

Reminder: Fasting is not a substitute for medical care. Clients with chronic conditions should consult their clinician before beginning any fasting protocol, and supplement placement should be personalized accordingly.

Signs Your Detox Systems May Need Support

These are **non-diagnostic** red flags that your natural detox and drainage may be overburdened:

- **Digestive:** persistent bloating, constipation or irregular stools, greasy/pale stools, reflux, feeling heavy after fatty meals.
- **Liver/Metabolic:** stubborn weight around the midsection, cravings for sugar/caffeine, elevated

fasting glucose/insulin resistance, abnormal lipids.

- **Hormonal:** PMS; cycle irregularity or heavy bleeding; perimenopausal symptoms; cystic or jawline/chin acne; abnormal facial hair (hirsutism).
- **Inflammation/Oxidative Stress:** joint/muscle aches, frequent headaches, brain fog, low morning energy.
- **Skin & Lymph:** dull or reactive skin; eczema/dermatitis flare-ups; rashes; body-odor changes; puffiness/swollen glands; fluid retention.
- **Sensitivity:** strong reactions to fragrances, alcohol, or medications; hangovers from small amounts.

If several apply, consider starting with the **gentler methods** (Intermittent or 3-Day Fruit Fast) before attempting a 7-Day Water Fast, and review the safety notes in each chapter.

Who This Protocol Is For

This protocol is designed for **adults of all genders**. While TDN has historically focused on women's health, the **DeToxNow Kit (DeToxHer + PowerHer)** and the fasting frameworks in this guide are equally applicable to **men**. Complementary products (vitamins, minerals, omega-3s, liver/lymph/gut support) can be personalized based on goals, history, and clinician guidance.

Note on Product Names: Despite the names **DeToxHer** and **PowerHer**, these products are equally appropriate for men and women. Their formulations contain no gender-exclusive ingredients.

Safety First

Fasting is not suitable for everyone. Avoid fasting if pregnant, breastfeeding, or with a history of eating disorders. **Medical supervision** is required for chronic conditions or medications, especially for blood pressure, blood sugar, or thyroid. Always consult your clinician before starting.

How to Use This Protocol

1. **Choose your fasting method** (Intermittent, 7-Day Water Fast, or 3-Day Fruit Fast).
2. **Follow the daily supplement schedule** for hydration and support.
3. **Use only what's permitted** during strict fasting windows. Add complementary products in eating windows or refeed phases.
4. **Refeed gradually**, especially after the Water Fast.
5. **Reference "What to Expect"** timelines and symptom-management tips.

1 — Intermittent Fasting (IF)

Schedules: 16:8 (Beginner) · 18:6 (Moderate) · 20:4 (Warrior)

Best for: Men and women seeking a sustainable reset to support weight management, improve insulin sensitivity, and reduce inflammation. This approach can also promote hormonal rhythm balance. Beginners often start at 16:8, then progress to 18:6 or 20:4 as comfort and goals evolve.

Special Considerations: For **fibroids**, **endometriosis**, or **adenomyosis**, see **Appendix A: Female Reproductive Conditions** (BalanceHer Program & 4-Month End Fibroids Protocol). If you have **pre-diabetes/diabetes (Type 2)**, **PCOS**, **thyroiditis (Hypothyroid/Hashimoto's)**, or **high blood pressure/hypertension**, read **Appendix B: Special Considerations by Condition & Method** *before* starting or modifying this method. **Important:** The **Use Caution** notes below apply to everyone considering this method.

Use Caution and Consult Your Physician in Connection With: Pregnancy or breastfeeding (not recommended during these times). History of eating disorders. Frailty or significant unintentional weight loss. Any chronic medical conditions requiring ongoing medication adjustments.

Why IF Works - The Benefits of Intermittent Fasting

Intermittent fasting (IF) is more than a trend—it's a time-tested, science-supported way to give your metabolism a daily rhythm and your cells a chance to recover. By alternating eating and fasting windows, you reduce digestive load, improve metabolic signaling, and create space for the body's built-in repair programs to work.

- **Cellular Repair (Autophagy).** During fasting windows, cells switch on “housekeeping” to identify, break down, and recycle worn-out components.
 - **Cell Upkeep:** clears cellular “junk” so systems run smoothly.
 - **Energy Efficiency:** recycled materials become raw parts and fuel for new, healthy components.
 - **Resilience:** supports healthy stress responses (e.g., fasting, exercise) and healthy aging.
 - **Bottom Line:** autophagy is like a maintenance crew—keeping cells clean, efficient, and ready to perform.
- **Hormonal Balance & Insulin Sensitivity.** Fewer grazing spikes can help the body use insulin more effectively, steady appetite signals (ghrelin/leptin), support more balanced menstrual-cycle experiences for many women, and promote steadier testosterone and metabolic function for men.

- **Detoxification Support.** With digestion on pause, more capacity is available for the liver's processing work and bile flow—especially when paired with DeToxHer for gentle liver and drainage support.
- **Metabolic Flexibility & Healthy Weight Management.** IF helps the body become better at switching between glucose and fat for fuel, encouraging fat burning while preserving steady energy.
- **Energy & Mental Clarity.** Many people report fewer afternoon crashes, lighter digestion, and better focus once they settle into a consistent window.

Pick Your Window

- **16:8** — Fast 8:00 PM → 12:00 PM; eat 12–8 PM (Beginner).
- **18:6** — Fast 7:00 PM → 1:00 PM; eat 1–7 PM (Moderate).
- **20:4** — Fast 8:00 PM → 4:00 PM; eat 4–8 PM (Advanced).

Factors to Consider When Choosing a Window

- **Experience Level:** Beginners may start with the 16:8 schedule before progressing to 18:6 or 20:4.
- **Lifestyle Fit:** Choose an eating window that works with your daily routine (e.g., social meals or work schedules).
- **Health Goals:** Shorter eating windows (e.g., 20:4) can enhance fat-burning, cellular repair and autophagy, while longer ones (e.g., 16:8) are easier to maintain.

Daily Schedule (applies to all IF windows)

Morning (fasting window)

- **PowerHer:** 1 scoop in 16–64 oz water, sipping through the morning (hydration/electrolytes).

Midday (still fasting)

- Spring Water; add another partial/1 scoop PowerHer if light-headed or cramp-prone.

Break the fast (start of eating window)

- **Meal #1:** Light, nutrient-dense (e.g., smoothie/salad + protein).

- **DeToxHer:** 5 mL immediately after Meal #1 to support bile flow and liver clearance.
- **Med-spacing note:** Keep DeToxHer and mineral-dense supplements ≥ 4 hours away from morning levothyroxine, and 2–4 hours from iron/calcium/magnesium.

Optional snack within window (fruit, protein, or healthy fat).

Dinner (last meal of window)

- Balanced plate (protein, colorful non-starchy veg, smart carbs).
- **Optional DeToxHer:** 5 mL after dinner for overnight liver support.

Evening

- Herbal tea or spring water. Place additional supplements in eating window.

Complementary Product Support:

(with meals)

- **TDN:** D3+K2, PreventHer
 - **Conditional: Start/Resume BalanceHer and EliminateHer** if on Fibroids, Endometriosis, Adenomyosis, Cysts, and Perimenopause/Menopause protocol.
- **Seshen:** Liver-Care, Magnesium Complex, Probiotic-60, Omega-3, Greens Vitality Blend, Men's Daily, Gluco-Balance/Myo D-Chiro (if clinically indicated).

How Long to Run IF

- **Short-Term Reset (7–14 days):** A quick tune-up to reduce bloating and cravings, re-establish hunger/fullness cues, and practice hydration/electrolyte rhythm. Great after travel, holidays, or before stepping up to a longer phase.
- **Long-Term Reset (4–6 weeks):** A focused block to improve insulin sensitivity, support body-composition change, and stabilize energy/GI regularity. Consistency here helps cement habits and produces noticeable results.
- **Lifestyle (ongoing):** A sustainable eating rhythm for maintenance and long-term metabolic balance. **Deload** 1–2 weeks every 6–8 weeks for a botanical “holiday”; re-introduce only what you truly benefit from. Continue **PowerHer** as needed.

What to Expect (IF)

- **Days 1–3:** Stronger hunger waves; a mild headache if caffeine timing changed; more frequent urination and a small, early **water-weight** drop as glycogen stores empty. Keep training **light** or place workouts **inside the eating window**.
- **Days 4–7:** Hunger becomes more rhythmic; energy steadies; many notice clearer focus and lighter digestion. Bowel patterns may shift—add fluids and fiber **during meals**.
- **Weeks 2–4:** Easier fasting windows, more consistent energy, and better appetite control. Scale change may slow while **measurements/clothing** continue to improve. **Women:** Consider gentler windows late-luteal (the week pre-period). **Men:** Morning fasted training can work if you feel good—break the fast post-session with protein + minerals.

Common Symptoms & Fixes (IF)

Starting intermittent fasting—especially if your body isn't used to longer gaps between meals—can come with short-term adjustments as you adapt. These effects are usually temporary and vary with diet quality, sugar addictions, alcohol, weed, hydration, sleep, caffeine habits, and overall health. Here's what you might notice—and how to handle it:

- **Hunger & Cravings (first few days):** Front-load hydration; sip **PowerHer** during the fasting window; use non-caffeinated herbal tea if desired; break the fast with protein + fiber; progress windows gradually (16:8 → 18:6 → 20:4).
- **Headaches & Lightheadedness:** Water + electrolytes (**PowerHer**), an optional pinch of added mineral/sea salt; taper caffeine 2–3 days before starting fast; if persistent, shorten the window or add a small protein portion at the break.
- **Digestive Changes (bloating, nausea, bowel shifts):** Smaller first meal; chew thoroughly; **DeToxHer** after meals; add **Probiotic-60** in the eating window; consider evening **Magnesium Complex** (Use in the evening *only if constipation, sluggish bowels, or cramping are present*. If stools are already loose, hold off on magnesium until bowel function stabilizes.); increase fiber gradually.
- **Mood Changes/Brain Fog:** Hydrate and add electrolytes; brief sunlight/walk; salt + fluids; aim for consistent sleep; consider evening **Magnesium Complex**.
- **Fatigue/Low Energy:** Increase fluids/electrolytes; schedule workouts inside the eating window; ensure adequate protein at the first meal; step back from 20:4 to 18:6 or 16:8 if needed.
- **Bad Breath (ketone/acetone):** Water, tongue scraping, **Chlorophyll** in the eating window, **Chloro Mint** (combines chlorophyll with a breath-freshening delivery format - mint).

