

# HAPPY HORMONES

8-WEEK PROGRAM

**A STRUCTURED OUTLINE  
DESIGNED TO RESET  
A WOMAN'S  
NATURAL BIORHYTHMS**



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# INTRODUCTION

## THE 8-WEEK HAPPY HORMONES PROGRAM

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The 8-Week Happy Hormones program is a structured outline designed to reset a woman's natural biorhythms. The concept is to follow the program for 8 weeks or two cycles, along with recommended supplements to correct the underlying causes of hormonal imbalance. Once the program is completed, there is a maintenance program along with preventative supplements to maintain balance. After following the program women will feel more energised, hormonally balanced, lose weight if needed and better understand their own body.

## HAPPY HORMONES LIFESTYLE PROGRAM

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The Happy Hormones Program is a step-by-step system to create an internal environment where the body can revitalise and heal itself.

Health is simple. Give the body the correct environment and it will heal itself. To understand this fact, we must first understand how disease develops.

When the body is not given the ideal environment to function optimally, disease will eventually manifest. Incorrect nutrition, excess stress and emotional issues, reduced sleep and recovery time, lack of appropriate physical activity (or in some cases excessive physical activity); and the ingestion of harmful substances through diet, lifestyle and the surrounding environment can cause the body to develop an imbalanced biochemistry.

## INTRODUCTION

Our internal biochemistry is directly influenced by these factors, causing an imbalance. The two most important biochemical imbalances which influence all biological processes are the level of oxidation and acidity in the blood and tissues. When these two biochemical situations occur in the body, they affect the cells ability to function and allow for the accumulation of toxic bi-products in the tissues.

These biochemical imbalances and accumulation of toxins then cause a reduction in the cells ability to produce energy and create blockages in the body's electrical circuit. When the cells cannot produce energy efficiently they become diseased.

The expression of symptoms, and ultimately disease, relies on the individual's genetic strengths and weaknesses. Many people have the same lifestyle and resulting imbalanced biochemistry, yet symptoms vary greatly depending on the genetic potential of the individual.

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**Every human being is the author  
of his own health or disease.**

BUDDHA

## CORE ELEMENTS

### CORE ELEMENTS TO THE HAPPY HORMONES PROGRAM

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#### STEP 1

##### Take our **FREE** Assessment

Complete our online Assessment and go through your report to help you better understand your unique Hormonal profile.

#### STEP 2

Follow the cleansing program to balance internal biochemistry and start the healing process. The cleansing program is an 8-week eating and activity program that establishes the core principles of how to lead your life. This focused program rebalances the biochemistry and starts the detoxification process which may take several years. The corrective program can be continued or revisited several times per year to enhance detoxification.

#### STEP 3

Follow the nutritional plan, focusing on foods naturally high in antioxidants and alkaline in nature.

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### TWO SEPARATE FOOD LISTS ARE PROVIDED

- 1 Antioxidant rich foods.** This food list contains the foods which have the highest natural levels of antioxidants. When you consume foods exclusively from this list, your levels of natural antioxidants rise dramatically, cancelling all negative oxidation in the body and allowing your own internal antioxidants to focus on breaking down and removing toxins.

## CORE ELEMENTS

**2 Acid/alkaline food list.** This list outlines which acid-forming foods to avoid, and which foods encourage an alkaline state in the body.

### STEP 4

Prescribed activity program to revitalise energy output and flow. These very specific sets of activities, when practiced daily, restore the correct energy flow in the body and assist in toxin removal and drainage.

### STEP 5

Meditation or guided relaxation every night before bed to assist with improving sleep, releasing tension and calming the nervous system.

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**Meditation can help us embrace our worries, our fear,  
our anger; and that is very healing.  
We let our own natural capacity of healing do the work.**

THICH NHAT HANH



## DAILY CLEANSING PROGRAM

- Upon rising, drink one glass of room temperature water with lemon, lime or grapefruit juice to flush your system.
- Have a vegetable juice every day. Add fresh turmeric or 1 small tsp of turmeric powder (diabetics to avoid carrot juice).
- Consume 2 cups of chamomile tea.
- Add a handful of fresh sprouts or grated carrot and beetroot to every large meal.  
This will improve your digestion by adding additional enzymes.
- Meditate every night before bed.
- Perform the **HH plyocentric exercises** every day.
- Perform the **HH Hormonal Asanas** every day.
- Option - take 2 tsp of Apple Cider Vinegar in water before meals.
- 3/4 cup of coconut water Kefir or Rejuvelac.

### WEEK 1

**Week 1** of the cleansing program is very important for your overall success. Going cold turkey on foods and drinks to which you have developed a dependence, can be very difficult due to the cravings and withdrawal symptoms. Week 1 is designed to gently reduce your dependence and allow your body to adjust to the program. **Week 1** is not about your last binge, it is about slowly reducing the wrong foods and beverages.

