



Michelle Corey's
14-Day Liver Bliss Detox

Welcome!

Thank you for downloading my 14-day Liver Bliss Detox Guide!

I'm convinced if you follow this program for 14 days, you'll be amazed at how good you feel. My experience with hundreds of clients has given me that confidence. These two weeks may be the beginning of a whole new phase of vibrant health and well-being for you!

It can be confusing trying to make informed choices about health and nutrition. I know I was confused when I started down the path to reclaiming my health. At 36, I looked and felt sick, tired and old. I had been diagnosed with two autoimmune conditions, polycystic ovarian syndrome and early pre-menopause. I was almost 40 pounds overweight and was losing my hair, (even my eyebrows). I suffered from chronic hay fever, rashes and sore joints. I had night sweats that kept me up most nights. I had mood swings and my PMS symptoms were off the charts.

I tried everything from the East to the West to get relief. I literally spent thousands of dollars on conventional and alternative healthcare, drugs and supplements. I devoured every book I could find on health, nutrition and healing.

Then one day I had an 'Aha! Moment'! I realized that I was trying to solve the problem from the wrong angle – I was treating my symptoms instead of looking for the reason I was so sick. I discovered that, while all the therapies I tried had their place, they were only covering up the symptoms of chronic inflammation and a badly damaged metabolism. I finally realized that if I wanted to feel better, I would have to correct the original imbalance. I realized that each one of my food sensitivities, toxic exposures and untreated infections represented a "splinter" aggravating my health and immune system. I needed "take the splinters out" so my body could heal. I needed to remove the foods and substances that were making me sick.

When I stopped doing everything that was bad for me, and starting doing things that were good for me, I got better!

As someone who's been there, I would like to say to you – You can become more healthy, vibrant and alive than you ever thought possible. I have helped hundreds of people lose weight, reduce inflammation, eliminate symptoms and reverse chronic conditions – and it all begins with optimizing your nutrition.

Following my *Liver Bliss Cleanse 14-day Detox* is your jump-start to vibrant health!

I'm thrilled to be your guide and look forward to hearing your success story. Please let me know how you're doing at www.thethyroidcure.com/successstories

Love,

Michelle Corey

Michelle Corey

Become Aware of Your Body Burden

The quantity and severity of the toxins taxing your body at any given time is called your body burden. We each have a limit to how much body burden we can endure. When I had my nutrition practice, I would explain it to my clients this way: we are each born with a cup: some of us have small cups, while others have larger ones. The quantity of toxins we can tolerate depends on the size of our cup. It doesn't matter how big your cup is; there is a limit to how much it can hold before it spills over.

The problem is that we are living in an increasingly toxic world, and most of us are living at, or just below our "maximum full" line. We are toxic and sick, and we're not even aware of it. In fact, we take drugs to mask our symptoms, so that we don't have to feel how sick, tired, depressed, anxious and unhappy we really are. We eat foods full of chemicals we can't even pronounce; we work at jobs we hate; we watch terrifying stories on the news; and as if that wasn't enough already, we watch violent films and TV shows for "fun." We drink too much coffee and booze, tolerate lousy relationships, and slather on personal care products that could kill a cockroach. We clean our homes with poisons, breathe in smog and chemicals, and then take prescription and over-the-counter drugs to relieve our pain and symptoms. It's a vicious cycle. The more stress we endure, the more unhealthy coping mechanisms we resort to, just to keep going!

And we wonder why we are sick?

The human body was not intended to be a HAZMAT dumping zone, but unfortunately that is what we have become. We are told that we should be able to "handle it," and that if we get sick, there must be something fundamentally wrong with our genes.

The truth is that if you live on planet earth, you have been exposed to far too many toxins, regardless of your genetics.

Your body is designed to thrive in a healthy environment that includes clean air, clean water and clean food – Let's not forget that!

There are people who are particularly sensitive, and genetics do play a role in this sensitivity. In *The Thyroid Cure*, I discuss the recent science of Epigenetics, which show us how our diet and environment interacts with our genetic code. Your genes are not your destiny! By giving your body right foods and keeping your body away from toxic stress and foods that cause problems, you can bypass vulnerabilities in your genetics and maintain vibrant health.

Many of us have been exposed to too many toxins and our livers have become overburdened. The solution is to quit adding to our toxic load and detoxify. This 14-day Liver Bliss Detox will show you how.