- **Sleep Disturbances:** Earlier last meal; evening **Magnesium Complex**; reduce late-day caffeine; keep a consistent feeding window.
- **Dehydration Risk:** Target pale/clear urine; **PowerHer** 1–2 scoops across the day; add a pinch of salt to water during the fasting window; avoid excess diuretics.

Need quick fixes? See **Appendix C**.

Choosing by goal? See **Appendix D**.

Exact timing & why? See **Appendix E**.

2 — The 7-Day Water Fast

Best for: Men and women with prior fasting (or consistent IF) experience who want a deeper cellular/metabolic reset; those aiming to break grazing/ultra-processed habits, reduce inflammation/puffiness, and recalibrate hunger/appetite signals. Especially useful when history or labs suggest metabolic or liver burden—**with clinician guidance** if you use glucose- or blood-pressure-lowering medications. Not ideal as a very first fast; build up with 16:8 → 18:6 first, choose a lower-stress week, and follow the **Refeed** steps to protect comfort and nutrient absorption.

Timing recommendation for women (menstrual cycle)

- The most cycle-friendly window for a 7-day water fast is the **late-follicular phase**—about **cycle days 6–12** (day 1 = first day of bleeding). By then, bleeding has usually lightened (less iron loss), insulin sensitivity and stress tolerance are often higher than in the late-luteal/PMS week, and hunger signals tend to be steadier. **Avoid the late-luteal week** (the 5–7 days before your period) and the first 1–2 heavy bleeding days, when caloric restriction may feel harder and mineral/iron needs are higher. If cycles are irregular or you're perimenopausal, choose a **lower-stress week** and follow the Refeed plan closely. If you have heavy periods or low iron/ferritin, consult your clinician before attempting a water fast.
- If your period begins while fasting, you may **continue the water fast** if bleeding is light/normal—stay strict with **water + PowerHer only**, use heat, gentle walks, and breathwork for cramps. If energy dips or flow increases, add **a pinch of mineral salt** to one or two glasses of water, reduce activity, and if symptoms persist beyond 24 hours **start Refeed Day 1**.

Stop early and refeed immediately if you're soaking **≥1 pad/hour for 2+ hours**, passing **golf-ball-sized clots**, or experiencing dizziness/faintness/palpitations, or if you simply feel unwell—especially if you have known low ferritin. **In these cases, stop the fast, begin Refeed Day 1, and seek medical care.**

DeToxHer is permitted during the fast; place it **mid-day** if morning dosing causes nausea. If there's any chance of pregnancy, test first and **do not fast**; seek urgent care for heavy bleeding with dizziness or chest pain, and plan future fasts for **cycle days 6–12** to minimize iron loss.

Alternatively, transition to Intermittent Fasting for the rest of the week: complete **Refeed Day 1** at your next mealtime (protein + non-starchy veg + a small smart carb; keep **PowerHer** and hydration), then use a gentle 14:10 IF window for 1–2 days and, if well-tolerated, 16:8.

During IF, place **DeToxHer** between meals, take D3+K2 with a meal, reserve EliminateHer for menses-only and only with a full meal (or use Seshen Turmeric Curcumin daily as a **non-salicylate alternative**), emphasize iron-rich foods and consider adding **Seshen's Liquid Iron** (1 tsp with food in eating windows) if you tend to run low, keep movement light, and resume your usual plan after menses.

Special Considerations: For **fibroids**, **endometriosis**, or **adenomyosis**, see **Appendix A: Female Reproductive Conditions** (BalanceHer Program & 4-Month End Fibroids Protocol). If you have **pre-diabetes/diabetes (Type 2)**, **PCOS**, **thyroiditis (Hypothyroid/Hashimoto's)**, or **high blood pressure/hypertension**, read **Appendix B: Special Considerations by Condition & Method** *before* starting or modifying this method. **Important:** The **Use Caution** notes below apply to everyone considering this method.

Use Caution and Consult Your Physician in Connection With: Pregnancy or breastfeeding (not recommended during these times). History of eating disorders. Type 1 diabetes or anyone using insulin/secretagogues; significant glucose variability. Uncontrolled hypertension, advanced kidney disease, arrhythmias, or gout history. Underweight, recent unintentional weight loss, or frailty. Active infection, peri-operative periods, or heavy training blocks. Any prescription meds that may need dose adjustment (BP, glucose, thyroid). Coordinate with your clinician.

The Benefits of a 7-Day Water Fast

A water-only fast is not just “not eating”—it’s an extended physiological rest that keeps you in **fat-adapted/ketone** metabolism for days. That extra time in a low-insulin state can deepen cellular clean-up, recalibrate appetite hormones, and create space for meaningful behavior change—when done safely and followed by a careful refeed.

- **Deep Cellular Repair (Autophagy).** Prolonged fasting extends the window for cellular “housekeeping”—identifying, breaking down, and recycling worn-out components.
 - **Cell Upkeep:** clears accumulated cellular “junk” so systems run more smoothly.
 - **Energy efficiency:** recycled materials become building blocks and fuel for renewal.
 - **Resilience:** supports healthy stress responses (fasting, exercise) and healthy aging.
 - **Bottom line:** a longer fast offers more time for this maintenance crew to work.
- **Metabolic Recalibration.** Sustained low insulin promotes **fat mobilization** and **ketone utilization**, often improving insulin sensitivity and appetite awareness. *(If you use glucose-lowering meds, coordinate closely with your clinician, and monitor your levels daily.)*
- **Digestive & GI Rest (and Microbiome Support).** With no incoming calories, the gut workload drops—many notice reduced bloat and a digestive “reset.” A gentle, staged Refeed protects comfort and absorption; consider **Probiotic-60** starting Day 2–3 to encourage a balanced

microbiome pattern after the fast.

- **Detoxification & Drainage Capacity.** With digestion paused, the body has more bandwidth for the liver's processing and bile flow—pair with **DeToxHer** for gentle liver/drainage support and **PowerHer** for electrolytes so what's mobilized can be comfortably eliminated.
- **Inflammation & Fluid Balance.** Many report less puffiness and a sense of “lightness,” along with a reduction in everyday aches/cramps as inflammation and fluid shifts settle. Steady hydration and electrolytes support circulation and fluid balance throughout the fast.
- **Mental Clarity & Mood.** After the first 2–3 days, steady ketone energy often feels clear and focused; journaling and light movement can enhance that effect.
- **Behavior & Habit Reset.** A structured week can break grazing cycles, reduce ultra-processed cravings, and rebuild a mindful relationship with food when followed by a smart refeed.
- **Healthy Weight & Cardiometabolic Markers.** Short-term scale loss (initially water/glycogen) with improved fat mobilization; many see gentler fasting glucose/insulin and triglycerides when the fast is **followed by a smart refeed and ongoing IF**. (If you use glucose-lowering meds, monitor and coordinate with your clinician.)
- **Blood Pressure Ease.** As insulin and sodium handling settle, some notice modest BP reductions and less “puffy” water retention; rise slowly to avoid light-headedness and hydrate with PowerHer.
- **Happy Periods & Hormonal Rhythm.** When ideally timed in the late-follicular phase and followed by a nutrient-dense refeed, many women report steadier cycles and improved period comfort—likely from lower inflammatory tone and better insulin sensitivity.
- **Immune Balance & Renewal.** During the fast, your body naturally shifts into a calmer, healthier, lower-inflammation state. In Refeed, nourishing with protein, nutrient-rich foods, and adding Probiotic-60 on Days 2–3 supports immune cell renewal and helps restore balance in the gut-immune connection.
- **Cholesterol Lipids.** Triglycerides commonly improve during and after fasting; LDL responses vary—verify changes with your clinician during routine labs.
- **Sleep, Focus & Libido.** After adaptation (typically days 3–4) and into refeed, many report deeper sleep, clearer focus, and—in some—improved libido as energy steadies and inflammation cools. (Individual response differs; early nights can be restless.)
- **Steadier Energy & Smarter Metabolism.** After days 2–3, many people feel clear, even energy as the body shifts to ketones and gets better at using fat for fuel (metabolic flexibility). Many people notice a shift — brain fog lifts, energy feels steadier, and cravings calm down. That's because your body begins tapping into ketones for fuel, making it easier to switch between burning carbs

and fat. This improved metabolic flexibility sets the stage for lasting energy and a more resilient metabolism.

What You Can Consume

- **Water** (Spring/Reverse Osmosis/Distilled)
 - **Spring Water:** Usually the best choice if available. It contains natural minerals that complement PowerHer's electrolytes and provides a more balanced hydration profile.
 - **Reverse Osmosis (RO) Water:** Pure, but minerals are stripped out. PowerHer helps replace electrolytes, so it's safe — but it won't have the natural trace minerals spring water does.
 - **Distilled Water:** Ultra-pure, no minerals. It can be used, but long-term exclusive use isn't ideal because it provides zero mineral content. Adding PowerHer makes it acceptable for short-term fasting, but not the best daily option.
 - **Recommendation:** Use **spring water** whenever possible for the natural trace minerals. If not, **RO water + PowerHer** is a great choice. Distilled water can be used in a pinch, but not as the primary source outside of fasting.
- **PowerHer**, and **DeToxHer** only. No calories otherwise.

Pre-Fast Preparation (start 3–5 days before)

- **Gear & Supplies:** Have PowerHer, DeToxHer, and a 32-oz (or larger) water bottle ready. Stock spring, distilled, or reverse-osmosis water (all are fine); on the fast you'll use water + PowerHer, with DeToxHer per protocol.
- **Know the Plan:** Read this instruction manual. Review fast options, what's allowed, and Refeed steps so you're confident before starting.
- **Ease In (Food):** Gradually dial back sugar, caffeine, ultra-processed foods, and heavy meats. Shift toward fruits, veggies, soups, and simple plant-based meals so day 1 isn't a shock. If you're a regular coffee/tea drinker, taper caffeine (e.g., 25–50% less each day) to prevent headaches.
- **Hydrate Smart:** Aim for roughly $\frac{1}{2}$ your body weight (lbs) in ounces of water/day, adjusted for thirst and activity. Spread it out. Use PowerHer as directed so hydration includes electrolytes (avoids "water only" dizziness).
- **Set Intentions & Protect Energy:** Fasting is a mind–body–spirit reset. Journal your "why," block off a lower-stress week, lighten your schedule, and plan light movement (walks, stretching). Prioritize earlier bedtimes.

- **Medication & Safety Check:** If you take glucose-lowering meds, thyroid meds, anticoagulants/ antiplatelets, or have medical conditions, confirm your plan with your clinician. (You'll keep levothyroxine away from minerals/botanicals by several hours; details below.)
- **Document Your Journey:** Take pictures before, during and after and record clips of changes you experience so we can feature your testimony and thank you with a \$15 gift card!

