INVALUABLE HEALING TOOLS

ADRENAL HEALTH

AN INSPIRED PROCESS

A SERIES OF EMPOWERING HEALING TOOLS
AND KNOWLEDGE FOR CREATING
SUCCESSFUL HEALING HABITS

Inspiredbyhilde.com

Inspiredbyhilde©
Hilde Larsen is not a medical Doctor, and does not treat or diagnose any disease. No advice given should be taken as such. All information given in this document and course is for educational purposes only.
Welcome to the challenge that takes you to the core of your physical health and healing.

Congratulations for being here!

Our health depends on the functioning of our glands and organs. The adrenal glands might look small, but they play a large role in how we feel. They are involved in a myriad of processes, and when stressed out, flat out tired and unhappy, you will know it BIG time.

It is my honor and pleasure to be your guide through this challenge.

Make sure you are present in the secret Facebook group during this week, to join your fellow juicers. Together we are stronger, and the community with like-minded is invaluable. I will be present every day for questions, support, guidance, and Inspiration.

The week prior to this challenge, I recommend you read through this Process and make sure you have everything you need at hand. You might want to schedule some extra ME time as well if you can.

**Being prepared is everything, so that you can relax and allow the benefits and gifts of the week ahead.**

I honor you for being here, taking care of your health. By letting go of what is no longer serving us, we are allowing the new to come in. We are allowing the body to be free of obstructions, so that it can heal and regenerate. Through detoxification Optimal Health arises on all levels.

**True freedom.**

**NOTE:** This process is not meant to replace any protocol given to you by a practitioner and Hilde is NOT a Doctor. No information given is meant to diagnose or treat any medical issues.
What you will do and learn:

This week you will learn and experience the key factors on how to not only heal your adrenals but also how to stay focused and thriving in your every-day life moving forwards. Live is work in progress, a journey, an undergoing repair job for some, and the unfolding of magic for all of us.

The walk we call live is the awakening and empowering of US. Your life is YOUR magic, your time to raise and thrive. Walking through a week of awareness and hands on experience is invaluable. There is nothing like knowledge from action. It sticks, and it lets you reveal your own underlying resistance AND strengths. Magic in the making, always.

We will look at:

- The impact the adrenals have on your health.
- The underlying stress that is hurting you.
- Zone free living.
- Self-love and pampering.
- The healing crises.
- The day by day plan of transformation.
The adrenals and your health.

What Are Your Adrenal Glands?

The adrenal glands are the two small but significant glands that sit on top of your kidneys. They are part of the endocrine system and involved in producing over 50 hormones that drive almost every bodily function. Imagine that! Many of which are essential for life, so no wonder we need to love them! Keeping this simple, let us look at some general information about these vulnerable glands.

The adrenals are made up of two distinct parts:

- **The adrenal cortex**: The outer part of the gland—produces hormones that are vital to life, such as cortisol (which helps regulate metabolism and helps your body respond to stress) and aldosterone (which helps control blood pressure).
- **The adrenal medulla**: The inner part of the gland—produces nonessential (that is, you don’t need them to live) hormones, such as adrenaline (which helps your body react to stress).

The adrenals are absolutely best known for secreting the hormone adrenaline, which rapidly prepares your body to spring into action in a stressful situation. This is what is the most valuable information you can ever learn about the adrenal glands.

They contribute to a myriad of processes in the body when we are NOT under stress, and THIS is when we get sick, when those functions are no longer running optimally due to fatigue. Adrenal fatigue.

Hormones affect every function, organ and tissue in the body directly or indirectly. Wow, right? They react to each other as well as respond to conditions in the body in an intricate and highly sensitive balancing act. The adrenal glands work closely with the hypothalamus and the pituitary gland in a system known as the hypothalamus-pituitary-adrenal axis. The government of the body. The endocrine gland dance of balance.
The anatomy of the Adrenal Glands:

The adrenal glands are two, triangular-shaped organs that measure about 1.5 inches in height and 3 inches in length. They are located on top of each kidney. Their name directly relates to their location.

Each adrenal gland is comprised of two distinct structures—the outer part of the adrenal glands is called the adrenal cortex. The inner region is known as the adrenal medulla.

Hormones and Adrenal Glands:
The adrenal cortex and the adrenal medulla have very different functions. One of the main distinctions between them is that the hormones released by the adrenal cortex are necessary for life; those secreted by the adrenal medulla are not.

Adrenal Cortex Hormones:
The adrenal cortex produces two main groups of corticosteroid hormones, glucocorticoids and mineral-corticoids. In short, the release of glucocorticoids is triggered by the hypothalamus and the pituitary gland. Mineral corticoids are mediated by signals triggered by the kidney.

When the hypothalamus produces corticotrophin-releasing hormone (CRH), it stimulates the pituitary gland to release adrenal corticotrophic hormone (ACTH). These hormones, in turn, alert the adrenal glands to produce corticosteroid hormones.
Glucocorticoids released by the adrenal cortex include:

- **Hydrocortisone**: Commonly known as cortisol, it regulates how the body converts fats, proteins, and carbohydrates to energy. It also helps regulate blood pressure and cardiovascular function.
- **Corticosterone**: This hormone works with hydrocortisone to regulate immune response and suppress inflammatory reactions.

The principle mineralcorticoid is aldosterone, which maintains the right balance of salt and water while helping control blood pressure.

There is a third class of hormone released by the adrenal cortex, known as sex steroids or sex hormones. The adrenal cortex releases small amounts of male and female sex hormones. However, their impact is usually overshadowed by the greater amounts of hormones, such as estrogen and testosterone, released by the ovaries or testes.

The adrenal glands have a multi-functional role in the endocrine system. The two very different parts of these glands, the medulla and cortex, regulate and maintain many of your internal processes—from metabolism to the fight-or-flight response.
Adrenal Medulla Hormones:
Unlike the adrenal cortex, it is believed that the adrenal medulla does not perform any vital functions. Meaning, you don’t need it to live. But that hardly means the adrenal medulla is useless. The hormones of the adrenal medulla are released after the sympathetic nervous system is stimulated, which occurs when you’re stressed. As such, the adrenal medulla helps you deal with physical and emotional stress.

The fight-or-flight respond is a process initiated by the sympathetic nervous system when your body encounters a threatening (stressful) situation. The hormones of the adrenal medulla contribute to this response. THIS is why this part of the adrenal function might me underrated.