Benefits of Detoxification

- Improvement/elimination of chronic symptoms
- Weight loss
- Increased energy
- Glowing skin and healthy hair
- Better sleep
- Clear mind
- Happy mood

Your Liver

Throughout the ages, a healthy liver has been recognized as the key to vibrant health. After all, it's responsible for many of the body's vital functions. The liver detoxifies chemicals and heavy metals, metabolizes drugs and hormones, breaks down fats, regulates blood sugar, synthesizes vitamins and minerals, and converts T4 thyroid hormone into the more bioavailable T3. If any of those functions gets weak, your health begins to fade and sooner or later, you get sick.

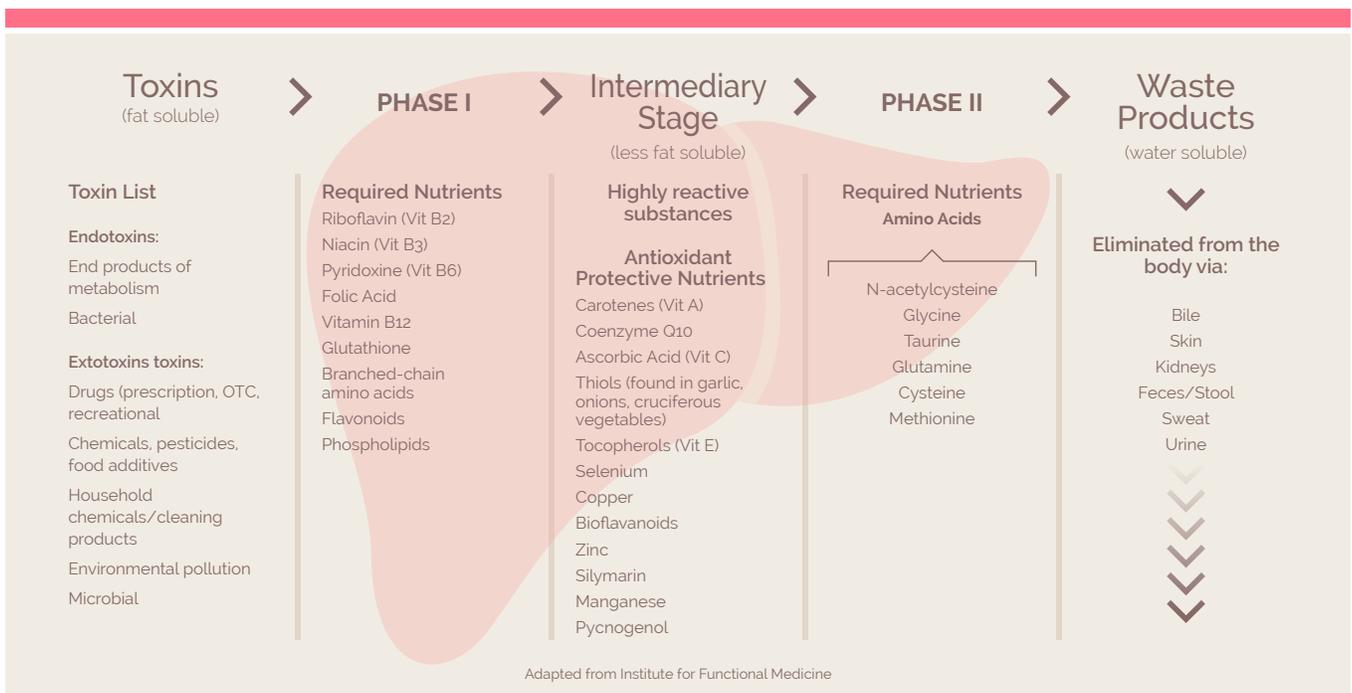
Chronic stress, sugar, refined carbs, alcohol, nutritional deficiencies, trans fats, food additives, prescription drugs, hormones, foreign chemical compounds, environmental toxins and heavy metals all stress the liver and make it sluggish. A sluggish liver can't perform effectively, toxins build up and your metabolism falls out of balance, and you can become sick, tired, bloated and fat.

The Science: Your Liver Works in Two Phases

Your liver works in two important phases, breaking down, transforming and then eliminating toxins from your system. This is called Phase I and Phase II detoxification. In Phase I, fat-soluble toxins and hormones are broken down by enzymes (specifically P-450 enzymes) and transformed into substances called "intermediary metabolites" to be passed on to Phase II for further transformation and elimination. Intermediary metabolites are often more dangerous than the original toxic substance as the process generates dangerous free radicals that can damage critical parts of our cells, such as the cell membranes or DNA.

You need important antioxidants such as glutathione, superoxide dismutase, beta carotene, Vitamins C and E, selenium, copper, zinc, manganese, magnesium, CoQ10, bioflavonoids and indoles to neutralize the free radicals so they don't cause too much damage!