You're ready when: caffeine is tapered, fridge is simplified, water/electrolytes are stocked, and you've reviewed the Refeed. Now roll into Day 1 feeling prepared—not panicked.

Success Plan



PowerHer Dosing Flexibility

- **Maximum: 2 scoops daily total.**
- **Standard:** 1 scoop AM + 1 scoop PM.
- **Flexible option:** divide into **smaller** servings (e.g., four ½ scoops across the day) if gentler on the stomach or helps maintain steady energy.
- **Each serving** should be dissolved in at least **16 oz of water** and sipped slowly.

Morning

- **PowerHer:** 1 scoop in 16–64 oz water, or ½ scoop if spacing out through the day. Sip slowly.
- **DeToxHer:** 5 mL (shot glass or dilute to taste in up to 8 oz of water).

Midday

- **Spring Water ad lib** (as needed).
- **PowerHer:** If energy dips, add a ½ scoop in at least 16 oz water — staying within the 2-scoop daily maximum.

Afternoon

- **DeToxHer:** 5 mL
- Continue spring water or small PowerHer servings as tolerated.

Evening

- **PowerHer:** 1 scoop in 16–64 oz water, or the remainder of your divided servings.
- **DeToxHer (optional):** +5 mL for overnight detox and drainage support. Treat this as optional — not everyone needs it.

Daily Structure

- **Hydration & Electrolytes Are the Foundation**
 - Total daily water target: **2–3 liters (64–100 oz)**, up to **4 liters (128 oz)** for larger or more active clients or in hot climates.
 - Simple rule of thumb: **about half your body weight in ounces of water daily**. For most people, this overlaps with the 2–3 L recommendation.
 - Both plain water and PowerHer beverages count toward this total.
 - Hydration should be **spaced throughout the day**; sip steadily rather than gulping large amounts at once.
 - Over-drinking plain water without electrolytes can dilute sodium, so pair with **PowerHer** or occasionally a pinch of mineral salt.
- **PowerHer Dosing Flexibility**
 - Maximum: **2 scoops daily total**.
 - Standard: 1 scoop AM + 1 scoop PM.
 - Flexible option: divide into **smaller servings** (e.g., four ½ scoops across the day) if gentler on the stomach or helps maintain steady energy.
 - Each serving should be dissolved in at least **16 oz of water** and sipped slowly.

Morning

- **PowerHer**: 1 scoop in 16–64 oz water, or ½ scoop if spacing out through the day. Sip slowly.
- **DeToxHer**: 5 mL (straight or dilute in 8–12 oz water; up to 16 oz if the taste is strong). Finish within 5–10 minutes (don't "nurse" it all day). If reflux-prone, consider splitting into 2.5 mL mid-day + 2.5 mL mid-afternoon.
- **Hydration reminder**: Drink additional plain water if thirsty.

Midday

- **Spring Water ad lib** (as needed).
- **PowerHer**: If energy dips, add a ½ scoop in at least 16 oz water — staying within the 2-scoop daily maximum.
- **Note**: This is a good time for a short walk or light movement to ride out hunger waves.

Afternoon

- **DeToxHer:** 5 mL
- Continue spring water or small PowerHer servings as tolerated.

Evening

- **PowerHer:** 1 scoop in 16–64 oz water, or the remainder of your divided servings.
- **DeToxHer (optional):** +5 mL for overnight detox and drainage support.
 - Treat this as optional — not everyone needs it.
 - Consider it only if: your morning/afternoon doses have been well-tolerated (no strong detox reactions), your energy and blood pressure are stable, and you're not on medications that may interact.
 - If you notice dizziness, very loose stools, nausea, or worsening fatigue after trying it, skip the extra dose.
- **Hydration check:** Make sure your total daily fluid intake is in the 2–3 L range (or up to 4 L if larger body size/activity requires).

Pause all other supplements during the water-only phase. Resume per refeed plan below.

Tips for Success

- **Hydrate** consistently; rest more; avoid strenuous training.
- If light-headed, increase sodium/electrolytes (PowerHer).
- **Journal** biofeedback (sleep, HR/BP, energy, mood).
- **If hunger persists:** Sip **8–12 oz warm water** and take a **PowerHer** serving (or split your remaining servings across the day). If still hungry, add a **pinch of mineral salt** to one glass of water, take a **10–15 min easy walk** or 4–6 breaths/min for 3–5 minutes, then reassess after 20 minutes. If **recurrent hunger with dizziness/weakness** continues, **initiate Refeed** and optionally transition to **14:10 → 16:8 IF** for the rest of the week.

Refeeding (Days 1–7 After the Fast)

The refeed is where healing meets harmony bringing both comfort and lasting results. Go **slow**, spread intake across the day, and favor **simple, low-fat, low-fiber foods at first** to protect digestion and electrolytes.

Hydration & Electrolyte Foundation

- Aim for **2.5–3.5 L fluids/day** (juices, broths, teas, water, and PowerHer all count).
- **PowerHer:** Up to 1–2 scoops/day. Can be taken as full scoops or divided into smaller ½-scoops across the day. Always mix with at least 16 oz water and sip slowly.
- **Mineral or Sea Salt (Himalayan Pink Salt, Celtic Sea Salt):** Optional small pinch in water if light-headed.
- **Check balance:** If hands/ankles swell, reduce fluids and salt, and rest.
- Think of hydration as “steady sips” — never force or chug.

Need step-by-step recipe ideas for each refeed day? See Appendix F.

Day 1 — Liquids Only (tiny, frequent, every 2–3 hrs)

- **What to drink:**
 - Diluted single ingredient juices (1:1 with water): watermelon, cucumber, apple, celery, or carrot.
 - Vegetable/mineral broths; light bone broth (strained, no chunks of meat/fat).
 - Herbal teas; lemon water.
 - Coconut water: limit 8–12 oz at a time.
- **What to avoid:**
 - Dark greens & strong herbs (kale, spinach, ginger) — too harsh day 1.
 - High-sugar blends (banana, pineapple, mango heavy).
 - All fats, fiber, and spices.
- **Supplements:**
 - Only **PowerHer** for electrolytes.
- **Tip:** If nausea → step back to plain broth, pause juices.

Day 2 — Add Soft Produce (small portions every 3–4 hrs)

- **What to eat:** Steamed zucchini, summer squash, carrots, hydrating fruits (melon, citrus, berries).
- **Portion size:** ~1 cup produce per sitting, chewed thoroughly.
- **Supplements:**

- **Continue PowerHer** as needed for cramping/light-headedness.
- **Start Probiotic-60** on **Day 2–3 of refeeding** to help rebuild gut flora (even if bowels are not sluggish). If digestion feels sensitive, begin with a **smaller dose (e.g., 1 capsule instead of 2)** and increase gradually as tolerated.
- **DeToxHer** may be reintroduced after small meals if comfortable.
- **Optional: Start Greens Vitality Blend** (¼ scoop in water after a soft-produce serving, only if no bloating).
 - Provides micronutrients, phytonutrients, antioxidants, chlorophyll, and gentle fiber to replenish the body after fasting; supports stool form and digestion; introduced gradually (¼ scoop Day 2, increasing slowly) to avoid bloating; not essential, but highly supportive for smoother nutrient recovery.

Day 3 — Introduce Simple Starches

- **What to eat:** Well-cooked white rice, quinoa, oats, sweet potato; small lentil portions.
- **Portion size:** ½–1 cup cooked. Keep fats minimal.
- **Supplements:**
 - **Continue PowerHer** (0.5–1 scoop) if cramp-prone.
 - **Continue Probiotic-60** in the evening with food.
 - **Continue DeToxHer** after meals if tolerated.
 - **Continue Greens Vitality Blend:** Increase to ½ scoop with a starch meal.

Days 4–5 — Add Protein + Gentle Fats

- **Protein:** eggs (pastor raised, organic), white (wild caught) fish, chicken/turkey, lentils, mung beans, quinoa (3–4 oz/meal).
- **Fats:** avocado (¼–½), olive oil (1–2 tsp).
- **Veg + fruit:** Gradually add non-starchy vegetables and more fruit.
- **Supplements:**
 - **Continue PowerHer** as needed.
 - **Continue Probiotic-60** daily with food.
 - **Continue DeToxHer** after meals if tolerated.
 - **Continue Greens Vitality Blend** ½–1 scoop daily.
 - **Start D3+K2:** Begin 5 drops with your first gentle fat-containing meal (e.g., avocado, olive/

avocado oil). Continue daily with a fat-containing meal.

- **Optional: Start Omega-3** with a main meal.
 - During fasting, your body may lean more on stored fats. Once you restart eating, introducing Omega-3 helps re-balance your body's inflammation response and circulation.
- **Optional: Start Magnesium Complex** at night (for sleep/regularity, if sluggish/constipated).
 - Supports muscle relaxation, sleep quality, and bowel regularity. Bowel habits can swing in either direction (sluggish or loose) when you restart food. Magnesium helps if constipated, cramp-prone, or restless during refeed. **Caution:** If stools are already loose, magnesium should be skipped.
- **Optional: Start Liver-Care** for 1–2 weeks if history/labs suggest hepatic burden.
 - Supports gentle hepatic detoxification and bile flow as foods are reintroduced; especially beneficial if there is a history of sluggish liver, elevated labs, or prior toxin burden; typically used for 1–2 weeks post-fast.

Days 6–7 — Balanced Plates

- **Goal:** ½ plate non-starchy veg, ¼ protein, ¼ smart carbs, + 1–2 tsp healthy fat.
- **Foods to avoid:** ultra-processed, alcohol, heavy/fried meals.
- **Caffeine:** reintroduce gradually if desired and healthy journey allows.
- **Supplements:**
 - **Conditional: Start/Resume BalanceHer** and **EliminateHer** if on Fibroids, Endometriosis, Adenomyosis, Cysts, and Perimenopause/Menopause protocol.
 - **Continue PowerHer** as needed.
 - **Continue Probiotic-60** daily with food.
 - **Continue DeToxHer** after meals if tolerated.
 - **Continue Greens Vitality Blend** up to 1 scoop with a meal.
 - **Continue D3+K2:** 5 drops with any fat-containing meal.
 - **Continue Omega-3** with a main meal.
 - **Continue Magnesium Complex** in the evening if needed.
 - **Continue Liver-Care** if needed as before.