Hormones secreted by the adrenal medulla are:

- **Epinephrine:** Most people know epinephrine by its other name, adrenaline. This hormone rapidly responds to stress by increasing your heart rate and rushing blood to the muscles and brain. It also spikes your blood sugar level by helping convert glycogen to glucose in the liver. (Glycogen is the liver’s storage form of glucose.)
- **Norepinephrine:** Also known as noradrenaline, this hormone works with epinephrine in responding to stress. However, it can cause vasoconstriction (the narrowing of blood vessels). This results in high blood pressure.

Normally, the adrenal glands release cortisol on a diurnal rhythm, referring to the process of boosts of cortisol throughout the day that help wake us up, with a decline in this hormone level in the evening to aid the body in sleeping. This rhythm, however, doesn’t always apply when external stress occurs.

Two of the adrenal`s most important hormones, adrenaline and cortisol, are responsible for the fight-or-flight response. Adrenaline deals primarily with short-term stress while cortisol is produced as a result of both acute and long-term stress.

Prolonged stress, whether as a result of emotional, environmental or physical causes, is disastrous for the adrenals. Initially, it results in chronically elevated cortisol levels, resulting in weight gain, especially around the midsection.

Sources: Dr. Robert M. Sargis, Dr. Axe, Dr. Robert Morse.
What are low adrenal symptoms?

Low adrenals will lead to a myriad of symptoms. As they are involved in so many processes, they will throw you into a limbo when not feeling great. Here are some of the most common ones:

- Blood sugar issues
- Candida
- Fatigue
- Anxiety
- Tremors
- Inflammation
- Insomnia
- Belly fat
- Arrhythmia
- Low cortisol levels
- Lower back pain and sciatica
- Shortness of breath
- Tinnitus
- Salt cravings
The underlying stress.

The adrenals are like receptors of anything that is stressful for you. Emotionally, mentally AND physically. They pick up that which might pass you by, and they never adapt. Meaning, even if you feel you are handling a situation well, they might disagree. The body is always right, YOU are always right.

Not your thoughts, and sometimes not even your feelings, YOU.

An example: You have been in a relationship for years, and although you know you are under stress, that it is not optimal, you are dealing with it, and you have gotten better at dealing with it. Not feeling as stressed out, angry, frustrated or lost anymore, you are better at living with it. Not. You might think you are, but nothing hurts our adrenals more than long standing low grade stress. It becomes an underlying inflammation, an obstruction.

It becomes the subconscious sabotage, you might not even be aware of. The key to your healing. This is why this challenge and process will elevate your health BIG time. Make sure you are supported and nurtured by YOU and likeminded souls. If you are not an Inspired member, become one!

Nothing hurts the adrenals like stress and underlying unhappiness. Not even food.
The top adrenal stress factors:

There are many more, but these are the ones most of us can relate to.

- **Malfunctioning family and relationships:** The people closest to us, can either make us or break us. In a perfect world, that statement would be completely false, as nothing from the outside can break us unless we allow it or them to, but most of us are not there. We rely on nurturing relationships, or at least we need to walk away from all that is hurtful to us. There ARE toxic people, and there ARE those not capable of being supportive and loving.

  Walk away. When you are ready to heal your adrenals and life, walk away. Give yourself space to heal away from any behavior that is upsetting to you in any way. Family is tricky, but nothing is worth being sick over. Take a close look at the relationships in your life and start decluttering. Start evaluating what is serving you and be picky. YOU deserve it. Your health deserves it.

- **Not living your purpose:** This is a hard one, as living one’s purpose is and can be so many things. I do not believe we have ONE purpose, as in one function or place in this society, I believe we can find many traits and so-called positions, BUT, this is the wisdom to take from this: When you are living your purpose, you feel aligned with what you do. You feel at home where you are, and you feel your days and weeks are filled with purpose and joy. You will feel the pull and excitement in life itself, and enthusiastic about creating and serving. When you are serving you are always living purposely.

  The opposite would be to never feel in place, or happy with what you do, or the way you live. Always having a longing for something different, or something more. “Have you ever felt “Is this all there is”? A typical sign of not living your purpose. That being said, there are no straight lines, and following your intuition will lead you towards YOU, even though the road might be bumpy with valuable lessons and gems along the way.

- **Abusing the body with food:** This might be the most obvious to many, even though the emotional stress is superior when it comes to the adrenals. The reason is the production of adrenalin and cortisol. When it comes to food, anything acidic is harming not only the adrenals but every gland and organ in your body. The adrenals are most hurt by eating animal products, especially meat. The adrenalin, the trauma and emotional stress handed down from the animals are detrimental. Alcohol, stressing the entire being, drugs, coffee, stimulating and being an adrenal stimulant very toxic to adrenal health. Same with salt. A toxic stimulant. More on this below.
Lack of boundaries: I know this one well, and I bet you do too. The boundaries. We so want to please and make sure everyone else is ok. It can be for all the right AND wrong reasons. Putting ourselves on the back burner, not saying NO when no is the right word for what we feel. Not standing up for how we feel or what we truly want. This is nothing but an old programming that goes back to early childhood. The difference between pleasing and serving is huge, and sadly we become pleasers.

This is the time YOU have been waiting for, because your adrenals are calling you. Setting boundaries means saying no to what is not serving you so that you can say more yes to what does. Make space and room for yourself. It is ok to be alone, to pull back and indulge in self-care. It is ok to skip a party, a meeting or a gathering, and even say no to a vacation or trip.

Lack of self-love: I believe this is the underlying cause of all illnesses. The lack of self-love. How easy it sounds and how narcissistic to some and this is a great test. If you feel loving yourself is self-absorbed or the likes, you NEED this more than anything. It is a sign you believe taking care of YOU is egoistic. I have been there. Growing up many of us are taught this, that taking care of US is nothing but egocentric. Hence, we develop adrenal burn out. From chasing everything outside of us that we falsely believe will lead to that inner calm and content. Chasing life like it will lead to a reward, and that we will finally be good enough. YOU are good enough just from being you. YOU are good enough just from being alive. Realizing that will reset your entire inner stress level.