- 2 cups fresh vegetable juice which can be split into two 1 cup doses – morning and evening.
- Halve coffee, smoking and alcohol intake.
- Reduce dairy, white bread, sugar, chocolate, soft drinks & takeaways.
- Consume 2 cups of chamomile tea.
- Consume 1/2 cup of Coconut water kefir or Rejuvelac.



## DAILY CLEANSING PROGRAM

### WEEK 2 - 5

(Week 2 is when things start to get serious.)

- 2 cups fresh vegetable juice split into two 1 cup doses – morning and evening.
- Consume 2 chamomile teas per day.
- Avoid coffee, smoking, and alcohol.
- Avoid dairy, except natural yoghurt and feta cheese, white bread, sugar and chocolate, soft drinks and takeaways.
- Avoid red meat and poultry (eggs are accepted). Ideally you should be vegetarian during this phase for the full impact, however fish is allowed if necessary.
- Consume 3/4 cup of Coconut water kefir or Rejuvelac.

### WEEK 6 - 8

- 1 glass of alcohol per day only.
- 2 cups fresh HH vegetable juice split into two 1 cup doses – morning and evening.
- Reintroduce poultry (organic preferably) and fish.
- Reintroduce small amounts of dairy foods.
- Avoid white bread, sugar and chocolate, soft drinks & takeaways.
- Consume 2 cups of chamomile tea per day.
- Consume 1.1/4 cups of Coconut water kefir or rejuvelac.





## SECRET RECIPES

Here are 3 recipes to get you started. We also have lots of healthy, tasty recipes on our website. <https://hhy.link/recipes-023c>

### 1 HAPPY HORMONES FRESH JUICE BALANCER

**Consume 2 cups of the juice every day. 30% carrot, 20% celery, 20% bok choy, 5% broccoli, 5% beetroot, 10% cabbage, 10% apple.**

You can vary these amounts to suit taste. This juice is a tonic for assisting the body in breakdown and excretion of toxins correctly. Juice 2 cups and then consume 1 cup in the morning and 1 cup in the evening. Add 1/2 to 1 tsp of turmeric powder to the drink and mix well. Alternatively fresh turmeric can be juiced into the concoction.

### 2 COCONUT WATER KEFIR

**1 litre of coconut water + 1 acidophilus capsule or kefir starter.**

Mix the acidophilus capsule into the coconut water and leave to sit for 2 days in a warm environment with the lid sitting on the bottle, but not screwed on. The coconut water will naturally ferment, becoming rich in beneficial microbes for your digestive balance. Once the first batch is made, 3 tbsp can be retained to start the next batch.

### 3 REJUVELAC

**Take 1 cup of any grain – wheat, barley, rye, or quinoa.**

Soak the grain and allow to sit in water for 24 hours. Drain the water and let the grain sit for 2 days until it begins to sprout slightly. Rinse 2 to 3 times per day during this process. Place the sprouted grain in a jar with 6 cups of water and let sit for 2 to 3 days until it goes cloudy and you observe bubbles coming off the liquid. Taste it. It should taste fresh and slightly lemony. Retain the grain and you can make another batch in just one day and then discard.

Place liquid in the fridge and consume within 2 weeks. It shouldn't taste or smell putrid.

# BIOCHEMISTRY CHANGING FOOD LISTS

## HIGH ANTIOXIDANT FOODS LIST

This list represents the foods with the highest rating for natural antioxidants as per the ORAC testing methods. Consuming foods which have a high ORAC increases the body's own internal antioxidant levels. This preserves our own internal antioxidants such as Glutathione peroxidase, Superoxide dismutase and Melatonin to start to detoxify and repair the body. Having a low oxidative status generated from consuming foods exclusively from the below lists, establishes an internal biochemical environment optimal for healing and repair.

## EXTREMELY HIGH ORAC FOODS

Cloves, oregano, rosemary, thyme, cinnamon, turmeric, vanilla beans, sage, szechuan pepper, Acai fruit pulp/skin, rosehip, parsley, nutmeg, basil, cocoa dry powder, cumin seed, curry powder, white pepper, ginger, ground pepper, mustard seed.

## HIGH ORAC FOODS

Rice bran, chili powder, paprika, pepper red/cayenne, Raspberries, pecans, Elderberries, Peppermint, walnuts, Raisins, Hazelnuts, Blueberries, Artichokes, Cranberries, red kidney beans, black beans, prunes, pinto beans, pistachio nuts, plums, lentils, garlic, blackberries, soybeans, coriander (cilantro) leaves, pomegranates, coconut, coconut oil.