Safety

- **Watch for:** unusual weakness, confusion, shortness of breath, marked swelling, or rapid heart rate → **pause protocol and seek medical care.**
- **Medication note:** If you take **glucose-lowering** or **blood-pressure** meds, re-introduce foods with your clinician's guidance and monitor at home (glucose/BP).

Supplements on Refeed (summary):

- **PowerHer (core):** 0.5–1 scoop/day for electrolyte balance and to ease cramping or light-headedness. Sip slowly, not all at once.
- **DeToxHer (core):** After meals as tolerated to support bile flow, digestion, and detox comfort.
- **Probiotic-60 (core):** Begin on Day 2–3 to help rebuild gut flora, even if bowels are not sluggish. Start with a smaller dose if digestion feels sensitive.
- **Greens Vitality Blend (supportive):** Gradual reintroduction of micronutrients, phytonutrients, and light fiber. Begin with ¼ scoop Day 2, working up to 1 scoop daily by Days 6–7.
- **Omega-3 (supportive):** Take with a main meal for anti-inflammatory and cardiovascular support.
- **Magnesium Complex (supportive):** Evening for sleep, muscle relaxation, and bowel regularity. Adjust dose to stool comfort (reduce if loose; increase if constipated).
- **Liver-Care (conditional):** Use for 1–2 weeks post-fast if labs, symptoms, or history suggest liver burden.
- **D3+K2 (supportive):** Resume with a fat-containing meal to support bone, immune, and hormone balance.

What to Expect (Water Fast)

During a 7-day water fast your body moves through predictable metabolic phases. Not everyone will experience every item below, but these are common responses and a general timeline to expect:

- **Days 0–1 — Adjustment:**
 - Mild hunger, cravings, and thinking about food are normal.
 - Energy may be near baseline; some people feel a short-lived caffeine or sleep rebound.
- **Days 1–3 — Glycogen depletion & peak hunger:**
 - The body uses stored glycogen and begins shifting toward fat metabolism.
 - Hunger and food-related thoughts are typically strongest in this window and come in waves.

- Mild headaches, lightheadedness, or sleep changes are common as fluids and electrolytes rebalance.
- **Days 3–5 — Ketosis & deeper metabolic shift:**
 - The body produces ketones (fat-derived molecules) as fuel; mental clarity for some, lethargy for others.
 - Ketone-related signs may appear (reduced appetite, altered breath).
 - Digestive activity slows.
- **Days 5–7 — Stabilization of fasting state:**
 - Many people report steadier energy and reduced hunger; others still need extra rest.
 - Detox-related mobilization of stored compounds can be more noticeable during this phase.
- **Breath & taste changes (can occur any time, often during ketosis):**
 - **Foul or “ketone” breath** (acetone-like or metallic) and a temporary metallic taste are common when the body is burning fat and mobilizing stored compounds.
 - These sensations reflect metabolic byproducts being exhaled or otherwise processed and are usually temporary.
- **Excretion pathways — where waste and byproducts leave:**
 - During fasting you may notice changes across **breath, sweat, urine, and stool** as the body mobilizes and eliminates compounds from tissues. Smells, colors, and frequency can shift as a normal part of detoxification.
- **Sleep & mood:**
 - Sleep patterns commonly change — some people sleep more deeply, others have early-morning wakefulness. Mood swings or low motivation are possible, especially early on.
- **Hydration & urine changes:**
 - Urine volume and color may change as glycogen stores and fluid balance shift; concentrated or darker urine can occur if fluid intake is inadequate.
- **Bowel changes:**
 - Frequency typically decreases; bowel movements may be smaller, less frequent, or temporarily altered in texture.
 - **Days 0–1 (first 24 hours)**
 - **What to expect:** Little change yet. Normal stool may occur if you had a bowel movement just before starting.
 - **Why:** Gut still has residual food/waste and motility hasn’t down-regulated yet.
 - **Days 1–3**

- **What to expect:** Frequency usually decreases; stools become smaller and less formed. Some people have no bowel movement for 48–72 hours — this is common.
- **Why:** Gut motility slows as you stop eating; less material is available to form stool.
- **Days 3–5**
 - **What to expect:** Many people have very infrequent or absent stools (0–2 movements across several days). Bowel sounds and transit are quieter.
 - **Why:** The body is primarily using glycogen and shifting to fat/ketone metabolism; the GI tract is relatively quiet.
- **Days 5–7**
 - **What to expect:** Still often infrequent. If detox mobilization occurs, you may see small, loose, or mucus-tinged stools in some people — less common than constipation.
 - **Why:** Mobilized bile, mucus, or debris can occasionally alter stool character.
- **Refeed Day 1 (liquids only)**
 - **What to expect:** Small, infrequent stools or none. If you have a movement, it's usually loose or watery (liquid intake, juices, broth).
 - **Why:** Very little solid matter; stool reflects primarily fluids and mobilized bile.
- **Refeed Day 2 (soft produce added)**
 - **What to expect:** Bowel movements may still be small but should start to become more formed as soft vegetables and fruit fibers are introduced. Frequency often increases to 1x/day for many.
- **Refeed Day 3 (simple starches introduced)**
 - **What to expect:** Stool frequency and consistency typically improve (more formed, easier to pass). Many clients return to 1 stool/day or every other day.
- **Refeed Days 4–5 (protein + gentle fats)**
 - **What to expect:** Stool should become more regular and formed (1x/day to every other day) as meals normalize.
- **Refeed Days 6–7 (balanced plates)**
 - **What to expect:** Most people are close to their normal pre-fast pattern (frequency and firmness). Some transient irregularity is still normal as gut flora and bile normalize.
- **Weight changes:**
 - Rapid initial weight loss is usually water and glycogen; fat loss tends to follow more slowly. Expect weight fluctuations during and immediately after the fast.
- **Training:** Walks, mobility, stretching only. Skip heavy lifting/sprints until refeed.
- **After the fast (Refeed Week):** Expect bowel motility to resume gradually; taste sensitivity is

heightened; reintroductions determine comfort. Go slow to avoid GI distress; watch for signs of **refeeding syndrome** (fatigue, weakness, confusion, edema) and seek care if present.

- **When something is not expected:**

- Severe dizziness, fainting, chest pain, confusion, difficulty breathing, very heavy menstrual bleeding (e.g., soaking ≥ 1 pad/tampon per hour for 2+ hours; golf-ball-sized clots; bleeding with dizziness/faintness/palpitations; or bleeding >7 days), or marked swelling are not normal and require stopping the fast and seeking medical care.

Note: These are typical physiologic expectations — individual responses vary based on baseline health, medications, body size, hydration, and prior fasting experience. If you're monitoring a specific symptom or have medical conditions, check with your coach or clinician for personalized guidance.

Simple monitoring (optional):

- **Daily:** hydration status (urine color), energy, mood, sleep.
- **If relevant:** home **BP** and **glucose** logs (coordinate with your clinician for targets/adjustments).

If severe or persistent symptoms occur (fainting, chest pain, confusion, repeated vomiting, new palpitations), **end the fast and seek medical care** before refeeding.

Troubleshooting — Common Symptoms & How to Manage (7-Day Water Fast)

- **Hunger & cravings (especially Days 1–3):** Front-load hydration and sip **PowerHer** steadily. Try brief walks, light stretching, or mindfulness/journaling to ride hunger waves. A small pinch of mineral/sea salt in water or warm herbal tea can also help. *Do not increase DeToxHer dosing for hunger — it supports detox, not appetite control.* If hunger remains intense beyond Day 3, shorten the fast and start the Refeeding plan and optionally transition to **18:6 Intermittent Fasting** or the **3-Day Fruit Fast** afterwards.
- **Headaches, dizziness, or standing lightheadedness:** Often from electrolyte shifts or caffeine withdrawal. Use **PowerHer** (1–2 scoops/day spread out) and a pinch of mineral/sea salt; rise slowly from sitting. If you're on **blood-pressure meds**, monitor closely and coordinate with your clinician. Persistent severe symptoms → **end the fast and begin Refeed Day 1.**
- **Nausea, reflux, or “sour” stomach:** Smaller sips/meals upon refeed; chew thoroughly; Use **DeToxHer** after meals split into small doses (2.5 mL each) through the day; add **Probiotic-60** in eating windows; **Magnesium Complex** if constipated (not if loose stool); avoid lying flat after

dosing; gentle walking helps. If ongoing, **end the fast** and start **Refeed Day 1** (broths/juices), then re-evaluate.

- **Muscle cramps:** Space **PowerHer** throughout the day; gentle calf/hamstring stretching; warm bath or **Epsom-salt bath** (topical magnesium). Re-evaluate sodium/fluid intake. (Oral magnesium resumes in **Refeed**, not during the fast.)
- **Cold sensitivity/chills:** Wear layers; use warm (not hot) plain water; keep moving gently to maintain circulation.
- **Sleep difficulty:** Finish larger water/electrolyte intakes earlier in the evening; light stretching, breathwork, or journaling before bed; keep a consistent lights-out time.
- **Bad breath/metallic taste (ketones):** Common from ketone release (acetone) and detox byproducts leaving via breath, sweat, urine, and stool. This is normal and temporary. Water, tongue scraping, frequent rinses. Add Seshen **Chlorophyll** and/or **Chloro Mint** when **Refeed** begins if desired, not during the fast.
- **No bowel movement for several days:** Normal with water-only intake. Do not force with stimulant laxatives. Resume fiber gradually during **Refeed** and consider **Probiotic-60** on Days 2–3 of refeed.
- **Loose stools (occasionally during mobilization, more often in Refeed):** If during the fast and persistent → **end the fast** and begin **Refeed Day 1**. **In Refeed:** reduce raw/fibrous produce and fats; favor broth, rice, bananas; pause magnesium.
- **Energy dips/fatigue:** Increase fluids/electrolytes; add light movement and sunlight. Keep activity easy; if still very low by Day 3 → shorten the fast.
- **Dehydration signs (dark urine, fatigue, rapid HR):** Target **pale/clear urine**; aim **2.5–3.5 L/day** fluids; use **PowerHer**; rest if needed.
- **When to step down intensity:** Symptoms persist >24–48 hours despite adjustments → step down (7-Day → Fruit Fast → 16:8 IF).

Stop & Seek Care Immediately

Chest pain, fainting, confusion, persistent vomiting, severe weakness, new palpitations/irregular heartbeat, marked swelling/shortness of breath, very heavy menstrual bleeding. End the fast and begin Refeed Day 1 unless a clinician advises otherwise.

Need quick fixes? See **Appendix C**.

Choosing by goal? See **Appendix D**.

Exact timing & why? See **Appendix E**.