In Phase II, the intermediary metabolites are transformed by a second series of enzymes, called conjugases, into substances that can be excreted through the urine or feces. Phase II pathways are: glucuronidation, acetylation, sulfation, methylation, glycine conjugation, and glutathione conjugation. Phase II requires the amino acids glycine, taurine, glutamine and methionine found in complete protein such as natural lean meat and certain dairy products such as whey protein.



What you need to know:

It's important to make sure you're getting all the right nutrients for your liver to function properly. You need the right balance of vitamins, antioxidants, minerals, amino acids and phytochemicals found in healing foods for your detoxification to be optimal. You need the amino acids found in protein for your liver's Phase II process to work efficiently. Many liver detox programs, such as popular juice fasts, ramp up Phase I with tons of antioxidants, but if you don't eat some kind of complete protein, the toxins build up and you will feel sick and toxic. That's why many people feel lousy on the second or third day of a juice fast!

Optimizing liver function is pretty straightforward for most of us. It involves eating the right foods, and avoiding stress and toxic substances; but it's not always that simple. Some of us are more sensitive than others, and may have a difficult time processing and eliminating all the toxins of our modern world. Quality nutritional supplements can play a role in making sure the liver has the ingredients to do its job and to catch up on the work it has fallen behind on. Here are some of the signs your liver has fallen behind and isn't processing toxins.

Symptoms of a Sluggish Liver and Impaired Detoxification

- Allergies and food sensitivities
- Being overweight or obese
- Digestive distress; gas, bloating, diarrhea and constipation
- Bad breath and coated tongue
- Puffy or dark circles under eyes
- Low-volume, dark, strong-smelling urine
- Fatigue
- Headaches
- Joint pain
- Inability to sweat
- Chronic pain
- Skin conditions such as dermatitis, acne, eczema or psoriasis
- Mood swings, irritability
- Brain fog, inability to concentrate, learning disabilities
- Chronic conditions such as autoimmune, heart disease or cancer

Getting Started

The most reasonable step to enhance your liver's detoxification capacity is quit stressing it out with toxins and the wrong foods. Here are some common sense reminders about what to avoid for the next 14 days:

- Chronic stress
- Alcohol (duh!)
- Smoking
- Caffeine (one cup of organic green tea or coffee per day is ok)
- Sugar
- Trans fats – hydrogenated fats
- Artificial sweeteners and flavorings
- All grains (especially gluten)
- Gluten as an ingredient in any product (anything containing wheat or gluten-containing grains)
- All dairy products, including milk, cheese, yogurt and ice cream
- Processed and junk foods
- Over-the-counter medications, especially Tylenol (acetaminophen) (don't exceed recommended dosage ever, acetaminophen is the leading cause of acute liver failure in the U.S.) and NSAIDs like aspirin, naproxen (Naprosyn) and ibuprofen (Motrin)
- Recreational drugs
- Chemical exposure

Warning: Don't stop taking prescription medications without first discussing it with your doctor.

I have found from experience that eliminating gluten can be a powerful step for anyone with autoimmune or chronic disease. You owe it to yourself to be gluten-free for the duration of this 14-day detox and I encourage you to keep up with avoiding gluten if you find staying away from it makes you feel better.

Food is Information

The science of nutrigenomics reveals that all food carries information directly to our genes, influencing every aspect of our health. Food speaks to your body and controls how your genes express themselves. In fact, as Nora T. Gedgaudas, CNS, CNT, says in her book, *Primal Body, Primal Mind*, "There is no drug anywhere that can regulate genetic expression better or more powerfully than your diet can." Every cell and system of your body is affected by the foods you eat. The quality of your food choices is of utmost importance. This is not about counting calories—it's about prioritizing the quality of the foods you eat.

Have you ever considered eating only the foods that turn on your good genes and contribute to vibrant health? I can guarantee that if you do, you WILL look and feel amazing.

Restore Your Liver with Food

In *The Thyroid Cure*, I introduce the Eating for Your Good Genes nutrition program. This program is designed to include only the foods proven to reduce inflammation and heal your body by removing toxic substances, junk foods, high allergen foods such as grains (especially gluten), and dairy.

You can do a lot to boost your liver's detox ability simply by eating abundantly from the core Eating for your Good Genes foods. Please avoid any foods on the list that you know you have a negative reaction to!