## HIGH TO MEDIUM ORAC FOODS

Almonds, dill, strawberries, apples, peaches, dates, cherries, red wine, figs, gooseberries, goji berry, apricots, cabbage, broccoli, guava, mangosteen, lettuce, asparagus, cauliflower, pears, radish seeds sprouted, sweet potato, whole grain bread, brown rice.



# BIOCHEMISTRY CHANGING FOOD LISTS

## MEDIUM ORAC FOODS

Oranges, cashew nuts, beet greens, avocados, arugula (rocket), navy beans, grapes, radishes, oats, macadamia nuts, spinach, potatoes, russet, grapefruit, tangerines, (mandarin oranges), onions, alfalfa sprouts, Brazil nuts, lemons, mangos, green tea, Chinese green vegetables, olives.

## LOW TO MEDIUM ORAC FOODS

Kiwi fruit, salsa sauce and tomato paste, mushrooms, pineapple, eggplant, nectarines, chickpeas, noni fruit, green beans, bananas, olive oil- extra-virgin, shitake mushrooms, peas, corn, pine nuts, maitake mushrooms, oyster mushrooms, leeks, apple cider vinegar, celery, tomatoes, pumpkin, carrots, melons, cantaloupe, papayas, honeydew, cucumber, squash, zucchini, watermelon, limes, whole meal pasta.

## ACID/ALKALINE FORMING FOODS

Include the following alkaline forming foods in your diet. Having an alkaline system is the other biochemical situation essential for healthy endocrine and hormonal balance. Hormones need an alkaline environment to operate correctly as they essentially act as enzymes. We also suggest as part of a maintenance program, to consider taking some concentrated greens from wheat grass, green barley and Spirulina which provide the body with a concentrated alkaline source and chlorophyll, which cleanses the blood.



# BIOCHEMISTRY CHANGING FOOD LISTS

## HIGHLY ALKALINE FORMING FOODS

Apple cider vinegar, baking soda, broccoli, sea salt, mineral water, celery, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sprouts, fresh vegetable juices, sweet potato, lime, lemon, grapefruit, nectarine persimmon, lettuce, raspberry, blackberry, mulberry, watermelon, tangerine, and pineapple.

## MODERATELY ALKALINE FORMING FOODS

Spices, molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, loganberry, mango.

## LOW ALKALINE FORMING FOODS

Most herbs, green tea, rice syrup, apple cider, sake, quail eggs, primrose, sesame seeds, cod liver oil, almonds, , potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, lemon, pear, avocado, apple, blackberry, cherry, peach, papaya.

## VERY LOW ALKALINE FORMING FOODS

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprouts, beet, chive, cilantro (coriander), okra, cucumber, turnip green, squashes, lettuces, orange, apricot, banana, blueberry, raisin, currant, grape, wild rice.

# BIOCHEMISTRY CHANGING FOOD LISTS

AVOID	INCLUDE MORE
Cheap cooking oils, canola oil, vegetable oil.	Cold pressed virgin olive oil, coconut oil, avocado oil, rice bran oil.
Table salt.	Celtic sea salt, himalayan sea salt, coloured murray river salt, miso, vegetable salt (herbamare), tamari.
Red meat, pork, ham, bacon, sausages, luncheon meats, frankfurts, cabana, continental sausages, pies, pastries, sausage rolls, chicken, turkey, lamb.	Fresh wild caught seafood, beans or legumes, organic non-GM tofu, tempeh, free range eggs.
White sugar, raw sugar, sugar substitutes.	Raw honey, stevia, brown rice syrup, unrefined maple syrup, apple juice concentrate, pear juice concentrate, coconut sugar, medjool dates.
Chocolates and sweets.	Fresh fruit, sugar free carob chocolate, sulfur free dried fruit, medjool dates, 80% cacao (sugar free) chocolate, home made treats using wholegrain GF flours and natural sweeteners.
Cakes, biscuits, slices, white bread, white rice, white bread.	Homemade treats using wholemeal or GF flours and natural sweeteners. Dried fruits (sulphite free). GF oats, brown, red or wild rice, millet, spelt, amaranth, buckwheat, whole grain sprouted or sourdough breads.
Potato chips, hot chips, pretzels, salted and roasted nuts, (particularly peanuts as they contain toxic fungus).	Low salt organic corn chips, roasted chickpeas, kale chips, vegetable chips, raw unsalted nuts except peanuts. Organic popcorn. Seeded crackers.



