

The Perfect Period[®] **DETOX** *Challenge*





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How To Get The Best Results With The Perfect Period[®] Detox Challenge

There is so much in this world that we can't control as women. Our periods should NOT be one of them.



Accepting problems during your cycles is something that women have done through the ages. And that's unnecessary. With a bit of knowledge, some support and key adjustments in your daily life, you too can have a perfect period.

By choosing to do this **Perfect Period Detox Challenge**, you obviously are already committed to a better life as a woman. We have learned that taking small steps to support your body will help you have a regular period and a normal cycle.

Use this Perfect Period Detox challenge to see the small (and sometimes not-so-small) adjustments you can make in your daily life that can contribute to a problem-free period.

This challenge will provide you with five small but significant steps you can take over the next few days to support your periods.

But before we get into the detox, let's first look at the basics of your cycle so that you understand what is going on in each phase.



Understanding Your Cycle

What did your mom (or other influencers in your life) teach you about your period when you had your first one?

While every woman knows that she's going to have periods, a lot of women don't really understand what exactly is going on in their bodies during their menstrual cycles. One gal shared, *"I just don't have good body-awareness."* If this is you, you're not alone.

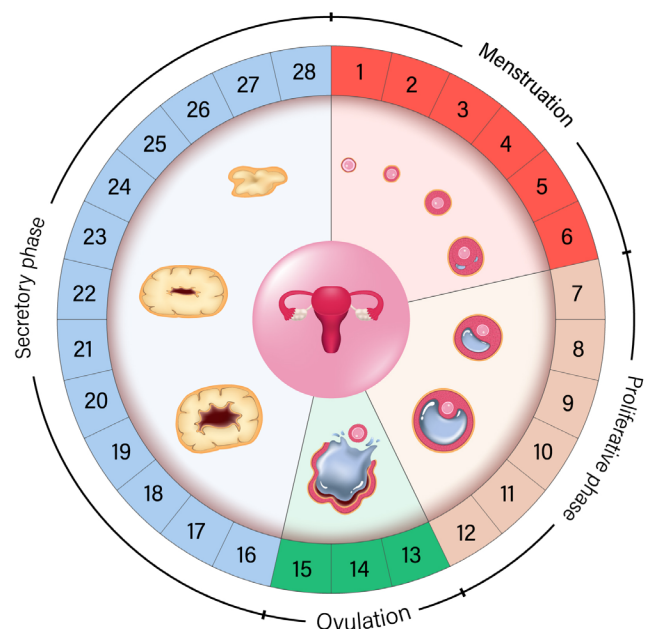
Maybe you feel like the topic was brushed under the rug or left to your high school health class teacher to fill in the blanks. It's likely not mom's fault that you learned this way.

Truthfully, your mother (or mother figure) may have felt shame or embarrassment about the subject.

Maybe her mother treated it as a taboo subject, and so she didn't get much information about how her body works either. Body shame and trauma can be passed down through generations.

Here's a bit of insight that perhaps your mom didn't know to share with you.

There are four phases to your cycle (don't worry, we're going to keep this super simple):





The Menstrual phase - progesterone production drops off, triggering the elimination of the thickened lining of the uterus when pregnancy does not occur. Estrogen peaks and then drops, preparing for another cycle. Menstrual fluid contains blood, cells from the lining of the uterus (endometrial cells) and mucus.

During menstruation you might crave warm foods, especially ones that are rich in iron (like chicken, fish, spinach, and collard greens) and zinc (oysters), which can remineralize your body while you are bleeding.



The Follicular phase - this begins with the first day of your period and continues until ovulation occurs (there's some overlap of the ovulation and menstruation phases). This is when your pituitary gland releases follicle stimulating hormones so your ovaries can create follicles which contain eggs. Estrogen increases to thicken your uterine lining to prepare to host an egg.

Fresh, light foods such as salads, veggies, lean protein, and whole grains can support your energy during this phase.



The Ovulatory phase - a sharp rise in follicle-stimulating hormone (FSH) followed by an increase in luteinizing hormone (LH) will stimulate the release of an egg (the "fertile window" in your cycle). Estrogen increases and testosterone does a quick surge and drop right before ovulation.

Your body may crave antioxidant-rich fruits and veggies, omega-3 rich foods like salmon, avocado and nuts, and other nutrient-rich foods to support a healthy egg.