Sing a little louder, walk longer, aim higher and dance more often. Smile wider, laugh louder, invest more truthfully and love unconditionally. Step out of any false belief that you are less than magnificent and stay humble for the opportunities that unfolds in front of you. We often care too much, about outcomes, about others, and about our own lack of abilities. Care a little less about the things that matter the least. Nothing is standing between you and your ability to just not give a damn.
Zone free living.

During this week I want to challenge you to consider your zone. Where it is and how it was created. Read this, and spend some time feeling into your life. Your fears and your beliefs. It will be useful when you dive into the day-by-day outline.

As a part of YOU breaking free, healing your adrenals and life, living freely is mandatory. Incorporate a zone free life where stretching is a part of your growth and bullshit free living. Play in all areas of your possibilities, and let no perceived zone of the masses, or anxiety hold you back from your amazingness and extraordinaire. Once the illusion that you have anything to fear by feeling a bit uncomfortable or anxious at times is gone, you are truly free to live. Our lives are not confined by any rules that holds back our creative and passionate exploration. They are all illusionary and false. Take back your boldness and step on to your stage.

- **You will realize that fear is overrated.** The most common statement that follows having done something scary and seemingly risky, is; “Had I know it was going to be this easy or go so well, I would have done it years ago.” The fear itself is often what we are most fearful of. The false belief that fear is something we should run from will also change, as you realize that the world did not come to an end, and nobody died.

- **You will grow beyond belief.** Nothing is more empowering than conquering some longs standing obstacles. Be it the resistance to take the leap towards starting a health regime, moving or starting your own business. Maybe you want to sell everything you own, to start a life journey of travelling the world, or you simply want to ask someone that you really like, out on a date. It does not matter, you will grow, and your horizon will broaden. The first step is always the hardest one, but it will promote the hunger for more. As your comfort zone grows, or as you let go of the zone all together, growth becomes constant. A seed has been panted. Now, all you have to do is to water and nourish it.

- **You will become your own boss.** The position was always ours, although we so easily give it away, or try to give it away. We talk about taking back our power, as if it was ever gone. I do not believe it ever was. It sure does feel like it is taken back, but it was always there, although hidden or suppressed. It becomes easy to hide behind someone else’s flaws and shortcomings, when we feel small and inferior in our own lives. Ultimately, you have always been the one what you have been waiting for. You have always been what you have been searching for, but now it will
become even clearer to you, and feel more real. How empowering and inspiring!

- **You will get more enthusiastic and loose the regrets.** There are several sayings in this direction of thought. “It is better to have loved and lost than never to have loved at all”, or “It is better to have tried and failed, than to regret not trying.” I strongly believe in this to be very true. The enthusiasm that arises from stepping onto new ground, while realizing that your life is better for it, is contagious. It will easily encourage you to stretch more, and to get to know yourself even better. We will never regret having tried, once we see the benefits that it will give us.

- **Discomfort becomes a path to success.** The whole concept of comfort changes. Why is it that for some, comfort is the absolute hiding place, yet for others, it is the cholera they fear more than anything? There are base jumpers and extreme sport enthusiasts that put their lives on the line every single day. They shy away from what feels like confinement and lack of true feelings. They chase the high from living on the edge. Like drug, they crave the adrenaline rush that they experience from stretching to their limit. They literally get high. This is the other side of the pendulum, the extreme hunger for more, never seeming to get satisfied. It can become an addiction. While the term discomfort has different meanings for different people, in the light of comfort zones, we know going outside can feel painful. Therefore the training and practicing of stretching, will condition us to recognize even discomfort as something valuable.

- **You will feel less anxiety and stress:** How can doing something that might push you into anxiety and stress help you? I was almost paralyzed by anxiety for several years. From being physically debilitated, I suffered greatly on every level. Physical, mental and emotional are all one. All connected through our energetics, organs and glands. By walking through your fire, you will break free from the hold that any anxiety has on you. By stepping outside your zone, you will feel empowered to take care of your health on ever level. It will benefit the rest of your life. No stressful life is ever a healthy one.

- **You will inspire others.** People are always looking for guidance and direction. By living your truth and growing as a person, you will become a powerful inspiration to those around you. We tend to look towards those who has done what we seek to achieve. Your life will be fulfilled with a new joy from influencing others to also take a leap of faith. To be able to be a way-shower and a mentor. One of the greatest blessings of my life is to be able to inspire others.

- **You will need no one`s approval ever again.** You will be done searching for validation. What a relief! You have experienced firsthand that it is all
up to you. Not to do alone, but to take charge of alone. You know that you are enough, that you can try anything without being afraid of failure. You know that success and magic happen outside the comfort zone. Your zone just took a hike, as you stepped up and claimed your seat. You are limitless, and your everyday life will reflect on that.

“If you ever want to experience and achieve anything out of the ordinary, that will reflect your true potentials, step outside the zone.” – Hilde Larsen

Your comfort zone is a reflection of your self-image and how you see yourself in this world. It is a self-perceived imaginary boundary, set by a belief and a search for safety. Life will never be safe, nor will it not be. Living is growing and exploring, and you cannot get it right or wrong.

Guided by feelings and emotions.

Every feeling and emotion has a message, be it an indication that we are not doing what is serving us best, or a symptom that we need to care for our health in general. Not many are aware that emotions are directly affected by our physical health. An imbalanced thyroid will manifest as depression, and a low adrenal function will show up as anxiety. The liver holds on to anger, and the kidneys represent fear. If you are not in great health, and even if, you might have parasites lurking in your body. Most of us does. They can wreak havoc in your physical and emotional body. Feeding off you, taking over your ability to think and feel clearly and undisturbed. Everything is connected. Physically, emotionally, mentally and spiritually. For any emotional and physical imbalance or what is called disease, I recommend reading the book “Know the Truth and Get Healthy”, to step out of the illusion of disease.
Knowing that you also need to build a strong and healthy physical body, let us look at what your emotions and feelings are telling you about staying tuned in to the truth channel. Minding the feelings that are a part of your awakened state will give you valuable guidance. Notice how you feel when you think about something, or when you meet certain people. When someone asks you something, how does it make you feel? Does it inspire you, or the quite the opposite? The absolute short and easy way to let this go down, would be to say; if it is not feeling right, drop it, and most of the time that would be the wise decision.

Any good love story will tell you that nothing can stop real passion from winning at the end. True love and compassion will ultimately conquer any fear. When you feel passionate about anything, truly enthusiastic from your heart, you are on the right path. That is never a maybe or a sometimes.

