

Your downloadable resource

Detoxing & Diets for Women

From Chloe's Clinic episode #11- Detoxing and Diets for Women featuring guest Alisa-Jane Butler with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

Detoxing

When attempting a therapeutic detox, which is simply assisting the body in a process which already takes place, always seek the help of a health practitioner.

Why would a health practitioner put a therapeutic detox protocol in place in clinic?

- As a preconception tool
- Hormonal issues/imbalance
- To address alcohol/drug abuse
- To enhance detoxification pathways after exposure to chemicals/ environmental toxins/ For suspected heavy metal toxicity
- After potential exposure to Xenobiotics (metals, insecticides, pesticides)
- After long-term exposure to biological inhalants like mould
- To address skin conditions, fatigue, constipation, difficulty losing weight

Diets

Diets come and go in trending waves like fashion. Diets in a clinical sense are used therapeutically to address health issues. Diets can be easily misinterpreted and misused as temporary fixes rather than long term solutions. In some cases they are lifestyle choice in which proper implementation and supplementation is essential for longevity.

In the podcast we delve into and discuss the vegan diet, ketogenic diet, FODMAP diet, Paleo diet and fasting as well. The moral of the story being that whilst diets can be effective therapeutically, to avoid any restrictive diet long-term and find a balanced way of eating which serves you as an individual.

Always take precautions and seek the help of a health practitioner especially if you have pre-existing health conditions but in any circumstance. If you are pregnant or breastfeeding, skip the diets all together and focusing on consuming lots of nourishing foods.

The Women's Health Reset

A meal plan designed for women. Not just another fast detox and leave you on your way, a meal plan that will continue to support you well after your reset in coming into a balanced & intuitive way of eating- a way of eating that supports you as a woman. 70+ nourishing recipes that you will have with you for life.

- A 4-week meal plan designed for women including breakfast, lunch and dinner
- Recipe cards for every meal
- Shopping lists
- BONUS Snacks & treats
- All in an easy to access downloadable E-book to your phone or tablet

Learn more at www.chloecollins.com.au/whr

For further holistic support visit www.chloecollins.com.au
or contact chloe@chloecollins.com.au