Eating for Your Good Genes Shopping List

- Organic Fruits:** Apples, avocados, blackberries, blueberries, cherries, coconuts, lemons, nectarines, peaches, pears, plums, pomegranates, raspberries
- Organic Vegetables:** Artichokes, arugula, asparagus, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, chard, collard greens, cucumbers, fennel, kale, leeks, lettuce, rhubarb, spinach, squash, watercress
- Healing Roots:** Beets, carrots, celeriac, jicama, onions, parsnips, turnips, radishes, rutabagas, shallots, sweet potatoes, yams
- Healing Proteins:** Organic omega-3 enriched eggs, organic, lean meats, such as beef, lamb, and buffalo; organic poultry: turkey, chicken, game hen, pheasant; wild-caught fish: salmon or trout; soaked and sprouted nuts and seeds, hypoallergenic rice protein powder or medical food
- Healing Fats:** Coconut oil, ghee, olive oil, avocado, GLA—borage oil, EPA/DHA—omega-3 complex
- Dairy Substitutes:** Coconut milk, coconut yogurt or kefir
- Healing Herbs:** Basil, bay leaves, chamomile, chives, cilantro, cumin, dill, lavender, lemongrass, lemon balm, marjoram, mint, oregano leaves, parsley, peppermint, rosemary, saffron, sage, spearmint, tarragon, thyme,
- Spices & Sweeteners:** Cinnamon, cloves, garlic, ginger, onion powder, saffron, sea salt, shallots, stevia, turmeric, a small amount of organic honey*
- Pantry Items:** Organic apple-cider vinegar, coconut flour, coconut flakes, olives, canned salmon
- Fermented Foods:** Coconut kefir and yogurt, fermented vegetables, kimchi (without nightshades), kombucha, sauerkraut
- Drinks:** Drink water: at least 64 oz. of pure, filtered water each day, organic green tea, organic, diluted, unsweetened cranberry juice, organic herbal tea, Teeccino coffee substitute, Dandy Blend

* This phase does not include added sugar, but a small amount of organic honey is acceptable in teas and salad dressings, as long as you are sure you don't react to it. Please keep it to no more than 1 teaspoon per day.

Foods to Avoid

- Protein:** Pork, canned meats, uncooked meats, cured or processed meats (i.e. cold cuts, sausage, hot dogs), sushi, shellfish and crustaceans, eggs* *If you know you don't react to eggs, you may have them during the 14- Day Liver Bliss Detox!
- Dairy:** All animal milk, including cow, goat, and sheep, cheese, yogurt and kefir, cottage cheese, butter, ice cream
- Grains:** Amaranth, barley, buckwheat, bulgur, corn, farro, kamut, millet, oats, quinoa (not technically a grain, but excluded in phase I), rice, rye, sorghum, spelt, teff, wheat, all grains and products made from grains must be eliminated during this stage; the exception is organic brown rice if you know you don't react to it. So must all refined white flour products, such as macaroni and cheese, cookies, cakes, pizza dough, pasta, tortillas, pancake/waffle mixes, and cookies, as well as the carbs in the ingredients of many "low-carb" products.
- Grasses:** Wheatgrass, barley grass, oat grass, alfalfa
- Fruits:** Tropical fruit, oranges and orange juice, grapefruit, strawberries, grapes, melons
- Beans and Legumes:** Adzuki beans, black beans, black-eyed peas, chickpeas, fava beans, lentils, lima beans, peanuts, kidney beans, soybeans
- Nightshades:** Cayenne, chili peppers, eggplant, goji berries, ground cherries, habaneros, jalapenos, paprika, poblanos, potato—all forms (especially chips), sweet peppers (green, red, yellow peppers), tobacco, tomatoes, tomatillos
- Sweeteners:** Sugar in all forms—brown, white, or in the raw, honey*, sugar alcohols—xylitol, artificial sweeteners, Equal®, Splenda®, Sweet'N Low®, fructose, glucose, sucrose, high-fructose corn syrup, maple syrup, evaporated cane juice, agave *A small amount of organic honey is acceptable in teas and salad dressings, as long as you are sure you don't react to it. Please keep it to no more than 1 teaspoon per day.
- Condiments & Dressings:** Regular table salt, soy sauces, distilled vinegars, ketchup, mayonnaise, conventionally pickled (not fermented) foods, bottled salad dressings, ketchup, relish, mayonnaise, BBQ sauce, teriyaki If it comes in a bottle and contains salt, sugar, thickening agents, or any other potentially compromising additives, avoid it.
- Drinks:** Alcohol, caffeinated drinks—coffee, energy drinks, concentrated fruit juices, soft drinks
- Fats:** Butter and butter substitutes, margarine, canola oil, processed oils, excess dietary fats, especially trans-fats

ANYTHING YOU ALREADY KNOW THAT YOU REACT TO! All over-the-counter drugs (allergy medications, Tylenol, Advil, etc.) unless prescribed by your doctor, performance bars, drinks, gels, and protein shakes.