It is always confirmative. It leads to true freedom and joy, happiness and fulfillment. Fear on the other hand, which resides at the other end of an emotional scale, is based on false beliefs, not truth, and cannot be trusted. The feeling might be real, but it’s message, it’s meaning, might not be. There is a huge difference. I am not talking about the fear that is triggered by the fight or flight response from standing face to face with a predator, or when looking at any real life-threatening danger. I am referring to the fear that tells you that you are more comfortable where you are, and that change could be dangerous.

The fear that arises from having to take a leap of faith or stepping onto any new ground.
That is the one that is holding you back. That is the emotion that most often is trying to trick you and not serve you. This is why I always look at the more positive feelings as true guidance, and the more what we define as negative ones as the lurking liars. Although, you could say that not feeling good about a decision or a project is a guidance of such, the lack of enthusiasm is enough, really. If it is missing, you know.

Every time you feel good, you are on to something great. Follow that lead.

The emotional scale:

Abraham-Hicks has made an emotional scale that we can use to monitor our emotion. Where we are, and where we want to go. The teachings of Abraham suggest that as long as we keep moving up the scale, a little at the time, we are moving towards joy and happiness. The scale has rated the emotions and feelings from complete apathy to bliss. By thinking more positive thoughts that gives you the next feeling moving upwards on the scale, you are triggering a positive outcome and manifestation. How about introducing this to our children?

Find your starting point, and work from there. You can use this as a tool of awareness. By being awake to how we really feel, we are acknowledging it, and therefore inviting in more of who we really are. Not that we are not all here, we are, although we often seem to hide away some significant parts.
The Emotional Guidance Scale

1. Joy/Appreciation/Empowered/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

From the book “Ask and It is Given”, pg. 114
Our emotions and feeling are one of our most apparent guides of where we are at this moment. Not of where we are going, only where we are. A tool for us to use as a compass. Steer your vehicle and attention towards what feels better Always towards what gives you more joy and passion. It is the truth pendulum. Where it points, you are heading. Use your free will and let the guiding point you in the right direction. You are here to live from your heart, and anything else is bullshit. Claim your life!

“My dream is on my side.
My life is on my side.
My path is waiting for me.
The guides are on my side.
When I walk forward, I am always expanding.
I am protected.
The power is within me.
I am strong.
I am free.”

This scale will be your friend this week, so you might want to print it out, or copy it to your note book, your journal.

“Be bolder than you have ever been, and let your feelings guide you. Freedom awaits those who are willing to cut the cords.” - Hilde Larsen

Loving yourself

Oh, the key question is here. Do you love yourself? REALLY love yourself? Some say yes, some no, some get angry from being asked this question, and some think it is a silly one to be asked. Self-love exercises, one each day.

I don’t care where you are on this scale right now, or where you THINK you are rather. The truth is this: When the adrenals are NOT functioning optimally, or our HEALTH is not optimal, we have more to learn about loving ourselves. Our lives are showing us that. In reality, OUR reality.

This does not mean you are not a loving person, or that you hate or dislike yourself. Not at all. Just being here shows me you LOVE your life, you have a
passion for doing better, either you acknowledge it or not. You are here because you see that it is YOUR responsibility to learn and evolve and THAT is self-love to me. Love for life.

You will learn how loving yourself will elevate not only your health but how you see the world and your part in it. Your adrenals are counting on it, and I want you to condition yourself for some deep nourishing of self. If that is uncomfortable or awkward for you, you have come to the right place.

By letting go of what is no longer serving us, we are making room for what is. By re-connecting with nature, we are calling upon the highest form of healing.

"When you feel the enthusiasm, the eagerness and the inspiration, stop and listen. This is your zone. This is where your calling is. Your soul is calling you.

When we are in alignment with our true calling, our passion, and what we love, life becomes fluid, and every cell in the body is dancing.

That is the dance worth dancing, and there is music played if you listen.

Let your heart guide you, and your feet lead you and do not be afraid to follow that tune. Don`t wait until tomorrow, there is only today. Do not skip a single beat, as this life is happening right now. This is the time to let all fears and hurts go and let yourself express all that you are.

You are the amazing artist, the empowered lead performer in your life.

When your heart sings, listen to the music and dance!"

Hilde Larsen is not a medical Doctor, and does not treat or diagnose any disease. No advice given should be taken as such. All information given in this document and course is for educational purposes only.
Do you crave salt?

Inorganic salt is poisonous and unassimilable to the human body. They are salts from rocks, not absorbable and therefore will accumulate in the body. It does not matter what salt it is. Table salt or Celtic sea-salt. It is all inorganic salt. We absolutely need our salts, all the minerals, and also the sodium, but we thrive on real, natural organic plant salt.

The plants turn the salt from dead rock salt into living organic life-giving salts. The photosynthesis is all about transforming. Photo, meaning photon, and synthesis meaning combining two things together, to form something new. Photosynthesis means combining photons with dead inorganic matter, to create something new, the organic, living vibrant plants. True magical transformation, all for us to enjoy and thrive on. The plants contain all the salts that we need, all in organic perfectly absorbable form.

Nature is perfect and know that when you are craving salt on this new healing lifestyle, it is only your adrenals that are looking for their “fix”, their false sense of energy. We will include celery in our diet, to make sure we are getting all the sodium and other mineral salts that we need.

When our adrenals are sloppy, we will crave salt. We will crave anything salty, as salt is a stimulant. It will stimulate the adrenals, and we will feel better for a short while, when in truth we are hurting ourselves even more.
Will symptoms arise during this week?

The most correct answer would be no. Simple. BUT, as your body will go into cleansing mode, it can start throwing out some garbage. And as much as we want that to happen, if your eliminating organs are not up to par, you WILL feel some cleansing symptoms. It is impossible to predicts. You might very well feel amazing this whole week, and you might end up feeling like you have the flu. All good. All perfect for YOU.

Even though this week is not about the physical diet in itself, every work we do to let go and nurture, will lead to cleansing reactions. Which is a GOOD thing. This is a reminder of what could arise, not the norm of what WILL. Keep it handy in case you need to revisit this information.