3 — The 3-Day Fruit Fast

Best for: Men and women who want a gentle, structured reset **with some calories and hydration**—ideal for first-timers, de-loading between IF blocks, travel/holiday recovery, or a short **GI-friendly** tune-up. Helpful if you feel better with lighter digestion, want a potassium-rich hydration boost, or prefer a brief fast that still supports daily tasks and light movement. Also works as a **bridge into IF** (16:8 → 18:6) or a **soft re-entry** after the 7-Day Water Fast. Choose a lower-stress 3-day stretch and follow the DeToxHer/PowerHer timing for comfort. *(If you have insulin resistance or take glucose-lowering medication, consult your clinician; see **Use caution for.**)*

Special Considerations: For **fibroids, endometriosis, or adenomyosis**, see **Appendix A: Female Reproductive Conditions** (BalanceHer Program & 4-Month End Fibroids Protocol). If you have **pre-diabetes/diabetes (Type 2), PCOS, thyroiditis (Hypothyroid/Hashimoto's), or high blood pressure/hypertension**, read **Appendix B: Special Considerations by Condition & Method** before starting or modifying this method. **Important:** The **Use Caution** notes below apply to everyone considering this method.

Use Caution and Consult Your Physician in Connection With: Pregnancy or breastfeeding (not recommended during these times). Fructose intolerance or IBS flare-ups. Diabetes using insulin/secretagogues or significant insulin resistance. Chronic kidney disease requiring potassium restriction. Medications that require protein/fat with dosing (check labels/clinician). Coordinate with your clinician.

Allowed

- **Fresh organic fruits**, water, **non-caffeinated herbal teas**, **PowerHer**, and **DeToxHer** (5 mL after fruit servings).

Daily Structure

Need step-by-step recipe ideas for each refeed day? See Appendix F.

Morning

- **PowerHer:** 1 scoop in 16–64 oz water.
- **Meal #1:** Hydrating fruits (melon/citrus).
- **DeToxHer:** 5 mL after fruit.

Midday

- Fruit snack/bowl; water or more **PowerHer** as needed.

Afternoon

- **DeToxHer**: 5 mL.

Evening

- **Meal #2**: Mixed fruit (mango/papaya/berries) or smoothie bowl.
- **DeToxHer**: 5 mL after.

Conditional Products:

- **Conditional**: **Start/Resume BalanceHer** and **EliminateHer** if on Fibroids, Endometriosis, Adenomyosis, Cysts, and Perimenopause/Menopause protocol.

Optional Complement Products:

- **Greens Vitality Blend** (small portion) with/after the evening fruit for extra micronutrients
- **Magnesium Complex** at night if cramp-prone.
- **Probiotic-60** on Day 2–3 if bowels sluggish.

What to Expect (Fruit Fast)

- **Day 1**: Frequent urination and light hunger waves are common; energy can feel uneven if meals are too far apart—use small, regular fruit servings and steady fluids.
- **Day 2**: Energy and mood often feel clearer as hydration and potassium accumulate; mild headaches resolve with fluids/PowerHer; digestion feels lighter.
- **Day 3**: Gentle GI reset—stool frequency/softness may change; many notice a “lighter” feel and better sleep if the last serving is earlier.
- **Weight**: Any drop is mostly water and gut-content change; focus on comfort and routine rather than the scale.
- **Training**: Light movement only (walking, mobility); schedule any brisker sessions right after a fruit serving.

If **symptoms escalate** (nausea/vomiting, severe weakness), pause and refeed with the gentlest items from the Water-Fast Refeed list and seek care if needed.

Common Symptoms & Fixes (Fruit Fast)

- **Blood-sugar swings (jitters, crashes):** Favor **lower-glycemic fruits** (berries, citrus, apples, pears); eat **whole fruit** over juice/smoothies; **space servings** every ~2–3 hours; hydrate with **PowerHer**. If unstable, switch to **16:8 IF** with balanced meals after Day 1–2.
- **Hunger & cravings:** Choose **water-rich fruits** (melon, citrus); blend fruit with ice for volume; schedule a small serving every 2–3 hours; finish the day with **slower-digesting fruit** (berries/banana). If persistent, transition to **IF**.
- **Headache or lightheadedness:** Fluids + **PowerHer** (steady sips); brief walk/sunlight; taper caffeine; a **pinch of mineral salt** in water if dizzy.
- **Bloating/gas:** Use **ripe fruit**; smaller portions, chew thoroughly; room-temperature fruit; **DeToxHer** after fruit servings; short walks help motility.
- **Loose stools/urgency:** Favor **bananas** and **stewed apples/pears**; reduce very fibrous add-ins; slow down smoothies; pause magnesium.
- **Constipation/sluggish bowels:** Fluids + **PowerHer**; include kiwi, pears, or a small serving of soaked prunes; optional warm lemon water (8–12 oz with 1–2 tsp fresh lemon, no sweetener); consider **Probiotic-60** (start Day 2–3) and **Magnesium Complex** at night if needed.
- **Sleep disturbances:** Move last fruit earlier; **Magnesium Complex** in the evening; avoid late-night citrus.
- **Bad breath/acidic mouth feel:** Hydrate; **Chlorophyll** with/after a fruit serving; tongue scraping; rinse after citrus.
- **Oral sensitivity (canker-type irritation):** Rotate away from citrus/pineapple; choose melon/banana/berries; rinse with water after acidic fruit.
- **If you run low on iron:** Emphasize iron-friendly pairings during refeed (vitamin-C with iron-rich foods); consider **Seshen Liquid Iron** 1 tsp with food in eating windows per clinician guidance. *(Not used during the fast itself.)*

Stop & reassess: Severe or worsening weakness, persistent vomiting, fainting, chest pain, or confusion—**end the fast** and refeed gently; seek medical care if needed.

Need quick fixes? See **Appendix C**.

Choosing by goal? See **Appendix D**.
Exact timing & why? See **Appendix E**.

Final Notes

- **Match the fast** to your experience and life demands; progression is better than perfection.
- **Use the Core Stack** (PowerHer + DeToxHer) as specified; layer complements only when appropriate.
- **Take scheduled breaks** from botanicals every 6–8 weeks (PowerHer may continue).
- **Coordinate with your clinician** for medication adjustments and monitoring throughout.

Appendix A — Female Reproductive Conditions

Fibroids, Endometriosis, Adenomyosis, Cysts, Perimenopause/Menopause

For women addressing fibroids/endometriosis/adenomyosis, please refer to the **END FIBROIDS MANUAL + GUIDE — DIY Guide Section**.

Appendix B — Special Considerations by Condition & Method

Use this appendix for condition-specific adjustments. Unless stated otherwise, the fasting window is **calorie-free** (water + **PowerHer**; **non-caffeinated herbal teas** allowed). We **do not encourage coffee**. All food guidance below is **soy-free** and **gluten-free** to support GI comfort, hormonal balance, and thyroid autoimmunity considerations.

B1. Pre-Diabetes / Diabetes (Type 2)

Overview

Prioritize steady energy, glucose stability, and gradual progression. Favor gentler windows, balanced plates, and in-meal placement of metabolic supports. Coordinate changes with a clinician if you use glucose-lowering medication.

Intermittent Fasting (IF)

- **Window:** Begin **14:10**, progress to **16:8** only when energy, sleep, and glucose are stable. Avoid OMAD/20:4 unless supervised.
- **Break the fast (first meal):** **Protein + non-starchy vegetables + healthy fat**; add a **gluten-free smart carb** *after* protein/veg as needed (quinoa, certified-GF oats, beans/lentils — **no soy**, sweet potato).
- **Hydration:** Water + **PowerHer** during the fast; **non-caffeinated herbal teas** allowed; **no coffee encouraged**.
- **Product Placement:**
 - **TDN Core:** **PowerHer** (fasting); **DeToxHer** after meals only.
 - **TDN Foundational (meals):** **D3+K2**; **PreventHer** (women) or **Seshen Men's Daily** (men).
 - **Seshen Supportive (meals):** **Gluko-Balance** (first meal), **Myo D-Chiro** (for PCOS phenotype), **Pancre-Care** (adjunct pancreatic/metabolic support with a main meal), **Omega-3**; consider short-term **Liver-Care** if polypharmacy or hepatic burden.
- **Monitoring:** Check pre/post-meal glucose when extending the window; coordinate dose changes with your clinician.

7-Day Water Fast

- **Not first-line.** Consider only for experienced clients with clinician oversight.
- **During fast: PowerHer + DeToxHer only** (no calories).
- **Refeed:** Follow chapter schedule (Day 1 liquids → Day 7 balanced plates). Reintroduce **Gluko-Balance/Myo D-Chiro, Pancre-Care, and Omega-3 with meals.** Keep all foods **soy-free/gluten-free.**
- **Monitoring:** Daily glucose logs; discontinue/adjust if symptomatic highs/lows.

3-Day Fruit Fast

- **Use caution** due to glycemic load; may not suit unstable glucose.
- **Approach:** Small, regular servings of **lower-glycemic fruits** (berries, citrus, apples, pears); hydrate with water + **PowerHer; no coffee.**
- **Product placement: PowerHer (fast); DeToxHer after fruit servings.** Usually **hold Gluko-Balance/Myo D-Chiro/Pancre-Care** until mixed meals resume; **Omega-3** may be used with an evening fruit serving if tolerated.
- **Switch to 16:8 IF** with balanced plates if glucose is unstable.

B2. PCOS (Polycystic Ovary Syndrome)

Overview

Prioritize ovulatory rhythm and insulin sensitivity with modest, sustainable fasting; fuel meals for glucose steadiness; place inositols and metabolic supports with food.

Intermittent Fasting (IF)

- **Window:** Start **14:10**, progress to **16:8** as energy/sleep/cycle tolerance allow. Avoid OMAD/20:4 unless supervised.
- **Break the fast:** Protein + non-starchy veg + healthy fat; add a gluten-free smart carb as needed (e.g., quinoa, certified-GF oats, beans/lentils; soy-free to align with protocol style).
- **Product placement (meals):**
 - **TDN: D3+K2; PreventHer** (women) if desired.
 - **Seshen: Myo D-Chiro** (daily); **Gluko-Balance** with the largest meal if additional support is

needed; **Omega-3; Magnesium Complex** (evening).

- **Monitoring:** Track cycle length/ovulation signs; if on metformin or other glucose-lowering meds, monitor for lows and coordinate with clinician.

7-Day Water Fast

- **Not first-line** for PCOS. Consider only if experienced with fasting and under clinician oversight.
- **During fast:** **PowerHer** + **DeToxHer** only (no calories).
- **Refeed:** Follow chapter schedule; reintroduce Myo D-Chiro and, if needed, Gluco-Balance with meals; continue soy-free/gluten-free guidance.