The Luteal phase - once the egg bursts from the follicle, this structure starts releasing progesterone, along with small amounts of estrogen. This combination of hormones maintains the thickened lining of the uterus, waiting for a fertilized egg to stick.

You can support your body with foods rich in B vitamins such as beef, turkey, eggs, and beans, and fiber-rich dark leafy greens as well as roasted root vegetables.



Each phase is dedicated to some aspect of creation — your body preparing itself for pregnancy, or transitioning when pregnancy doesn't happen.

In many cultures, the menstrual cycle has been viewed as sacred. And did you know that your cycles are influenced by the cycles of the moon?

Now that we've covered science 101, let's go a little deeper into other interesting things happening with your body during each phase.

Menstruation Phase:

This is a time to honor yourself, your space and your body. This is also a good time for clearing clutter, for reflection, rest and rejuvenation. All too often women ignore their natural rhythm and cycles and therefore are working against themselves. Instead of relaxing, slowing down, and creating space for themselves, women force themselves through the tasks and duties that are screaming for their attention.

It's in this phase that it's ideal to follow more calming and meditative practices so your body can focus its energy on the natural processes happening within.

You'll also notice, as mentioned above, that if you're paying attention, you may find yourself clearing out drawers, closets, or your desk. Just as your body is clearing out, your natural instinct may also be to clear out your physical space as well.



Follicular Phase:

Many women find they are at their peak creative expression during this phase; filled with new ideas. Our cycle represents creation — both for human life as well as other projects. *During the last few days of this phase, I find that I can often accomplish twice as much work without much effort. This is when I ramp up external projects I'm working on and find that my multitasking is exponential.*



Ovulation Phase:

Your core temperature rises almost a half degree after ovulation. The reason for this is that the level of the hormone progesterone rises after an egg is released; progesterone raises the body temperature.

Because this is when you're more fertile in your menstrual cycle, *this is also a good time to be more "fertile" and creative in other aspects of your life. Plus, you may find yourself more open and receptive to new ideas from others.*



Luteal Phase:

After ovulation, the body is preparing for the potential of becoming pregnant. It's often towards the latter part of this phase (and as you begin the menstrual phase and start to bleed) that you'll notice a dip in your energy. *This is a time to do routine tasks and not overload your schedule. Be kind and gentle to your body.*



Why Do You Need a Detox?

The things that you expose yourself to in your day-to-day lives may very well be releasing toxins that have a negative impact on your hormones and overall health causing them to be out of balance within each cycle and not performing in their intended ways. **These toxins, along with lifestyle habits like what we eat, how well we sleep, how much movement we get, and how well we manage stress, can influence our hormone production.**

For example, if you're constantly stressed, you can have too much of the stress hormone cortisol in your body. Excess cortisol can affect your body's ability to make healthy levels of progesterone, so your estrogen and progesterone levels are not in balance with each other. Having too much estrogen can cause blood sugar imbalances, which can lead to mood swings, weight gain, and more serious issues.

Your hormones can also get out of balance by getting exposed to everyday chemicals.

Even the everyday products that we think of as "safe" can contain dozens of different chemical compounds. They're in everything from the household cleaning chemicals that you use, to your laundry products. From your brand of cosmetics, to the lotions and creams you put on your skin.

Interestingly enough, women tend to accumulate higher levels of toxins than men.

And one of the fastest growing health concerns for women over the past decade is the harmful influence these chemicals have on your endocrine and hormonal systems.

A 2009 scientific statement from the Endocrine Society identified a variety of endocrine-disrupting chemicals that negatively affect the health of women (and men as well).



Internal and Environmental Toxins and Their Impact on Periods

A woman's body is filled with hormones — your body's chemical messengers.

Hormones don't just regulate your menstrual cycle. They're also critical to regulating metabolism and appetite, sleep cycles, body temperature, mood and sexual function.

An imbalance in these can arise when you have too little or too much of one or more hormones in any of the menstrual cycles. When these are out of balance with each other — especially estrogen and progesterone — your body can't perform some of its functions properly, including your menstrual cycle.

The imbalance of hormones can also lead to increased inflammation (or it can be the other way around). When women experience discomfort of any degree with their periods, it is often in direct correlation with either hormonal imbalance or inflammation. Or both.



A study done by the University of California, Davis, showed that the more inflammation is present in your body, the more issues you may encounter with your periods.