Here is a list of detoxifications symptoms to keep you educated:

Mucus coming out everywhere: A typical symptom that the body is loosening up old mucus and transporting out old waste, is the release of mucus. It can be new mucus, made to carry out bacteria or toxins, or it can be older mucus, that the body has been holding on to for years. Any opening can and will be used for excreting toxins from the body. The nose, the throat, our colon, our ears, the kidneys, and the eyes, are all available for the body to use. Next time you need to blow your nose, celebrate! Your body is doing its job, expelling mucus!

Cold and flu like symptoms: You might feel like you have gotten what we call the flu. This calls for a celebration as it is a symptom of cleansing and elimination. Toxins are being stirred up in the body, and through the low-grade fever, maybe some vomiting or coughing, the body is trying to eliminate waste. Watery, running and red itchy eyes, are all a part of that same process.

Fevers and chills: The body will raise the temperature to get rid of bacteria and microbes, so a low-grade fever is a common detoxification symptom. Although the low-grade fever is most common, a high-grade fever can strike also. If it does, that is a sign of some deep cleansing, and some well-hidden bacteria coming to the surface.

Headaches and dizziness: These are very common cleansing symptoms. The head sits on top of the gastrointestinal (GI) tract and will start to drain when you start to clean out your bowels. Ringing in the airs, the red eyes, a blurred vision even, are all symptoms of lymph moving in the head. Anything from hair die to cosmetics will also leave a lot of toxins in our head, and for those of us that are missing our tonsils, the draining job has been impaired.
Hair loss and loss of weak cells: Remember that every weak cell will have to go. Hair follicle cells are no different. Many experience to lose some hair, only to regrow new, beautiful, stronger hair.

Itching and rashes: This can be a tough one for many. The skin is the third kidney, and we know by now that most of us have some weaknesses in our kidneys. Once the cleansing starts, the skin will expel what the kidneys cannot. Rashes in all forms, from itchy, bumpy skin, to hives and boils. There might also be itching with no rash, as the acids are coming to the surface.

Gas and bloating: These are very typical symptoms with very obvious causes. First of all - parasites will excrete toxins when dying, known as die–off symptoms. This will create gas and bloating in itself. Fungus and mold are leaving the intestinal tract feeling like a warzone when leaving. On top of that we are pulling on the lymphatic system to release acids through the intestinal wall, and that will also feel like an acid bomb. Sulfur is released, and we know what that smells like.

Constipation and diarrhea: Constipation often fluctuates between complete stagnation, and what we call diarrhea. It is the same thing, it’s just the body’s attempt to get rid of what has been obstructing and intoxicating the system. When it detoxifies, it is different. The constipation is a reaction to too many toxins building up, and too much waste trying to leave at once. We are impacted with mucus and old fecal matter, and we are allowing it to be released. It might not feel comfortable, but it is very necessary.

Swelling and inflammation: There might be swelling around old injuries or traumas, as well as edema and inflammation during this time. The body is holding on to water-weight to dilute the acids being released. Inflammation is also used as an aid in healing, together with edema. It will dilute harmful substances and bring in large quantities of oxygen and nutrients.

General pain: Old injuries might show themselves to heal, and old hurts will re-surface. Acids are being released into the tissue and might create a temporary stiffness and pain all over the body.

Fatigue and weakness: The body will use its energy where it is most needed. If you have a weak adrenal gland, you might also feel extra week in periods while it is rebalancing. Cleansing takes a lot of energy, and it is being used wisely.

Anxiety and depression: Cells hold memory, and once you release those old cells, the emotions that they hold will come forth. Expect to revisit some old hurts and emotional upsets. Know that it is all good. Also, as the endocrine glands are healing, so anxiety and depression-like symptoms might arise. The adrenals are the glands that mimic what we call anxious symptoms, and the thyroid is the seat of depression. None of this is the real you. Our organs
represent different emotions. The kidneys are the seat of fear, and the liver is the seat of anger. Keep this in mind as you let the body work its way through healing and regeneration. For some, the emotional symptoms of cleansing are often the most challenging ones to live through. The more you know about what is happening in your body, the easier it will be. Fear is a great dominator and will exacerbate any symptom.

**Brain fog and lack of focus:**
Anything from bacteria, viruses, heavy metals, old vaccine residue and more is being let go of. This means that the toxins that will be floating around can cause some temporary discomfort. As many of them are neurotoxins, your brain will be affected. Heavy metals from your mouth, and again, together with so many of us not having our tonsils, we are prone to experiencing some cleansing symptoms in form of being less than clear-minded.

The body will get to work on any weak or damaged part of the body. Even an old scar will fade over time. Only healthy cells will be left, and any weak cell will have to go. The whole point is to let the body get rid of everything that is weakened and damaged, and it will. It is so eager to do so, that it jumps to the task the minute it gets a chance.

**There are as many detoxification symptoms as there are humans.** This is a short list to give you a general idea, but it is by no means a complete one. By letting the body detoxify itself we are not doing anything to it, adding anything or forcing any action at all. On the contrary, we are stepping back and letting it do exactly what it wants to do. The amazing thing is that every single body seems to want to do the exact same thing. It seems we are not that different at all. To me, that is what truth looks like.

**Detoxification** is about letting everything that is not serving us be processed and leave. A true healing regime or program will include emotional and mental work as well as a physical cleansing regime. It will be impossible not to include all aspects of the being. The mind-body-soul connection again. Never the less, changing what we eat most often is the simplest and most potent way to start.

**The body will detoxify all our bodies at the same time:** The physical, the mental and the emotional body. That means that once we start to eat what the body is designed to eat, it will also let us know which emotional waste we have been
holding on to. By giving it a break from having to digest and eliminate more waste, it now has the ability to use the energy to clear everything from old emotions, to mucus in our intestines.

We need to look to nature, get back to the basics, and trust in our own bodies and their ability to heal. We will heal by eating fresh living organic foods, like we were meant to. That way, we are constantly letting our body take care of business.

In this lifetime, in this world, the challenges are many for most of us. It seems the non-foods presented to us, alongside the stress, the polluted air, the negative programming and the fear of change, is holding us captive in our polluted houses.

The adrenal glands have a multi-functional role in the endocrine system. The two very different parts of these glands, the medulla and cortex, regulate and maintain many of your internal processes—from metabolism to the fight-or-flight response.