Note for vegetarians: It's possible for some people to detox without eating meat. The trick is to make sure you are getting enough complete protein with all of the essential amino acids that you need to heal. This may be accomplished by using a high-quality, hypoallergenic protein powder. It's equally important to make sure you're getting enough of the healing fats every day.

Be creative and use the lists above to make some new and interesting menus for the next 14 days. I will include a sample day to give you an idea how to work this.

Sample Day

Wake up and greet the day with gratitude. Sip a warm glass of water with the juice of ½ a lemon. Dry skin brush (directions below) before showering or bathing.

Breakfast: Liver Bliss Detox smoothie prepared with whey protein or hypoallergenic rice protein powder, unsweetened coconut water, and organic frozen berries or peaches. See recipes!

Mid AM: Michelle's Liver Bliss Detox Cocktail

Lunch: Bowl of Coconut Salmon Chowder and a side salad with Healing Vinaigrette

Afternoon: Michelle's Liver Bliss Tonic

Dinner: Liver Bliss Fennel and Green Salad, 6-8 ounces of grilled fish, organic lean meat or chicken.

Or

Classic Turkey Burger (no bun) a small side salad and garlic mashed yams.

Or

Organic free range grilled chicken with side of sautéed veggies and salad.

In the Evening

Mix one-tablespoon Organic Psyllium Fiber in 6 to 8 oz of plain filtered water.

Take 1-2 Tsp. of Natural Calm powder by Natural Vitality before bed – this will restore depleted magnesium and help with elimination.

This program is not calorie restrictive, so just have fun!

Tips for Dining Out

Ask your server to hold the bread! Ask about gluten-free options.

Order lean natural meats, chicken and fish with approved veggies on the side, or salad with lemon and olive oil as a dressing!

Skip the desert!

Recipes

Liver Bliss Detox Smoothies

Very Berry Green Smoothie

1 cup organic unsweetened coconut milk
1–2 scoops vanilla hypoallergenic protein powder or whey protein powder
1 cup mixed blackberries, blueberries and raspberries
1 cup chopped dandelion greens or spinach
1 tablespoon coconut oil
Stevia to sweeten if necessary

Place all ingredients in blender and blend until smooth. Enjoy!

Creamy Peachy Smoothie

1 cup unsweetened coconut water
1–2 scoops hypoallergenic vanilla protein powder or whey protein powder
1 cup frozen peaches
1 tablespoon coconut oil
Stevia to sweeten if necessary

Place all ingredients in blender and blend until smooth. Enjoy!

Eating for Your Good Genes Recipe Ideas

Michelle's Liver Bliss Fennel and Green Salad

2 cups Organic Girl 50/50 Spring Mix (or equivalent)
½ fennel bulb
1 medium carrot
½ medium cucumber
½ avocado
3 tablespoons organic dried cranberries
3 tablespoons Go Raw Organic Sprouted Sunflower Seeds

Add 2 cups of 50/50 spring mix to salad bowl. Slice the fennel to desired thickness, and add to bowl. Grate carrot and add to bowl. Slice and cube the avocado, and add to bowl. Add the cranberries and sunflower seeds. Toss with Bragg's Healthy Vinaigrette, or Michelle's lemon and mustard vinaigrette. You may add 6-8 ounces of grilled fish, organic lean meat or chicken. Serves 1-2.

Killer Kale Salad

6 cups chopped blanched kale
2 large carrots, grated
3 tablespoons Go Raw Organic Sprouted Sunflower Seeds
1 cup red cabbage, finely sliced
¼ cup organic dried cranberries or cherries

Wash kale strip the leaves off the stalks. Discard the stalks lightly steam or blanch. Chop the kale into bite-sized pieces. Toss in carrots and cabbage. Sprinkle with cranberries/cherries and serve with healing vinaigrette.

The Power of Green Salad

- 4 cups chopped spinach
- 3 cups chopped green chard
- 1 avocado
- 4 cups baby greens or mache
- 2 cups steamed broccoli
- 2 cups steamed asparagus, cut into bite sized pieces
- ½ cup organic dried cranberries
- ¼ cup goat feta cheese
- ¼ cup soaked and sprouted sunflower seeds

Lightly steam broccoli and asparagus (about 6 minutes). Remove, and put in freezer to cool (about 5 minutes). Mix spinach, chard and baby greens together. Add cooled steamed veggies, avocado and goat feta, then sprinkle with sunflower seeds and cranberries. Serve with healing vinaigrette.

