

Notes on Cleansing & Detoxifying Your System after stopping Birth Control, and Pre-Conception



After coming off of hormonal birth control, it is wise to use some detox/cleansing herbs and diet before conceiving. Avoid MSG, artificial sweeteners, preservatives, and other toxic chemicals such as those found in most plastics - do not heat foods in plastic or use plastic drink containers.

Part 1

Week 1 - start with your kidneys:

- lots of watermelon, fluids, electrolytes, and mild diuretic teas to help flush your system
- eat mostly fruits and vegetables with some proteins

Week 2 - next the GI tract:

- any colon-cleansing regimen will help
- flaxseeds and other fiber sources, high-fiber veggies, fruit smoothies
- probiotics
- very little protein or fats this week and avoid starches

Week 3 - then the liver:

- no fried foods
- lots of green smoothies, chlorophyll (liquid, 1-2 ounces per day)
- dandelion leaf and root teas/tinctures, and nettle tea/tincture
- ending with a bile-duct and gall-bladder flush (you may pass gallstones after this one);
 - fruit juice fast for one day (no solids)
 - followed by an ounce of olive oil in the evening.

Do each of the above for about a week before moving to the next. By the end of the first month, you will have flushed a lot of toxins out of your system, gently and slowly.

Part 2

After the cleanses, stay with lots of greens every day (raw and steamed; variety of kale, collards, spinach, salads, etc.), fresh fruits (raw), deeply-colored vegetables like yams, olive and coconut oils, and very nutritious proteins (seafood, liver, eggs, and kelp/sea vegetables of all kinds such as suchi wraps). Avoid any foods to which you know or suspect that you may be sensitive.

Fermented foods are a plus; yogurt, kefir, real sauerkraut, fermented pickles of all kinds.

You can also keep taking the chlorophyll (a tablespoon a day is good, 2 tablespoons even better) and probiotics. Stevia is a healthy sweetener to use anytime.

Another of the best things you can take is cod liver oil (or about 2 grams of any good omega-3 source, plus at least 5,000 IU of vitamin D3); these 2 nutrients are required for your body to manufacture a long list of metabolic hormones that will help to normalize your cycle.

Red raspberry leaf tea and nettle tea are also good cleansing and regulating herbs, great for fertility, and safe to drink all the way through pregnancy as well.

Please see my nutrition handout for information on other critical supplements.