There are four key factors that may be influencing hormonal imbalance and/or inflammation:

Environmental Toxins

Toxins aren't only found as pollution in the air that we breathe or in the water that comes from the tap.

Unfortunately, there are many chemicals that are added to typical household products that we use every day in our kitchens, bathrooms, laundry and our personal care products.

Add to this plastic storage containers, plastic water bottles, scented candles in your home, and perfumes. Be sure to check ingredients lists before buying 'scents.' If you see the word 'Parfum', 'Perfume', 'Fragrance', etc., instead of specific essential oils, it means that artificial/chemical ingredients are being used. All of these items could potentially be impacting your overall health and hormones and the experience you have with your periods each month.

Cortisol: The Stress Hormone

The problems and discomfort related to your period could be a result of too much cortisol, the stress hormone. The more stress you experience in your life, the more cortisol your brain secretes. This hormone is designed to keep you safe in fight or flight situations; however, too much of it over prolonged periods of time can begin to negatively impact the optimal balance of your estrogen and progesterone and your overall cycle. This can lead to things such as sleep problems, afternoon energy crashes, lack of focus and period irregularities.



Thyroid

What you experience with your cycles and period could also point to a thyroid hormone imbalance. When your thyroid produces too much or too little thyroid hormone it can lead to a whole host of problems with your period. We recommend having a conversation with your doctor about how this may or may not be impacting the quality of your periods.

Nutrition

You are what you eat. You know it's true. What you put into your body will absolutely impact both your hormone balance and levels of inflammation in your body. You want a better experience with your periods? Maintain a well-balanced, healthy diet based on clean protein, hormone-balancing healthy fats, antioxidant-rich fruits and veggies, and herbs to help your body thrive naturally.

In this simple [Period Detox](#), we'll explore some of the external toxins that you may be exposing our body to that can be negatively impacting your hormones, health and period.



It's not enough to just address the issues that arise with your periods. It is crucial that you also look at what is causing the problems in the first place.

This short detox is not a quick fix that will mask the symptoms that you have with your period. This is the beginning of a bigger commitment to address the core issues that create problem periods.

Like our Perfect Period tincture, using natural solutions can take time. Your body needs to adjust and self-regulate to the changes, and it may be a cycle or more before you notice bigger improvements. Once you commit to the journey to addressing the root cause of period misery, you can completely reverse or eliminate your symptoms over time.



So congratulations for taking the first step toward a more perfect period!





Day 1

Detox Household Products & Other Cleaners

If I were to come to your home and help you detox your household products, the first thing I'd do is look at the type of soap you use to wash your hands. I'd look in your cupboards and **get rid of the cleansers with harmful chemical ingredients**. And I'd go through your kitchen drawers and replace your plastic food containers with glass ones.

Here's why...

The very things you're using to clean your home, clothes, cars, and spaces can be negatively affecting your and your family's health, depending on the toxic chemicals they contain. While the (intended) positive impact of these cleaning products is short-lived, their negative effects on your health and hormones can be long-term.



Prolonged exposure to the harmful, toxic chemicals found in most cleaning products could interrupt your body's ability to naturally detox itself and disrupt your natural hormonal balance.

Phthalates, a type of toxic chemicals, are most commonly found in soaps, air fresheners and other cleaners, and are endocrine disruptors that clinical studies have shown can negatively affect the body's hormones, and yep, that means messing up your periods. Most cleaning products also contain a number of other toxic chemicals associated with other health issues. Many cleaners that come in concentrated form are actually classified as hazardous.



While there are many chemicals to pay attention to, here are some of the chemicals to avoid within your household cleaning products when it comes to your menstrual cycle and period:

1.

Phthalates - often found in products that are scented, this chemical is an endocrine disruptor. Regulations and laws do not require companies to list what is in the so-called "fragrance."

2.

Triclosan - mainly in dishwashing soap and other products labeled as "anti-bacterial." This is also an endocrine disruptor.

3.

Chlorine - primarily in drain and toilet bowl cleaners and products containing bleach. This chemical has the potential to negatively affect your thyroid function, thereby reducing hormones vital to a natural, healthy, menstrual cycle.

How does education about the potential dangers of exposure to the toxins in household cleaning products help you have a Perfect Period?

The less you can expose your body and its health to toxic chemicals, the more it can function normally in all aspects of your health, including your menstrual cycles and periods, and the better your flow will be in all areas of your life.