Liver Lovin' Greens with Walnuts

- 1 bunch dandelion greens
- 1 bunch mustard greens
- 1 bunch collard greens
- 1 tablespoon olive oil
- 4 garlic cloves
- ½ cup organic walnut pieces
- sea salt to taste

Wash the greens and remove coarse stems. Bring 3 inches of salted water to boil, add the greens and boil for 5 minutes, uncovered. Drain the greens, lay on a flat surface to cool and chop into chunky pieces.

Heat oil in a large sauté pan, add the garlic and cook for about 1 minute, stirring so the garlic doesn't burn.

Add the greens, walnuts and sea salt to taste, sauté for another minute and serve.

Coconut Salmon Chowder

- 1 pound lightly poached salmon filet—skin and bones removed
- 1 medium onion, finely chopped, or 1 ½ cups leeks, sliced
- 2 cups carrots, diced into small pieces
- 1 tablespoon of fresh dill, chopped
- 2 tablespoons olive or coconut oil
- 1 bay leaf
- 2 cups of chopped cauliflower florets
- 3 cups of chicken stock or organic chicken broth
- 1 can of organic unsweetened, full-fat coconut milk
- Sea salt to taste
- Fresh dill to garnish

In a large stockpot, add olive oil, onions/leeks and carrots; sauté 5 minutes, or until tender. Add the chicken broth, coconut milk, cauliflower, bay leaf and dill; bring to a simmer. Add poached salmon filets and simmer until filets break apart easily. Stir well to break apart the salmon and cook until tender.

To poach salmon: Sprinkle salmon fillets with a dash of sea salt. Place salmon fillets skin-side down in a sauté pan. Cover with 1 cup chicken or fish stock and bring to a simmer on medium heat. Cook 5 to 10 minutes, depending on the thickness of the fillet.

Classic Turkey Burgers

1 pound lean organic ground turkey breast
1 medium onion, chopped finely
1 omega-3-enriched egg
2 garlic cloves, minced
½ teaspoon sea salt
1 teaspoon garlic powder
Organic, extra-virgin olive oil

Using your hands, mix turkey with egg, onions, garlic, garlic powder and salt. Divide into fourths and shape into patties. Heat grill or broiler to medium high. Grilling time is roughly 6 minutes on each side. You can also use a stovetop skillet or grilling pan. Use ghee if cooking on the stovetop so the burgers don't stick. Cook at medium-high heat for about 5 minutes on each side or until cooked through.

Chicken and Avocado Butter Leaf Lettuce Wrap

1 pound organic chicken breast, grilled and diced
2 medium organic avocados, diced
3 scallions thinly sliced
1.2 cup chopped organic cilantro
2 tbsp. organic extra-virgin olive oil or ghee
1 head butter lettuce, rinsed and leaves separated
3 tbsp. Healing vinaigrette
Garlic powder, sea salt and pepper to taste

Heat olive oil or ghee in a large sauté pan over medium-high. Season the chicken with garlic powder, sea salt and pepper and sear for about 6 - 8 minutes on each side until cooked through and browned all over. Remove from heat and let sit for 5 minutes before dicing.

Combine chicken, avocados, cilantro and scallions healing vinaigrette in bowl and toss. Scoop 2-3 heaping teaspoons into individual lettuce leaves and enjoy!

Carrot Ginger Soup

6 carrots
1 medium onion
1 tsp. sea salt
1 tsp. cumin
4 cups coconut milk
6-inch piece fresh ginger
Fresh parsley to garnish

Wash, peel and cut carrots and onion into chunks. Place vegetables and salt in a pot, add coconut milk, bring to a boil and cover. Simmer on low heat for about 25 minutes. Transfer soup into blender (use caution), adding water if necessary to achieve desired consistency. When blending is done, squeeze juice from grated ginger and add to soup.

Garnish with parsley and serve. For extra flavor, sauté veggies before cooking

Garlic Smashed Yams

4 large organic yams
4 large organic garlic cloves, finely chopped
4 tbsp. organic ghee or to taste
Sea salt and pepper to taste

Boil yams until tender. Strain water. Add garlic, ghee, salt and pepper. Smash and serve!

Healing Vinaigrette

$\frac{3}{4}$ cup organic olive oil
 $\frac{1}{4}$ cup organic apple cider vinegar
 $\frac{1}{2}$ teaspoon organic honey*
 $\frac{1}{4}$ teaspoon sea salt

Whisk ingredients together in a small stainless steel bowl until blended (emulsified) and then flash freeze for 5–8 minutes.

*Omit honey if you know you react to it.