What you will need:

There is nothing complicated about this challenge, and you can do it from anywhere. Anywhere you are able to find peace of mind and a quiet spot. This is about YOU, big time. No one else is involved. You and your healing adrenals and health on all levels. Nothing else is on the agenda this week. Make sure you have the below in place and read this document many times. You are WORTHY!
- Yes, you can do this while going to work.
- This type of deep emotional and physical healing work can lead to a myriad of reactions. Allow and let flow. Let anything come forth and embrace it.
- Yes, you can do this process while working. The more alone time you can manage the better.
- Yes, you can take herbal tinctures and capsules with this challenge. You can use your oils and chosen healing protocol. Check with your practitioner or Doctor if you are on any chemical medications.
- Whatever regime you are currently following, make sure this is aligned with the ingredients you will be using this week.
- Turmeric powder or fresh turmeric.

Here is a list of what you will need:

1. Have your juicer and blender ready to go.
2. Make sure you have access to fruits and vegetables, preferably organic.
3. Organic turmeric powder if you cannot find fresh turmeric.
4. An open social calendar
5. A small glass jar with a lid, or a beautiful box.
6. A journal, paper, matches and a steel bucket or a place to burn paper.
7. 3 hours of ME time every night.
8. A fridge and a table filled with the amazing fruits and vegetables you will need for the whole week if you can.
10. Chamomile and Licorice root tea.
11. Licorice tincture.
Let us get started:

Finally! Below you will find a day-by-day outline of exercises, diet and nuggets. I hope that by reading this far you have already seen how important the adrenal glands are for your HEALTH. I honor you for taking charge of your life. Love yourself for being here, and good luck moving forward! Reach out if you need me as the week unfolds.

Every day be aware of your breathing. Practice deep belly breathing as a part of your everyday life. Deep breathing relieves stress and anxiety due to its physiological effect on the nervous system. Breathing slowly and mindfully activates the hypothalamus, connected to the pituitary gland in the brain, to send out neurohormones that inhibit stress-producing hormones and trigger a relaxation response in the body.

Day 1

Diet:

It is important that you stay on a Raw Food diet this week. Cooked and processed food are a burden at best, and any animal food is detrimental to the adrenals and kidneys. We will remove any source of burden, and bring in the higher vibrational food, thoughts, emotions and feelings. Peace and quiet are on the agenda. Cleansing and releasing traumas and old imprints.

After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

Breakfast:

Start your day with 32-64oz of juice, freshly made. This is a great one. Sun kissed morning boost juice:

- 1 Lemon
- 1 Lime
- 3 stalks celery
- 3 large oranges
- 2 green apples
- 1 tsp turmeric powder or 2 inch fresh
- 2 drops Frankincense

**Lunch/Mid-day:**

Fresh fruits of any kind. Eat until full.

**Dinner/Late afternoon:**

A large smoothie of 2-4 mangoes (depending on size of you and them) and a cup of fresh or frozen berries.

Drink a cup of chamomile tea at night.

**Helpful tips:**

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiences. No more, ads we do NOT want this to be too much work for the body this week. Balance is key.
- Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.
- No salt or coffee what so ever. Drink fresh juices and clean water only, to make tea and use for your herbs.
- When tired, rest. Sleep as much as you like.
- When the adrenals are low, most likely the blood pressure is low. Use a dropper full of licorice root tincture twice a day to support your adrenals.

**Emotional work:**

Get a piece of paper and write down your fears. Not your trusted beautiful journal, a piece of mapper that you will dispose of. Start with your early childhood. Everything that comes to mind. Write it down. It doesn’t matter if it seems rational, if YOU feel fearful or anxious towards it, write it down. As an example, it can be fear of conflict, fear of heights, being alone, getting sick, anything that comes to mind. Write it down.

Sit with it. Read it three times and feel into it. This is YOUR perception of YOU. Not the real you, only the result and effect of your life and the health of your glands.

Fold the paper and put it in your steel bucket or somewhere safe, preferably outside to burn it. Set it on fire and watch it burn. Until ashes. Gone. Like your fears, the paper, represent an illusion. No longer there, only by memory.
Our cells store every fear and traumatic event ever experienced, and we will now by making this statement allow ourselves to let that go.

You are now FREE to move forward with your healing work.

**Experience:**

Before going to bed, find your quiet space and meditate for 30 minutes. I want you to focus on your adrenals, and this is how you do it:

1. Sit upright in a comfortable position.
2. Breathe deeply 10 times. All the way down to your abdomen.
3. Focus on your breath.
4. Tell your heart that your fears have been released and that love has come in to replace them.
5. Move your focus to your adrenals. See them as small glands on top of your kidneys, in your lower back area. Send them light and heat until they glow. Tell them you love them.
6. Sit for a total of 30 minutes if you can. It does take practicing.

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.
Day 2

Diet:

Today we are going to stay on juices only. Not solid food what so ever. YOU can do it! See below for some juice examples, but if you have some favorites, go for them! Leave out any cabbage, root vegetables and kale.

After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

*You can drink a cup of licorice root tea at any time during the day. If you have high blood pressure skip this tea.

Breakfast:

Start your day with 32-64oz of juice, freshly made. Add ingredients accordingly. Sun kissed morning boost juice:

- 1 Lemon
- 1 Lime
- 3 stalks celery
- 3 large oranges
- 2 green apples
- 1 tsp turmeric powder or 2-inch fresh
- 2 drops Frankincense
Lunch/Mid-day:

32-64oz of freshly made juice. Add ingredients accordingly:

- 1 large cucumber
- 2 oranges
- 1 lemon
- 1 cup parsley
- 1 cup pineapple

Dinner/Late afternoon:

32-64oz of fresh juice. Add ingredients accordingly:

- 2 grapefruits
- 1 lemon
- 1 cucumber
- 2 green apples

Drink a cup of Chamomile tea at night.

Helpful tips:

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiences. No more, ads we do NOT want this to be too much work for the body this week. Balance is key.
- Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.
- No salt or coffee what so ever. Drink fresh juices and clean water only, to make tea and use for your herbs.
- When tired, rest. Sleep as much as you like.