3-Day Fruit Fast

- Use caution due to glycemic load; choose small, regular servings of **lower-glycemic fruits** (berries, citrus, apples, pears) with steady fluids + **PowerHer**.
- **Product placement:** **PowerHer** during the fast; **DeToxHer** after fruit servings; usually start **Myo D-Chiro** when mixed meals resume, or use with an evening fruit serving if tolerated. If glucose swings, transition to 16:8 IF sooner.

Notes: If PCOS coexists with heavy bleeding or suspected fibroids/endo, follow **PCOS fasting + glucose strategy** and add the **bleeding/pain safeguards** from Appendix B (e.g., prefer non-salicylate daily anti-inflammatories such as Seshen Turmeric Curcumin; reserve EliminateHer for menses-only if used).

B3. Thyroiditis (Hypothyroid/Hashimoto's)

Overview

Favor rhythmic, gentle fasting, medication-aware spacing, and anti-inflammatory, soy-free/gluten-free meals. Consider iodine status before any thyroid-specific support.

Intermittent Fasting (IF)

- **Window:** Prefer **16:8**; use **14:10** during high stress/flare or recent dose changes. Keep the last meal earlier to support sleep.
- **Meds-Timing:** Take thyroid medication **on waking with water**; keep minerals/iron/magnesium and high-fiber supplements **≥4 hours away**. Maintain the fasting window around the dose.

- **Break the fast: Protein + non-starchy vegetables + healthy fat**; add **GF starch** if needed (quinoa, sweet potato, certified-GF oats).
- **Stimulants: Non-caffeinated herbal teas allowed; coffee not encouraged.**
- **Product placement:**
 - **TDN Core: PowerHer** (fasting); **DeToxHer** *after* meals.
 - **TDN Foundational (meals): D3+K2; PreventHer** (women) or **Seshen Men's Daily** (men).
 - **Seshen Supportive (meals): Magnesium Complex** (evening for sleep, cramps, regularity), **Omega-3**, short-term **Liver-Care** if hepatic burden. **Thyro-Care only if a clinician confirms iodine deficiency** (via labs/assessment). Avoid if iodine-replete or hyperthyroid; in Hashimoto's, use clinician oversight to prevent overtreatment.

7-Day Water Fast

- **Experienced only** with stable dosing and clinician input.
- **During fast: PowerHer + DeToxHer only** (no calories).
- **Refeed:** Reintroduce **Magnesium Complex, Omega-3** *with* meals; consider **Thyro-Care only with confirmed low iodine** under clinician guidance. Keep foods **soy-free/gluten-free**.

3-Day Fruit Fast

- **Gentle option** for GI reset; modest portions; consider earlier dinner.
- **Product placement: PowerHer** (fasting); **DeToxHer** *after* fruit; **Magnesium Complex** in the evening as needed. Usually delay **Thyro-Care** until mixed meals and only with confirmed low iodine.

B4. High Blood Pressure / Hypertension

Overview

Steady hydration/electrolytes, measured progression, and sodium awareness are key. Prefer herbal teas; keep caffeine very low.

Intermittent Fasting (IF)

- **Window:** Start **14:10**, progress to **16:8** as tolerated; avoid aggressive restriction initially. Place moderate exercise **inside the eating window**.

- **Hydration & sodium:** Use **PowerHer** during the fast (split doses). If salt-sensitive, avoid extra salt and rely on PowerHer's balanced electrolytes. Prefer **herbal teas**; **do not encourage coffee**.
- **Break the fast: Protein + non-starchy vegetables + healthy fat**; add **GF starch** if needed.
- **Product placement (meals):**
 - **TDN Core/Foundational:** **PowerHer** (fasting); **DeToxHer** after meals; **D3+K2**; **PreventHer** (women) or **Seshen Men's Daily** (men).
 - **Seshen Supportive: Heart Health, Omega-3, Magnesium Complex** (evening); short-term **Liver-Care** if polypharmacy/hepatic load.
- **Monitoring:** Home BP checks when adjusting windows; coordinate medication changes with a clinician.

7-Day Water Fast

- **Often not first choice**; reserve for experienced clients with clinician oversight.
- **During fast: PowerHer + DeToxHer only** (no calories).
- **Refeed:** Reintroduce **Heart Health, Omega-3, Magnesium Complex** *with* meals; continue to monitor BP.

3-Day Fruit Fast

- **May be appropriate** when IF isn't tolerated; keep servings small and regular; emphasize lower-glycemic fruits; add protein sooner if energy dips.
- **Product placement:** **PowerHer** (fasting); **DeToxHer** *after* fruit; consider **Heart Health, Omega-3, Magnesium Complex** in the evening during refeed/meal phases.

Notes & Reminders

- **Foundational (TDN):** **D3+K2**; **PreventHer** (women) or **Seshen Men's Daily** (men).
- **Thyro-Care:** Use **only** with **clinician-confirmed iodine deficiency**; avoid if iodine-replete or hyperthyroid; in Hashimoto's, employ clinician oversight.
- **Pancre-Care:** Add **with meals** as an adjunct in pre-diabetes/Type 2 diabetes.
- **Global rules:** **Soy-free, gluten-free, no coffee encouraged**. Fasting window beverages: water + **PowerHer**; **non-caffeinated herbal teas** allowed.

Appendix C — Symptom Guide & Quick Fixes (All Methods)

Use this section when something feels off. Start with hydration and pacing, then layer simple product and routine tweaks. **Method-specific rule of thumb:**

- **Water Fast:** *Only* **PowerHer** + **DeToxHer** during the fast; introduce other complements in **Refeed**.
- **IF & Fruit Fast:** Complementary products go **inside eating windows**; fasting windows stay calorie-free (water, non-caffeinated herbal teas, **PowerHer**).

Hydration & Electrolytes

- **Headache, dizziness, “woozy” on standing**
 - Sip **PowerHer** steadily (1–2 scoops/day split).
 - Add a **pinch of mineral salt** to water.
 - Ease intensity of activity; rise slowly.
 - **Water Fast note:** If persistent or severe → **end fast** and start **Refeed Day 1**.
- **Cramping / muscle tightness**
 - Space **PowerHer** from morning → evening.
 - Gentle calf/hamstring stretching; short walk.
 - **Magnesium Complex** at night (*IF/Fruit Fast or Refeed only*).

GI Comfort & Elimination

- **Nausea / reflux**
 - Smaller sips; keep torso upright after **DeToxHer**.
 - Try warm water or ginger/herbal tea (*tea only in eating windows for Fruit Fast; plain herbal ok for Water Fast if calorie-free*).
 - If ongoing on Water Fast → **end fast** and follow **Refeed Day 1**.
- **Constipation / no BM** (*common on Water Fast*)
 - Fluids + **PowerHer**; light walking.

- Resume **fiber gradually** during **Refeed**.
- **Probiotic-60** on Refeed Days 2–3; **Magnesium Complex** at night if needed.
- **Loose stools / urgency** (*more common on Fruit Fast or early Refeed*)
 - Shift to **bananas, stewed apples/pears, white rice**.
 - Reduce raw/fibrous produce and fats.
 - Pause magnesium until stools normalize.

Energy, Mood & Sleep

- **Fatigue / low energy**
 - Increase fluids/electrolytes; take a brief walk and sunlight break.
 - **IF:** Move workouts **inside the eating window**; ensure **protein** at first meal.
 - **Fruit Fast:** Eat small portions every 2–3 hrs; choose **lower-glycemic fruits** (berries, citrus, apples, pears).
 - **Water Fast:** Consider shortening the fast if energy remains very low by Day 3.
- **Irritability / brain fog**
 - Hydrate + **PowerHer**; add a pinch of salt if light-headed.
 - Short walk, 2–5 minutes of slow breathing.
 - Taper caffeine gradually to avoid withdrawal headaches.
- **Sleep trouble**
 - Finish larger fluids earlier evening; keep a regular lights-out.
 - **Magnesium Complex** at night (*IF/Fruit Fast/Refeed only*).
 - Earlier last meal/fruit serving.

Breath, Skin & Puffiness

- **Bad breath / metallic taste (ketones)**
 - Water, tongue scraping, frequent rinses.
 - **Chlorophyll (Seshen) in eating windows** (IF/Fruit) or **during Refeed** after Water Fast.
- **Puffiness / sluggish lymph**
 - Hydrate and walk; gentle neck/shoulder mobility.
 - **Lymph Tonic (Seshen) in eating windows** (IF/Fruit) and **during Refeed** after Water Fast.

Method Switches & When to Pause

- If symptoms **persist >24–48** hrs despite adjustments:
→ Step down intensity (**20:4 → 18:6 → 16:8** or **Water Fast → Fruit Fast → IF**).
- **Stop & seek care immediately** for chest pain, fainting, confusion, persistent vomiting, severe weakness, new palpitations/irregular heartbeat, marked swelling/shortness of breath.

Quick Reference — Product Placement

- **Always OK during fasts:** **PowerHer** (all methods), **DeToxHer** (all methods per chapter guidance).
- **Eating windows / Refeed only:** **Magnesium Complex, Probiotic-60, Lymph Tonic, Chlorophyll, Omega-3, Greens Vitality Blend, Liver-Care, D3+K2, PreventHer (women), Men's Daily (men), Turmeric Curcumin, Gluco-Balance/Myo D-Chiro.**

Medication reminder: If you take **glucose-lowering** or **blood-pressure** meds, coordinate changes and reintroductions with your clinician and monitor at home (glucose/BP).

Appendix D — Personalization by Goal

- **Hormonal balance (PMS, perimenopause, fibroids):** Start with **16:8**; time fasts in the **follicular phase** (cycle days ~1–12) when tolerance is higher. Consider **PreventHer** (TDN) + **Omega-3, Magnesium Complex**, and **DeToxHer** (TDN, **between meals**) in eating windows. *(Optional/conditional: Seshen Liver-Care for 1–2 weeks if additional hepatic support is indicated or if liquids/bitters aren't tolerated.)* Coordinate with clinician if on thyroid meds.
- **Fibroid management / shrinkage support (see Appendix A):** Use the **BalanceHer Program & 4-Month End Fibroids Protocol** for product timing and the optional fasting track.
- **Men's vitality & performance:** Start 16:8 or 18:6. Use **Men's Daily, Omega-3**, evening **Magnesium Complex**; add **Liver-Care** short-term if diet/alcohol history suggests burden. Train in the eating window; hydrate with **PowerHer**.
- **Metabolic health (insulin resistance):** Progress 16:8 → 18:6; use **Gluco-Balance** (or **Myo D-Chiro** for PCOS phenotype) with first meal. Monitor glucose if medicated.
- **Inflammation/pain:** IF or Fruit Fast first; emphasize **Turmeric Curcumin** and **Omega-3** in meals; water fast only if medically appropriate.
- **Gut reset:** Favor Fruit Fast; add **Probiotic-60** during refeed or IF meals and **Digest** with main meals short-term.