Use the space below to take an inventory of the following list of common cleaning products. You'll want to eventually do a full inventory of all the cleaning and laundry products under your kitchen sink, in your laundry room, in your bathroom linen closets, and elsewhere throughout your house, and to switch over to safer products.



To start, list what products you use for:



Surface cleaner

Tip: Start using a biodegradable, non-toxic, and pH balanced spray.



Shower and bathroom cleaner

Tip: Instead, mix a solution of vinegar and baking soda.



Dish soap

Tip: Reach for castile soap, a natural, plant-oil based, and biodegradable soap with antibacterial agents. It won't dry out your hands, and will more likely leave them soft. This healthy alternative has many other household purposes as well.



Air freshener

Tip: As a healthier alternative, use an aromatherapy diffuser and good quality essential oils - Lemongrass or other citrus essential oils will leave your space smelling clean and fresh..



It takes clarity and commitment to make better choices that can improve your and your family's overall health (not just your menstrual cycles and periods).

Journal Below: Write what you learned from this experience, how it went, and what changes you'll make in your daily life to support your healthy period.





Day 2

Detox Cosmetics, Lotions & Perfumes

In the previous day, we shared with you the potentially dangerous implications of Phthalate chemicals as they relate to plastics and containers.

These harmful chemicals, and many others, are also found in most cosmetics, lotions and perfumes.

According to studies, on average, women use 12 personal care products each day, exposing themselves to 168+ chemicals.

Did you know that your skin is the largest organ of your body and absorbs everything you put on it?

Without being aware of the ingredients that are in your personal care brands, you could be unknowingly exposing yourself to harmful chemicals, making your body work harder to protect itself as it tries to keep your hormones balanced.

The director of healthy living sciences at **Environmental Working Group** said *"known or suspected carcinogens like formaldehyde – found in some keratin hair treatments, body soap and nail polish – and coal tar – found in some hair dyes and shampoo – are of top concern in beauty products. So are heavy metals, like lead found in lipsticks and clay-based products, and endocrine-disrupting chemicals like parabens and phthalates, among others."*

Would you knowingly rub carcinogens (like asbestos or radon) all over your body?

I didn't think so.

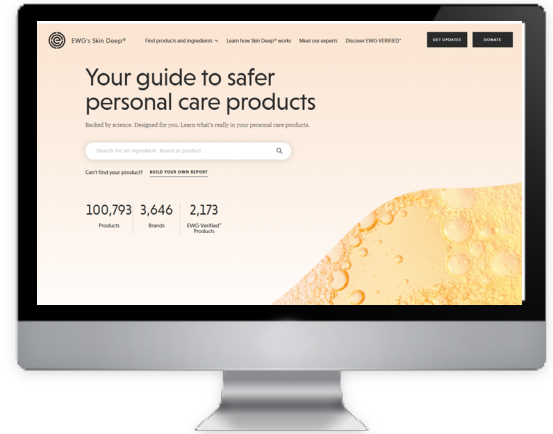




There are certain ingredients to be on the lookout for when choosing your personal care products. The good news is that it can be easy — even with ingredients that seem impossible to pronounce.

EWG has an entire “Skin Deep” research section devoted to providing clarity on over 70,000 personal care products: <https://www.ewg.org/skindeep>

They also have a handy guide so you can review ingredients as being safe or toxic. Feel confident with their 833+ top-rated personal care products so that you're not only looking beautiful, but your beauty is not impeding your health.



What does detoxing your cosmetics and personal care products have to do with having a Perfect Period?

When you repeatedly expose your body to products containing harmful chemicals, you may be disrupting your hormones and causing an imbalance. This imbalance has a direct impact on the challenges you may experience with your menstrual cycles and periods.

Use the space below to take an inventory of products to research using EWG.org. Start with your makeup drawer. Head to your medicine cabinet, your linen closet, your toiletries bag and other drawers, baskets and cabinets in your bathroom, kitchen, pocketbook, and house.

Make a commitment to love your body enough to make conscious choices about using health-supporting products and brands.





Journal Below: On the left side, list out the products that you currently use in your house. On the right side, write down what you will use to replace your old products.

What I Currently Use

What I'll Use Instead





Day 3

Detox Plastics, Containers & Other Items

Consider for a moment how much contact you're used to having on a daily or regular basis with plastic water bottles, plastic containers to store leftovers, plastic drinking cups (both the hard reusable cups and the to-go, disposable cups), or the linings of infant formula and food cans.