Emotional work:

Nothing obstructs healing of the adrenals as much as being a pleaser. It is done out of fear of never being good enough, of not deserving love and compassion from just being you. Guess what? Done with that. It is over. You ARE worthy and loved, and an amazing being, and today, I want you to practice this energy through saying NO and YES at the same time. Saying NO to what is not serving you and YES to what is.
The work always starts from within, so I want you to spend time in your quiet place again and find your beautiful journal. Make two columns. One that represent the things in your life that you absolutely LOVE doing. What really feels good. Then make one that represent the things you do and say that is NOT in alignment with your purpose and goal.

An example: You might say yes to gatherings or working overtime when you feel how it is draining your mojo, killing your energy and making you drained and tired. The clue is always drainage. What does not serve us drains us.

Now, once you have done this, read it over and over and plan to eliminate everything you do not feel good about. Harsh? Yes! Necessary? Yes. You might not be able to stop everything right away, but make a plan, and be bold. Get support and take the leap.

**Experience:**

This is nurture your body day, and you are up for a massage. Find someone who can do aromatherapy and a soothing, calming and gentle massage.

If you are not able to have someone massage you, rub some amazing oils on yourself and give yourself a massage.

Spend the evening by yourself as much as you can. Reading or walking outside in nature. Watch a bird, study a flower. Lose your own life trauma and eagerness to do and achieve. Just BE.

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.
Day 3

Diet:

This is the mono meal day, and an important practice for your digestion. Restful although eating. Not having to focus on what to eat makes everything easier as well. Mono means one. We are picking one type of fruit and sticking to it all day.

After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

*You can drink a cup of licorice root tea at any time during the day. If you have high blood pressure skip this tea.

Breakfast, lunch, dinner:

One single fruit:

I suggest you pick according to availability and what your current diet is. If you have already been living on raw foods, I would go with citrus, watermelon or grapes.

If you are new to this lifestyle and cleansing, I go with bananas or mangos.

Drink a cup of Chamomile tea at night.
Helpful tips:

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiences. No more, ads we do NOT want this to be too much work for the body this week. Balance is key.
- Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.
- No salt or coffee what so ever. Drink fresh juices and clean water only, to make tea and use for your herbs.
- When tired, rest. Sleep as much as you like.

Emotional work:

Lack of self-love will tear your health apart. Peace by peace. And how do we end up not loving ourselves? We are taught not to. I believe it is natural to love ourselves and others, animals and nature. It is natural be enthusiastic and healthy, and the belief that we are not lovable is detrimental. You might think you love yourself until you take a good look at your life. It reflects your life. When you love yourself, you eat the best food, you treat yourself with respect, you believe in yourself and do not criticize or bring yourself down.

Find your beautiful box, pen, paper and a pair of scissors. Give yourself a love shower by writing short sentences to yourself. One on each small piece of paper. Fold them and put them in the jar. Leave them in a special place, and every time you feel down or discouraged, find the box and read from it.

Here are a few examples:

- You are worthy
- You are lovable
- You are such an amazing friend
- You can do anything
- Health is here for you
- I believe in you
Experience:

Look for kidney filtration:
At the base of most severe symptoms is a non-filtering set of kidneys. This is one of the most important keys to great health. Look for filtration by peeing in a clear glass jar. Hold it to the light and look for sediment. You are looking for anything that floats around in your urine. It might look like small particles, like small snowflakes, or a stringier mucus looking sediment. If the urine is cloudy, you can let it sit overnight, and watch if any sediment will settle at the bottom. You want the sediment in your urine. It is telling you that your kidneys are filtering out the lymphatic waste. If it is, the body will able to detoxify at a more rapid pace. This has nothing to do with the color of the urine. In general, the color simply indicates how much you have been drinking.

If your urine is clear, you know that this has to be your main focus moving forward, to get your kidneys to filter. The adrenals are in large part controlling this function, so this is a test you can do now and then to keep yourself on track. Make sure you do the Kidney Filtration process as well.

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.

Day 4

Diet:
Today will be a challenge for many. It is lemon day. Lemons will pull as they are very astringent AND alkalizing. Yes, even acidic when ingested, they leave an alkaline ash in the body and helps detoxify and cleanse the body. Great for digestive health and vitality in general.
Here is the challenge for some. The toxic load might be heavy, and the lemons could start a process of detoxification. That is NOT a bad thing, but make sure you read the symptoms that might arise a few times.

If you for any reason cannot do lemons, I am leaving a few options below.
After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

*You can drink a cup of licorice root tea at any time during the day. If you have high blood pressure skip this tea.

**All day diet:**

Prepare a large mug of lemon water using 3 lemons pr. liter of water. You can also use cucumbers instead of water. I would suggest around 3-4 liters throughout the day.

If lemons are too strong for you, go with grapefruits.

You can also juice dark grapes and cucumber as a substitute. Lemons are most potent. Make it simple. This week is about nurturing, so no stress please.

*Drink with a straw!*

Drink a cup of Chamomile tea at night.

**Helpful tips:**

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiences. No more, ads we do NOT want this to be too much work for the body this week. Balance is key.
- Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.
- No salt or coffee what so ever. Drink fresh juices and clean water only, to make tea and use for your herbs.
- When tired, rest. Sleep as much as you like.

**Emotional work:**

The importance of forgiveness when healing cannot be overlooked. Even when you think you have forgiven all that there is, forgiving yourself might still be unfinished business. Forgiving others is more obvious, ourselves not so much. This is an adrenal issue. People with low adrenals often blame themselves without even knowing it.

- Do you feel you have a good reason to not do your best?
- A good reason why you cannot?
- Feel lack of support or resources?
- Lack of support and acknowledgement?

These are all signs you are NOT being these things to yourself, because you might not feel you deserve it. Why? The blame-game. Blaming yourself and others for what is going on in your life. We all do this, and THAT is what I see as un-forgiveness. It almost becomes a part of our self-punishment. Self-sabotage is another big one, but I am leaving that for a separate process.

Today, while going about your calm and stress-free life, I want you to observe how you are reacting and responding to other people. In any situation, observe. Are you irritated, stressed by others, loving, patient or angry? How about feeling less than, more than, superior or inferior?
That’s it. Observe. No blame, no guilt, no right or wrong, just observe. Are you feeling anger, frustration towards people or situations? If so, your adrenals are no very happy about it, nor is it up to your standard. Bring the observation with you to the evening experience below.

**Experience:**

Sit quietly with your journal and write out the situations that stressed you in any way today. Do you see a pattern? Are there people patterns, situation patterns or feeling patterns?