Healing Bone Broth

4 quarts of filtered water
1 medium onion, chopped medium
3 carrots, chopped medium
3 celery stalks, chopped medium
2 bay leaves
3 garlic cloves, chopped finely
2–3 lbs. natural beef or chicken bones
2 tablespoons apple cider vinegar
Sea salt to taste

Stovetop: Fill a large stockpot with all the ingredients, pour in water and bring to a boil. Cover and reduce heat to a simmer. Cook for a minimum of 8 hours and as long as 24 hours.

Pressure cooker: I like to make all my soups and broths this way, because it saves so much time. Place ingredients in pressure cooker and cover with water. It's okay if the bones are frozen. Do not exceed the fill line. Lock the lid and place over high heat until the gauge reads high or 15 psi. Immediately decrease the temperature to the lowest possible setting to maintain high pressure. Cook for a minimum of 1 hour, and up to 3 hours. Remove the pot from the heat, and let the pressure release naturally. Let the broth cool, strain, and you've got a tasty, healing broth that can be drunk alone or used as a base for other soups.

Liver Bliss Snack Ideas

- Handful of soaked and sprouted almonds with an apple or organic dried cranberries
- Butter leaf lettuce Wrap
- Lydia's Organics Berry Good Cereal with organic coconut milk and fresh peach slices
- Garden salad greens with cranberries and soaked and sprouted nuts with healing vinaigrette
- Leftover garlic smashed yams and 3 oz. grilled chicken breast

Restore Your Liver with Live Organic Juices

Your liver loves the antioxidants found in live organic juices. I have found that adding one or two live juice drinks per day, in addition to Eating for Your Good Genes, to be very beneficial for restoring liver function.

You can try a combination of any of the following:

- Apple
- Carrot
- Beetroot
- Beet leaves
- Dandelion greens
- Red radish or daikon radish
- Fennel
- Garlic
- Ginger
- Parsley

Michelle's Liver Bliss Detox Cocktail

- 2 cups dandelion greens
- 3 large carrots
- 1 large apple
- 1 fennel bulb
- 4 celery stalks
- 1 cup fresh parsley

Process all ingredients in the juicer of your choice. Shake or stir, and serve with a squeeze of lemon!
Makes roughly 14 oz.

For more delicious juicing recipes, visit to www.thethyroidcure.com/juicing!

Restore Your Liver with Herbs

There are several herbs that are proven to assist the liver's detoxification and stimulate bile secretion. Many of these herbs come in capsules as well as in loose teas and tea bags. Choose organic!

Look for these ingredients:

- Artichoke
- Chicory Root
- Barberry root bark
- Oregon grape root
- Beet leaf
- Burdock leaf and root
- Dandelion leaf and root
- Milk thistle
- Nettle
- Red Clover
- Turmeric
- Yellow Dock

Michelle's Liver Bliss Tonic

2 parts dandelion leaf or root

2 parts nettle

1 part burdock root

1 part yellow dock root

Use 4 tablespoons of herb mixture per quart of water. Place herbs in small saucepan and cover with water. Simmer for 25 minutes. Strain and serve. The tea will be stronger the longer it simmers. If it's too bitter for your taste, add lemon, ginger or stevia to taste.

14-Day Liver Bliss Detox Suggested Supplements

Make sure you're getting all the nutrients you need for optimal liver function on your cleanse!

Multivitamins:

- Vibrant Way Empowerment Formula, or Pure Encapsulations Nutrient 950

Specialty Products:

- Liver Emergency Repair Pack
- GI Emergency Repair Pack

Ahh...Safe Detox Treatments

While you are reducing your exposure to environmental toxins, there are special detoxifying treatments that you can do to help your body eliminate toxins you've already accumulated. These self-care treatments can be relaxing and help you feel good right away while improving your health in the long run.

Far-Infrared Sauna

The skin is the largest organ of the body and an important detoxification pathway. One way to stimulate detoxification through the skin is by taking saunas. I'm happy to say that I find that my time in the sauna not only helps clean my system but also gives me a time to unwind and release stress. I feel great afterwards. Getting a good sweat is particularly important during the part of the healing process where many people tend to lose weight. As you lose weight, your tissues release toxins bound in the fat, and sweating helps clear them out of your body. Besides detoxing, raising body temperature helps fight infections and fungus; our body develops a fever for that same purpose. Hypothyroid patients commonly have below-average body temperatures, which in turn create an environment where infections (especially fungal) can thrive.