Bisphenol A (BPA) is a chemical used to harden plastics and is often found within these day-to-day items. **Exposure to BPA is of special concern as it is a chemical that mimics estrogen and can cause hormonal imbalances** -- in men as well as women. Studies have shown that chemicals can leach out of plastics into the foods we eat and beverages we drink; especially when these plastics are heated (in a microwave or by leaving them in your car on a hot, sunny day for example), are scratched, or have rough surfaces (often so with older, heavily used containers).

Almost everyone has certain levels of BPA within their system. With minimal exposure, your liver can metabolize the chemical and your body can secrete the chemical through your urine; often within 24 hours. It's with repeated exposures that BPA (and other chemicals) can become a toxic influence and have a negative impact on your health.

Phthalate is another potentially dangerous chemical that is used to make vinyl plastics soft and flexible (and as discussed yesterday, they are also found in cosmetics and personal care items. They are often one of the ingredients used in scented feminine hygiene products). **Phthalates are endocrine disruptors that can contribute to the imbalance of your hormones.**

Detoxing your environment from these potentially dangerous chemicals can be easy:





1.

Use plastics with lower levels of these chemicals. Check the recycling codes on plastic containers such as cups, food storage containers, some shampoo bottles and toothpaste tubes, to name a few. If the recycle code reads 1, 2, or 5 there's a greater risk that the plastic contains phthalates.

Codes 3 or 7 are lower risk for phthalates and will often have "BPA-free" labeled on the bottom.

2.

The safest choice is to not buy, store, or consume food in plastic at all. In the meantime, you can begin to make the switch by:

- ❁ Eliminating plastics and switching to glass. Clean out that cabinet or drawer in your kitchen and throw out all the plastic food storage containers and lids and replace them with something like Pyrex glass containers.
- ❁ Going through your kitchen cabinets and pulling out all of your plastic cups you've been collecting from sporting events, concerts and various places. Replace them with glasses instead.
- ❁ Throwing out all those plastic water bottles you've collected at various trade shows. Replace them with higher quality glass or stainless steel water bottles (such as Klean Kanteen, Yeti, and Hydro Flask). It may be tempting to just keep the plastic version you have - after all, they look and function the same. However, the cheaper plastic products are where you'll find higher levels of toxic chemicals.

Research your brands to see how they rate on a toxic level. There are organizations (like EWG we mentioned earlier) whose focus is to research and study thousands of products to determine if they are safe or toxic.



How does detoxing your environment help you have a Perfect Period?

Making this switch takes a conscious commitment to yourself and your health.



Think about it this way...

The chemicals you expose your body to are like little hits to your body. Each hit on its own is not a big deal. The body is smart and can handle a few small hits.

But it's when you repeatedly and consistently keep hitting your body from so many different directions simultaneously that your body has no chance of keeping up.

So will you keep making these hits to your body disregarding her cry for help because it's easier?

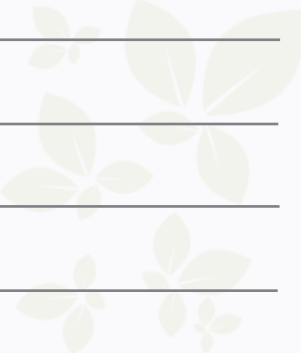
Or will you support your body to help her function at her optimal levels?

It may not be easy, but in the long run your body (and your period) will thank you.

Journal Below: Use the space below to take an inventory of what plastics you may have in your household. Look at their recycle number, or research your product to determine if you should keep the product or discard it. Then, one step at a time, convert over to safer products and materials that enhance your health.



Handwriting practice area consisting of 20 horizontal lines.





Day 4

Detox Feminine Hygiene Products

One of the first things my functional medical doctor had me assess when addressing the problems I was experiencing with my periods were the household products, cleaners, cosmetics and personal care products I was exposing myself to. Over several months I cleaned out many things and switched brands on quite a few items. Give me a gold star for how committed and thorough I have been with these items.

Imagine my surprise then, the day I learned that the very feminine products I was using could possibly contain harmful chemicals. I'm not sure if I was so focused on other products my doctor had me take a look at that I didn't hear her, or if, for some odd reason, the topic of 'harmful chemicals in feminine hygiene products' was never brought up.



Did you know that on average a woman will experience 450 periods in her life? That's approximately 3,500 days of her life spent menstruating. Just think about how many tampons, pads, pantyliners and other products your body is being exposed to. Whoa!