# BIOCHEMISTRY CHANGING FOOD LISTS

AVOID	INCLUDE MORE
Cow's milk, cheese, cream, flavoured yoghurt, sour cream, cream cheese spreads, milkshakes.	Sugar free plant based milks (oat, almond, rice, coconut, macadamia), goat's milk, natural pot set yogurt (sugar and fruit free), coconut yoghurt, cashew cheese, nutritional yeast.
Icy-poles or ice cream and lollies.	Freeze 100% fruit juice into popsicles, make coconut ice cream with fresh fruit and coconut cream, home-made gelatin gummies.
Roasted nuts, peanut butter, preserves, jam.	Raw / activated nuts, nut butters (almond, cashew, brazil, pecan, walnut), home-made chutneys or sauces, chia jams.
Margarine, butter alternative spreads like nuttalex.	Blend 1/2 low salt real butter and 1/2 olive oil together and store in the refrigerator (add a squeeze of a vitamin E capsule for less oxidation), grass feed organic butter, coconut oil, nut butters, olive oil, avocado.
Tap water.	Rain water, spring water, filtered water or mineral water.
Cola, soft drinks, cordial.	Mix 50 - 60% pure fruit juices to 40 - 50% pure sparkling mineral water, apple and pear fruit juice concentrates from health food stores make good bases for cordial. Kombucha, coconut water kefir, herbal teas.
Coffee, tea, milo, cocoa, powdered chai lattes.	Herbal teas, green tea, dandelion coffee with nut milk, cacao, matcha latte, turmeric latte, sticky chai in a pot, supermushroom drink.





## HORMONAL IMBALANCE PLYOCENTRIC EXERCISES

Exercise is important for our body to function effectively. The more regular and varied the exercise, the better it is for your body. But not all exercise is equal for hormonal conditions. Walking for example, is great for general well-being, but will not have direct effect on improving your hormonal symptoms. Exercise can be used for general well-being to improve circulation, digestive function, lymph system, improve energy production and help relieve stress. One of the main benefits of exercise, is increased blood flow and lymphatic drainage. If the exercise is general, then the effect is general.

### **But what if we know where we want to increase circulation and lymph flow?**

We can then develop a set of exercises to actively target a specific area, i.e the pelvic region for hormonal imbalance. If we can send blood to the pelvic region in an intensive manner, the tissues get flooded with healing oxygen; and where blood enters, it must exit, thus carrying away waste products and toxins released from the tissues as a result of the targeted exercise.

With increased blood flow also comes better circulation of hormones. In combination with the balancing of the glandular system and hormone levels from Happy Hormones, the increase in circulation allows for hormone levels to enter and leave the pelvic region efficiently. With poor circulation and stagnation, hormone levels can accumulate and have an overstimulating affect.



## HORMONAL IMBALANCE PLYOCENTRIC EXERCISES

We often forget that our lymph system and pelvic region is highly concentrated in lymph tissue. When the lymph becomes stagnant and doesn't flow properly, tissue overgrowth can occur. The end result from these daily exercises creates better tone for the pelvic muscles. Exercise increases circulation to encourage healing and a smooth-flowing lymph system to drain toxins, leaving you with a healthy and happy pelvic region.

The hormonal plyocentric exercises should be completed 1 to 2 times per day for the maximum effect. Depending upon your level of fitness, start at 1 set of 5 of each exercise. Build up to 5 sets, totalling 20 of each exercise once you are used to the intensity of the movements and can manage the fitness required.

You can see the video of the plyocentric exercises on the HHY website.

<https://hhy.link/plyo-624e>

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# HORMONAL BALANCE YOGA ASANAS

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## HORMONAL IMBALANCE ASANAS

Similar to the plyocentric exercises, focused yoga asanas can be extremely beneficial to assisting the body to find its balance again. These sets of rhythmic asanas specifically encourage blood and chi flow through the pelvic regions along with stimulating the whole glandular system.

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## HAPPY HORMONES MEDITATION

Lastly, it's important to give your mind some space for quiet and to rest your nervous system. You may perform your own meditation or guided relaxation; or take advantage of our specific guided meditation which focuses your mind on balancing your endocrine system.

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**When there are thoughts, it is distraction:  
when there are no thoughts, it is meditation.**

RAMANA MAHARSHI



## SUMMARY

Remember, you're not alone in your quest to balance your hormones. Most women, if not all, are affected at different degrees by hormones. The best way to balance hormones is through a healthy lifestyle. Happy Hormones acts as a catalyst, so is an important factor to creating balance again.

The temptation is to think you already have a healthy diet, so no need to follow a specific program. This is a common mistake, and time and again, we see the most dramatic and profound results from those ladies who follow the 8-Week program. HH will still work alone, but the results take longer and are not as long-lasting as when completed alongside the entire program.

Stay strong, and you will find balance not only in your hormones, but in your life as well. I encourage you to join the Happy Hormones facebook group to get support from other women going through the same situation as yourself.

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