Tips to Help You Maximize Benefits from Your Sauna Treatment:

- It's best to use the sauna after you exercise.
- Don't eat for two hours before, and one hour after using the sauna.
- Avoid alcohol and drugs before your sauna visit.
- Make sure you have regular bowel movements when you are focusing on detoxification. If you're not going at least twice a day, drink plenty of water and supplement with fiber to encourage the process.
- Have at least one tall glass of clean water before using the sauna.
- Drink water while in the sauna, and drink even more afterwards.
- It's a good idea to talk to your practitioner about your sauna treatment, particularly if you take certain medications or are experiencing detox symptoms.
- Infrared saunas don't need to be any warmer than 140 degrees F (150 degrees max) to be effective.
- After using the sauna is a good time for another detox treatment: dry skin brushing (see below).
- Shower after your sauna to rinse off the toxins excreted through the skin.
- Try to sauna regularly, if not daily, while detoxing intensively; later you can scale back to once a week if you like. If an infrared sauna is not available, any sauna will help.

Dry Skin Brushing

Another great treatment that aids detoxification is dry skin brushing. It takes just a few minutes a day, makes your skin look and feel better, and is practically free. All you need is a soft brush with natural hair. You may want to look for a long-handled brush so you can reach your back. Start at your feet making long strokes up your legs on both sides towards your heart. Then work from the tips of your fingers along your arms toward your chest.

This treatment exfoliates dry and dead skin, opening the pores for efficient detoxification. Dry skin brushing is said to aid the lymphatic system in its role of clearing toxins; it also stimulates your nervous system, bringing your awareness to every inch of your body.

Epsom Salt Baths

Epsom salt baths are a relaxing detoxification alternative, especially if a sauna isn't an option. They make a great addition to your routine. Epsom salt is made up of the minerals magnesium and sulfur, and is an old-time remedy for treating minor inflammation and muscle aches. Both minerals are readily absorbed through the skin.

The magnesium ions absorbed through the skin regulate the activity of hundreds of enzymes, help reduce inflammation, relax muscles and may even help to prevent hardening of arteries. The arterial benefits arise because the body cannot assimilate calcium without sufficient magnesium; otherwise the calcium accumulates in your vessels. Magnesium also plays a role in preventing metabolic syndrome, which increases risk for heart disease and diabetes. People with low serum magnesium levels are 6-7 times more likely to have metabolic syndrome. Studies indicate that healthy women who get higher levels of magnesium through diet and supplements have a 27% lower risk of developing metabolic syndrome.

The other component of Epsom salt is Sulfur. Sulfur is the third most common mineral in the body and necessary for the liver's Phase II detoxification process. The body needs sulfur to synthesize cysteine, which is stored in the body in form of glutathione (GSH), one of the most important antioxidants in the body. Science has documented that sulfur baths reduce oxidative stress and reduce LDL and total cholesterol levels. You can also get sulfur benefits when soaking in hot springs baths rich in sulfur.

Epsom salt increases osmotic pressure on the skin (in other words, it draws fluid out of cells) which helps bring toxins to the surface and out of your body.

Beside the physical benefits, a nice warm bath before bedtime helps you unwind and reduces stress. It also softens skin and reduces wrinkles, and the magnesium contributes to relaxation for a good night's sleep.

Epsom salt costs just a couple of dollars per pound. You just need one or two cups, added to a hot bath in a standard-size bathtub. I recommend a hot 15-minute bath, 3-4 times a week, although you can take daily baths during detoxification. If you are bathing before bed, keep the lights low, perhaps using candles, to prepare your body for sleep and reduce stress.

Day 15

Please resist the urge to jump back into your old eating habits! It's best to add one food group at a time and eat it every day for a minimum of four days and see how you feel. Use a diet journal to track the foods you eat and your symptoms. If you have a reaction to a food, it's best to stop eating it and then wait until the reaction clears and you're feeling good before reintroducing another food. Otherwise, it may not be clear if you're reacting to the new food or still hung over from the last one.

If you don't have a journal, you can or download some pages at www.thethyroidcure.com/journal. When you add a food or food group back, be mindful of how you feel—and this includes your emotions and state of mind. Keep track of your energy levels, your moods, and your digestion.

Watch for symptoms such as:

- Brain fog
- Headache
- Flushing
- Gas and bloating
- Constipation
- Diarrhea
- Congestion—clearing your throat or sniffles
- Sinus pressure or pain
- Rashes or breakouts
- Fatigue
- Insomnia
- Irritability
- Moodiness
- Increased pulse

Since you'll be reintroducing foods one at a time, you will have the opportunity to really observe how that particular food makes you feel. Any reaction is a clue that the food is troublesome for you.

Conclusion: We are all creatures of habit - but sometimes our habits can wear down our health and well-being. It may take some effort to change what you eat during this 14-day Liver Bliss detox, but I guarantee you will see and feel the results!

I'd love to hear how you're doing! Share your story at www.thethyroidcure.com/successstories.

Love,

Michelle Corey

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