Water-Fast–favored goal tracks (experienced only):

- **Advanced metabolic recalibration (plateau/IF-experienced):** Choose the **7-Day Water Fast** to deepen ketone use, improve insulin sensitivity, and reset appetite cues when progress has stalled despite IF. **During fast:** *PowerHer + DeToxHer only.* **Refeed:** add Probiotic-60 (Day 2–3), Liver-Care (1–2 weeks if indicated), staged Greens Vitality Blend, and Omega-3 with meals. *(If you use glucose-lowering meds, coordinate with your clinician and monitor at home.)*
- **Behavior & craving reset (break grazing/ultra-processed cycles):** A structured **7-Day Water Fast** can interrupt cue-driven snacking and taste fatigue. Pair with journaling, environment clean-up, light walks, and a deliberate **Refeed Week** that rebuilds balanced plates. **During fast:** *PowerHer + DeToxHer.* **Refeed:** Probiotic-60 (Day 2–3), Magnesium Complex at night for sleep/regularity; transition to **16:8** afterward for maintenance.
- **Lymphatic/skin & fluid-balance focus (experienced only):** For those who notice puffiness or a “sluggish” feel, a water-only week plus a mineral-smart refeed can help you feel lighter. **During fast:** *PowerHer + DeToxHer.* **Refeed:** consider Lymph Tonic and Chlorophyll (in meals), plus

Omega-3/Turmeric Curcumin in eating windows. *(Skip/adjust if potassium-restricted or sensitive to botanicals.)*

- **Clinician-guided hepatic support week (history of high dietary load/alcohol; sluggish fat digestion):** With professional oversight, the **7-Day Water Fast** followed by a careful refeed can support comfort while you reset habits. **During fast:** DeToxHer (split doses) + PowerHer. **Refeed:** Liver-Care for 1–2 weeks, Greens Vitality Blend (staged), avoid alcohol/ultra-processed foods. *(Not a treatment for liver disease; seek clinician guidance if labs are abnormal.)*
- **Mindset/clarity retreat (experienced, low-stress week):** Use the **7-Day Water Fast** for mental simplicity and focus—light movement, breathwork, journaling. **During fast:** PowerHer + DeToxHer. **Refeed:** resume gentle whole foods per schedule; add Magnesium Complex for sleep and Omega-3 for calm.

Women's timing note: If choosing the water fast, favor the **late-follicular phase (cycle days ~6–12)**; avoid the late-luteal/PMS week and the first 1–2 heavy bleeding days.

Appendix E — Suggested Use Reference (Timing & Why)

Use this as a quick placement + purpose guide. Rule of thumb: During Water Fast, keep to PowerHer + DeToxHer only; add other complements in Refeed. During IF and Fruit Fast, place complements inside eating windows.

Core

- **PowerHer (TDN)**

Why: Electrolytes for hydration, steady energy, cramp/headache prevention.

How much: 1 scoop in 16–64 oz water; sip AM → evening. Maximum: 2 scoops daily total.

When: All methods. During **Water Fast**, it's your primary electrolyte source.

Pairing: Fine with everything. If dizzy, add a **pinch of mineral salt**.

Notes: Target pale/clear urine; space sips (don't chug). Standard: 1 scoop AM + 1 scoop PM.

Flexible option: divide into smaller servings (e.g., four ½ scoops across the day) if gentler on the stomach or helps maintain steady energy. Each serving should be dissolved in at least 16 oz of water and sipped slowly.

- **DeToxHer (TDN)**

Why: Botanical support for bile flow, liver clearance, and drainage comfort.

How much: 5 mL after meals (**IF/Fruit**); **Water Fast:** 5 mL **2–3×/day** spread out.

When: All methods (per above).

Pairing: Works well with **Liver-Care, Probiotic-60, Omega-3, Greens Vitality Blend** (in meals).

Notes: If “sour” stomach, split into smaller doses; remain upright for ~10–15 min after.

Foundational Nutrients

- **D3+K2 (TDN)**

Why: Vitamin D with K2 synergy (bone, immune, calcium balance).

How: Take **with a fat-containing meal** (**IF/Fruit/Refeed**).

Notes: If on vitamin-K-sensitive anticoagulants, keep K intake consistent and consult clinician.

- **PreventHer (TDN)**

Why: Women's foundational micronutrient support.

How: With a main meal (**IF** windows or **Refeed**).

Notes: Skip during **Water Fast**.

- **Men's Daily (Seshen)**

Why: Men's foundational multivitamin/mineral support.

How: With a main meal (**IF** windows or **Refeed**).

Notes: Skip during **Water Fast**.

Metabolic & Liver/Lymph Support

- **Liver-Care / Liver Health (Seshen)**

Why: Added hepatic phase I/II support and bile flow.

How: 1–2×/day **with meals** for **2–4 weeks**, then **1–2 week deload**.

When: IF windows or Refeed; **not** during Water Fast.

Pairing: DeToxHer, Omega-3, Turmeric Curcumin.

- **Lymph Tonic (Seshen)**

Why: Gentle lymphatic flow and fluid-balance support.

How: 1–2×/day **with meals** (start lower if sensitive).

When: IF/Fruit windows; **Refeed** after Water Fast.

Notes: Pair with walking, light mobility, and hydration.

- **Chlorophyll (Seshen)**

Why: Antioxidant/odor-neutral support; can freshen breath during higher ketone states.

How: Mix in water **with/after meals** (avoid on empty stomach early in Refeed).

When: IF/Fruit windows; **Refeed** after Water Fast.

Notes: If sensitive GI, begin at $\frac{1}{2}$ **dose**.

GI & Minerals

- **Magnesium Complex (Seshen)**

Why: Relaxation, sleep quality, muscle comfort, bowel regularity.

How: Evening dose; adjust to stool comfort.

When: IF/Fruit windows or **Refeed**; **skip during Water Fast**.

Notes: Loose stools → reduce dose or switch form.

- **Probiotic-60 (Seshen)**

Why: Motility, stool form, and barrier support.

How: 1×/day **with food**.

When: **Refeed Day 2–3** onward; or during IF meals.

Notes: If prone to bloat when starting probiotics, begin every other day for 1 week.

- **Greens Vitality Blend (Seshen)**

Why: Micronutrient/phytonutrient top-up; gentle fiber.

How: With meals; follow staged ramp in **Refeed** (¼ scoop Day 2 → 1 scoop by Days 6–7).

When: IF meals; **Refeed** after Water Fast.

Notes: Avoid Day 1 of Refeed; consider ½ **scoop** if FODMAP sensitive.

Inflammatory Balance & Cell Signaling

- **EliminateHer (TDN)**

Why: Rapid, short-window relief for cramps/acute flares; multi-herb formula that includes **white willow (salicylate)** for stronger prostaglandin modulation.

How: ½–1 **serving** (≈2.5–5 mL) **with a full meal**; start at ½ serving to assess tolerance. Avoid at bedtime on an empty stomach.

When: If addressing **Fibroids/Endometriosis/Adenomyosis** follow the **BalanceHer Program & 4-Month End Fibroids Protocol** (Appendix A) for product placement and timing (that guidance supersedes this section). Otherwise:

- **IF meals:** Use **menses-only** or for brief flares during the eating window.
- **Refeed:** If needed, **wait until the gut is tolerating meals well** (typically **Day 4+** in your schedule) and use **menses-only** with a full meal.
- **7-Day Water Fast: Do not use** (water + PowerHer only).
- **Notes:**
 - **Avoid/Use with caution if:** on **anticoagulants/antiplatelets** or frequent NSAIDs, **salicylate/aspirin sensitivity**, active **GI ulcer/reflux** or GI bleeding history, **spotting-prone/heavy bleeding**, **pregnancy**, or **procedure in <2 weeks**.
 - **TTC (luteal/TWW):** Prefer **non-salicylate** daily supports (e.g., Seshen Turmeric Curcumin) and avoid routine EliminateHer.
 - **If spotting or GI upset occurs:** reduce to ½ serving or discontinue and pivot to Turmeric Curcumin + Magnesium/Omega-3.

- **Omega-3 (Seshen)**

Why: Inflammatory balance, cell-membrane health.

How: With a main meal (fat-containing).

When: IF meals or Refeed.

Notes: If on anticoagulants, consult clinician.

- **Turmeric Curcumin (Seshen)**

Why: Additional inflammatory balance.

How: With meals; consider split doses.

When: IF meals or Refeed.

Notes: Gallbladder disease or anticoagulants—consult clinician.

Glucose & Cycle-Specific

- **Gluco-Balance (Seshen)**

Why: Supports insulin sensitivity and post-meal glucose handling.

How: With the **first meal** of the eating window.

When: IF meals; **Refeed** as needed.

Notes: If on glucose-lowering meds, monitor and coordinate with your clinician.

- **Myo D-Chiro (Seshen)**

Why: Inositol support for insulin sensitivity and cycle/ovulatory rhythm (PCOS phenotype).

How: With first meal (or split AM/PM).

When: IF meals; **Refeed** as needed.

Notes: If pregnant or trying to conceive, use with clinician guidance.

- **Digest (Seshen)**

Why: Short-term digestive enzyme support when reintroducing heavier meals.

How: 1 cap **with** main meals for **1–2 weeks**, then reassess.

When: IF meals (as needed) and **Refeed** after Water Fast.

Notes: Not needed long-term for most.

Cycling tip: Run botanicals (e.g., Liver-Care, Turmeric) in **4–6-week blocks**, then **1–2 weeks off**. Core Stack (**PowerHer** + **DeToxHer**) can continue longer; still consider a brief deload every **6–8 weeks**.

Appendix F — Recipe Collection & Refeed Menus

How to Use These Recipes

- You will not make every recipe shown for a day — **choose 2–4 options per day, not all.**
- For the first 3 refeed days, keep portions small and spaced; stop before you feel full.
- Advance only if you feel well; if anything feels heavy, step back to the previous day.
- Follow each day's allowances; do not mix later-day foods into earlier days.
- All recipes are **caffeine-free, soy-free, and gluten-free.**

7-Day Water Fast — Refeed Recipes (Days 1–7)

During Refeed, continue **PowerHer** as directed and take **DeToxHer** (5 mL) *after* meals when tolerated. Introduce other complements per the chapter.