As we shared on Day 2, your skin is your largest and thinnest organ of your body. The skin around the vaginal area is highly permeable. Anything coming in contact with your skin will end up directly in your bloodstream and distributed throughout your body.

Most companies are often not legally required to disclose ingredients (such as toxic chemicals or fragrance chemicals) and they may not require pre-market safety testing.



It was only in June of 2019 that the nation's first hygiene right-to-know requirements law was passed and went into effect in 2021. New York became the first state in the nation to mandate ingredient disclosure of menstrual products.

While some members of Congress and women's health advocacy groups have attempted to increase awareness and enact legislation on this topic, there is still minimal evidence and research to support exact findings of exposure to chemicals and the impact they have on a woman's health, menstrual cycles, and periods.

This makes it hard for women to fully understand exactly what they are putting on and in their bodies. Independent studies by women's health organizations, however, have found chemicals of concern like dioxin, carcinogens, chlorine and reproductive toxins in tampons and pads.

The point? This is still an area of uncertainty. Be certain you know what you're exposing one of the most sensitive areas of your body to. Look for natural, organic, safe products that don't contain fragrances and treat your vaginal area with the utmost respect and care it deserves.

Use the space below to take an inventory of the feminine products you use. Research the safety or potential toxicity of your brands and make conscious choices as to which brands you want to expose your body to.

Journal Below: Write what you learned from this experience, how it went, and what changes you'll make in your daily life to support your healthy period.



Day 5

Follow Your Flow and Stay Consistent

Now that you've cleared out the environmental toxins, the next step to an easier period is to start taking Perfect Period and track your menstrual cycle.

Why do the detox and Perfect Period[®] work together?

By taking daily doses of Perfect Period consistently, you will provide your body with the elements (herbs) that can support its natural hormone rebalancing so that your body can regulate itself. This process takes time, often from 1-3 cycles for full changes.

During that time, while your body is readjusting and while Perfect Period is starting to work, you can continue to practice the detox activities that we recommend in this challenge.

Using these two things together help remove the chemical "hits" against your body that make your period symptoms get worse.



Why track your cycle?

You will understand your cycle better when you track it. Know that each woman's experience is unique - your cycle is your cycle.

It's ideal to track each day for several months (we suggest 3-6 months) so you can begin to notice patterns and fluctuations that may be related to your cycle. Track the emotions you experience on any given day, and any physical changes occurring in any part of your body.



You might notice that some symptoms get better before others — for example, you don't have body aches or cramps anymore, but you still have bloating before your period. Or your moods are more even and you feel happier, but you still have heavy periods.

Using natural, herbal solutions take time, but the rewards can be longer lasting because they are working on the root causes of your period misery.

Without tracking regularly, you will miss some of the early, subtle changes that are actually making you feel better.

It's important to celebrate all of the positive improvements — big and small.

Why prioritize this? Because you are worthy.

The #1 reason women continue to struggle with their periods is lack of follow-through. Their intention is to feel better. They may even learn what they need to do, why it's important, and how it will impact their lives, but they don't actually make the necessary changes in their lives to get the results they desire.

We hear them say "I'm just too busy" or "I forgot to take it." Your body can't heal if it doesn't have what it needs. The key to seeing great results is consistently taking Perfect Period daily.

Here are 3 easy tips to help you stay consistent:

- Tip 1:* Keep multiple bottles in places you look consistently. For example: 1 in the kitchen next to your supplements, 1 in the bedroom on the night stand, and 1 on your desk in your home office.
- Tip 2:* Place your bottle next to something you're already doing consistently like next to your toothbrush.
- Tip 3:* Schedule it in your calendar with a reminder for 21 days until it becomes a new habit.



Don't get stuck in the state of ambivalence — where things are uncomfortable enough to not be fun, but not so bad that they force you to change. Most women (men too) often wait for something bad to happen to them before they make changes (like me with multiple trips to the emergency room, two surgeries, and the removal of one ovary). Don't wait for life to happen to you.

There's so much in this world that we can't control as women. Our periods shouldn't be one of them. Take responsibility now for your health and happiness and make the changes you know you want and need today. Your body will thank you for it.

If you are experiencing discomfort with your periods and wish to have happy, healthy periods the safe and natural way, try Perfect Period.[®]

*Order Your Own Bottle Today and experience
the results with your own body:*

<https://perfectperiod.com/buy.html>