Day 1 — Liquids Only (tiny, frequent sips)

1. **Mineral Vegetable Broth (base recipe)** Makes ~8 cups
 - **Ingredients:** 2 celery ribs, 2 carrots, 1 small zucchini, 1 small leek (green part) or ½ onion, 1 small parsnip (optional), 1 cup parsley stems, 1 bay leaf, 10–12 cups water, sea salt to taste (skip or small pinch if salt-sensitive).
 - **Method:** Rough-chop veg → simmer 60–90 min → strain.
 - **Why now:** Very light minerals + hydration; easy on digestion.
2. **Golden Carrot-Ginger Broth** Makes ~6 cups
 - **Ingredients:** 5 carrots (sliced), 1 coin fresh ginger (½ inch), 1 tsp turmeric, 8 cups water, sea salt to taste.
 - **Method:** Simmer 45–60 min → strain.
 - **Why now:** Ginger/turmeric are gentle carminatives for queasiness.
3. **Diluted Watermelon-Cucumber Cooler** 1 serving
 - **Ingredients:** 1 cup watermelon, ½ cup cucumber, 1 cup water, 1 tsp lemon juice.

- **Method:** Blend fruit with water, strain if needed; serve 1:1 diluted.
- **Why now:** Hydration + mild sugars; dilution protects comfort.

4. **Lemon-Mint Herbal Tisane** 1 serving

- **Ingredients:** 10–12 oz hot water, 3–4 mint leaves, lemon slice.
- **Method:** Steep 5 min; sip warm.
- **Why now:** Caffeine-free aromatic support.

Day 2 — Add Soft Produce (small portions)

1. **Steamed Zucchini Bowl with Parsley Water**

- **Ingredients:** 1 medium zucchini (coins), pinch sea salt, 1 Tbsp chopped parsley, 1–2 tsp broth or warm water, lemon zest.
- **Method:** Steam zucchini 3–4 min to fork-tender. Toss with parsley, warm water, zest.
- **Why now:** Soft fiber; minimal seasoning.

2. **Carrot-Zucchini Purée**

- **Ingredients:** 1 cup steamed carrots + 1 cup steamed zucchini, $\frac{1}{4}$ – $\frac{1}{2}$ cup warm broth.
- **Method:** Blend to silky purée; thin with broth to tolerance.
- **Why now:** Gentle texture; easy transition.

3. **Stewed Apples & Pears**

- **Ingredients:** 1 apple + 1 pear (peeled, diced), $\frac{1}{4}$ cup water, strip lemon peel, pinch cinnamon (optional).
- **Method:** Simmer 10–12 min till soft.
- **Why now:** Soft pectins support motility without roughage.

4. **Papaya Lime Cup**

- **Ingredients:** 1 cup ripe papaya, $\frac{1}{2}$ tsp lime juice.
- **Method:** Dice, splash lime.
- **Why now:** Papaya's papain can feel soothing post-fast.

Day 3 — Add Gentle Starches

1. Rice Congee (simple)

- **Ingredients:** ½ cup white rice, 4–5 cups water, pinch sea salt.
- **Method:** Simmer 45–60 min till porridge-like, stirring.
- **Why now:** Ultra-gentle starch reintroduction.

2. Quinoa Soft Pilaf

- **Ingredients:** ½ cup rinsed quinoa, 1½ cups water, pinch salt; ¼ cup finely diced zucchini (optional).
- **Method:** Simmer covered 15 min; rest 5; fold in zucchini.
- **Why now:** Higher mineral GF starch; soft veg for ease.

3. Sweet Potato Mash

- **Ingredients:** 1 medium sweet potato (steamed/roasted), warm broth to thin, pinch salt.
- **Method:** Mash with a little broth.
- **Why now:** Potassium + comfort.

4. “Oat Cream” (Certified GF Oats)

- **Ingredients:** ¼ cup quick GF oats, 1–1½ cups water, pinch cinnamon.
- **Method:** Simmer 3–5 min to thin porridge.
- **Why now:** Gentle soluble fiber; dilute well first serving.

Days 4–5 — Add Protein + Gentle Fats

1. Poached White Fish with Dill & Zucchini

- **Ingredients:** 4–5 oz cod/sole, ½ small zucchini (matchsticks), ¾ cup broth, dill, lemon.
- **Method:** Simmer fish in broth 6–8 min; add zucchini last 2–3 min; finish lemon/dill.
- **Why now:** Lean protein; very digestible.

2. Soft Scrambled Eggs & Spinach

- **Ingredients:** 2 pasture-raised eggs, 1 cup baby spinach, 1 tsp olive oil, pinch salt.
- **Method:** Gentle scramble on low; wilt spinach.

- Why now: Protein with minimal fat.
3. Red Lentil & Carrot Soup
 - Ingredients: ½ cup red lentils (rinsed), ½ cup diced carrot, 3 cups broth, ½ tsp cumin (optional), salt.
 - Method: Simmer 15–20 min till soft; blend lightly.
 - Why now: Quick-cooking legume; creamy texture.
 4. Herbed Chicken & Rice Soup
 - Ingredients: 3–4 oz shredded cooked chicken, ½ cup cooked rice, 2–3 cups broth, parsley, lemon.
 - Method: Warm together 5–7 min.
 - Why now: Builds toward fuller meals without heaviness.
 5. Mung Dal “Kitchari-Light”
 - Ingredients: ½ cup split mung (or red lentils), ¼ cup rice, 4 cups water, ½ tsp turmeric, ¼ tsp cumin, 1 tsp olive oil, salt.
 - Method: Simmer 25–30 min to soft stew.
 - Why now: Classic gentle refeed dish; balanced.

Days 6–7 — Balanced Plates (½ veg • ¼ protein • ¼ smart carb + 1–2 tsp fat)

1. Citrus-Herb Salmon, Steamed Greens & Sweet Potato
 - Ingredients: 4–5 oz salmon, lemon, dill; 1 cup steamed greens; ½ medium sweet potato; 1–2 tsp olive oil.
 - Method: Bake salmon 10–12 min at 400°F; steam greens; roast/steam sweet potato.
 - Why now: Reintroduces richer omega-3 protein with simple sides.
2. Sheet-Pan Lemon Chicken & Root Veg
 - Ingredients: 4–5 oz chicken thigh or breast, 1 cup carrots/turnips, ½ cup zucchini, lemon, 2 tsp olive oil, salt.
 - Method: Roast 425°F ~20–25 min, turning once.
 - Why now: One pan; easy portion control.

3. Chickpea-Veg Bowl with Tahini-Lemon

- Ingredients: $\frac{3}{4}$ cup cooked chickpeas (rinsed), 1 cup mixed veg (cucumber, tomato, herbs), $\frac{1}{2}$ cup quinoa, 1 Tbsp tahini + lemon + water to thin, salt.
- Method: Assemble; drizzle dressing.
- Why now: Plant protein + fiber once digestion is steady.

4. Quinoa “Tabbouleh” (GF)

- Ingredients: 1 cup cooked quinoa (cooled), 1 cup parsley, $\frac{1}{2}$ cup cucumber, $\frac{1}{4}$ cup tomato, 2 Tbsp lemon juice, 1–2 tsp olive oil, salt.
- Method: Chop fine; toss.
- Why now: Bright minerals; no gluten (bulgur-free).

5. Simple Dressings (Days 6–7):

- Lemon–Olive Oil: 2 Tbsp lemon + 2 tsp olive oil + pinch salt.
- Ginger–Lime: 1 Tbsp lime + 1 tsp grated ginger + 2 tsp olive oil + pinch salt.

3-Day Fruit Fast — Daily Recipes (All fruit; no caffeine, soy, gluten)

During the Fruit Fast, use PowerHer for hydration throughout the day and take DeToxHer (5 mL) after fruit servings.

Day 1 — Hydration & Gentle Acids

1. Melon–Mint Morning Plate

- 2 cups mixed melon (watermelon + cantaloupe), 3–4 mint leaves, squeeze lime.
- Why: Water-rich, potassium-supportive; very easy on digestion.

2. Citrus–Berry Midday Cup

- 1 cup orange segments + $\frac{1}{2}$ cup blueberries.
- Why: Vitamin C + lower-glycemic berries balance citrus.

3. Cucumber–Melon Salad

- 1 cup cucumber + 1 cup honeydew, splash lemon.
- Why: Extra hydration; crunchy yet gentle.

4. Evening Stewed Apples

- 1½ cups apple (peeled, diced), ¼ cup water, pinch cinnamon.
- Why: Soothing pectin to settle the evening stomach.

Day 2 — Add Diverse Fibers (still gentle)

1. Berry–Kiwi Bowl

- 1 cup strawberries/blueberries + 1 sliced kiwi; chiffonade mint.
- Why: Lower-glycemic; supports motility.

2. Papaya–Citrus Cup

- 1 cup ripe papaya + ½ cup orange; ½ tsp lime.
- Why: Enzymatic support; bright flavor variety.

3. Stewed Pear & Blueberry Compote

- 1 pear (peeled, diced) + ½ cup blueberries + ¼ cup water; simmer 8–10 min.
- Why: Soft fibers; easy evening option.

Optional (evening, small): Greens Vitality Blend mixed in water per protocol (e.g., ¼ scoop), if tolerated.

Day 3 — Gentle Variety; Prepare for Transition

1. Mixed Fruit Bowl

- 1 cup berries + ½ cup mango + ½ cup pineapple; squeeze lemon.
- Why: A bit more variety; acid balances sweetness.

2. Light Smoothie Bowl (No protein powders)

- 1 cup berries + ½ small banana + ¾–1 cup water + ice; blend, top with a few sliced strawberries.
- Why: Cooler texture; still light. Keep portions modest.

3. Warm Apples–Banana Mash

- 1 apple (stewed) + ½ small banana, mashed together warm.
- Why: Comforting pre-transition texture.

Optional (PM): Probiotic-60 if bowels are sluggish (per protocol).

Shopping List (consolidated, optional addendum)

- Greens & herbs: parsley, dill, mint, spinach, zucchini, cucumbers, carrots, celery, parsnip, ginger, lemons/limes.
- Fruit: watermelon, cantaloupe, honeydew, oranges, apples, pears, papaya, berries, kiwi, mango, pineapple, bananas.
- Staples: white rice, quinoa, certified GF oats, red lentils/split mung, chickpeas, sweet potatoes, olive oil, tahini, sea salt, turmeric, cumin, bay leaves.
- Proteins (Refeed Days 4–7): cod/sole, salmon, chicken, eggs.