**For example:**
Did you get angry,
Irritated,
Overwhelmed,
Stressed,
Shy,
Anxious,
Sad,
Mad,
Etc.

**We tend to have a pattern, and when you find it, this is what I want you to do:**

In your mind, go back to where you first felt this emotion. Look for an event or situation that would be typical, then the first time. Now, sit with that, and release it. Give yourself permission to let it go, to no longer carry it with you. Let the whole situation dissolve and see yourself leaving it behind as if it was a place or a thing. Walk away, stronger, FREE from that pattern.

This will take some practice, but it is well worth the work. You will be able to re-write a part of what is your underlying stress, and thererfor heal your adrenal glands.

You will find there is nothing left to forgive, once you are no longer emotionally attached to your past, and are no longer holding yourself accountable for every situation that resembles what triggered your pattern. Makes sense?

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.
Day 5

Diet:

Today we are keeping it simple yet powerful. Instead of juicing I want you to eat your every meal. Grapes. The magnificent grapes. One of the most powerful healing foods we know to aid the human body in healing and regeneration. Dark grapes are preferred, and if you can get organic, great. If not, let them soak in baking soda, lemon water and apple cider vinegar. Let them soak for at least three hours and rinse will.

If you cannot get grapes, go for watermelon. We want high water, high electrical charged fruit that aids the kidneys in filtration.

Feel free to add a few lemons if you like. It will make the cleanse f the day even more powerful.

If you feel this is too powerful for you right now, stay all fruit. Push yourself but stay within your zone of physical comfort. Let your body know you mean business, and also know when to pull back to not stress your adrenals.

After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

*You can drink a cup of licorice root tea at any time during the day. If you have high blood pressure skip this tea.
All day diet:

This is how simple this day will be: eat as many grapes as you like. Period. Most people will find that to be around two kilos. Which is about 70 oz. Eat when hungry, stop when full.

Note that grazing is not optimal for your digestion nor your teeth, so stay within limitations of a meal. Let your digestion rest for at least 3 hours in between meals.

Do not do any juices today, only grapes. If you need a drink, and cannot go without, have a few sips of water. There is enough liquid in the grapes and we are letting the kidneys rest a bit.

*Remember to rinse your mouth in water after eating a fruit meal.

Drink a cup of Chamomile tea at night.

Helpful tips:

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiences. No more, ads we do NOT want this to be too much work for the body this week. Balance is key.
- Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.
- No salt or coffee what so ever. Drink fresh juices and clean water only, to make tea and use for your herbs.
- When tired, rest. Sleep as much as you like.

Emotional work:

I hope this week is going well for you and that you are learning something about YOU and your health. The topic of today is just that, how well you know yourself. Are you being authentic? This might be one of the most important topics when it comes to our adrenals. That, and for our thyroid gland. Expressing who we really are, living in sync with your purpose and passion.

Not being authentic, suppressing who you are, what you believe, think and feel is hurting your adrenals, your entire endocrine system and your organs. It is time to speak your truth and to stop playing small. It is time to step on to your stage and radiate your truth. Not in an invasive or aggressive way, but in a gentle compassionate honest way.
Who is the authentic you?

Every time we feel less than, hurt, inferior, jealous, not loved, victimized or revenge drive, we are not being authentic.

As a part of our healing, being authentic means stepping out of any blame, false belief and self-sabotage and daring to really FEEL what it is YOU want and need.

Ask yourself these questions:

- Do I speak my truth?
- Am I showing those around me how I really feel?
- Am I allowing myself to do what I love?
- Do I live according to my ethical standards?
- Do I feel trapped by other people`s meanings and beliefs?

Ponder this today and ask to be shown the way.

Experience:

Go for a long walk outside. Plan it. If you have to leave your neighborhood do so. If you are not able to walk, visualize, open a window, feel the fresh air. Wear comfortable clothing, find a place with trees, the more nature the better. If you have a park nearby, go there. If you have a garden and that is the furthest you can go, go. Always do the best you can with what you have. Remember, no stress.
Bring nothing with you. No people, no phone, no book, money or anything. Just be YOU. You and nature. Let your mind be still and just observe. Smell, feel the breeze on your skin. Look at the colors and the shapes.

Walk barefoot for a while. Sit down if you can, lean towards a tree. Look at how authentic nature is. All the trees, grass, flowers, animals, all just as they are. No intelligence that wants them to be different. The concept is non-existing. WE created this from fear of not being good enough. You are ALWAYS good enough. Let nature show you this.

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.

Day 6

Diet:

This is the day we explore abundance when it comes to food. As long as it is a fruit it is up for grabs. Cucumbers, tomatoes, peppers and zucchini, all fruits. I want you to use your intuition and authentic desire, to listen to what you want
to eat. Look at what is available to you and eat what looks the most appealing. Indulge. Honor food and creation. Give grace and be grateful.

This day is about observing and being in a zone of detachment from rules and regulations, protocols and analyzing. Just eat what you want. Fruits, raw.

After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

*You can drink a cup of licorice root tea at any time during the day. If you have high blood pressure skip this tea.

All day diet:

![Fruit bowl](image)

Eat your meals in one setting to let your digestion rest. The adrenals will love you for it also. Eat until satisfied and rinse your mouth after every meal.

Feel free to add any fruit and vegetable juice you desire. This day is about celebrating abundance.

Go for the colors, the high-water fruits, the ones you can get fresh and preferably organic. During winter this can be a challenge for many. Do your best, and let the rest go. Your best is perfect for YOU!

Drink a cup of Chamomile tea at night.

Helpful tips:

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiences. No more, ads we do NOT want this to be too much work for the body this week. Balance is key.

Inspiredbyhilde®

Hilde Larsen is not a medical Doctor, and does not treat or diagnose any disease. No advice given should be taken as such. All information given in this document and course is for educational purposes only.
Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.

No salt or coffee what so ever. Drink fresh juices and clean water only, to make tea and use for your herbs.

When tired, rest. Sleep as much as you like.

**Emotional work:**

Today is about being the observer. Like you were outside yesterday, in nature. Challenge yourself kindly to pull back from your life today and observe it. Look at it from the outside if you will. Not just how you react to others, but what you give your attention to. What are your beliefs? What are your passions? We tend to live as a reaction to what is happening outside of us, and the more our adrenals have to process of fear and emotional stress the more burden on them. By freeing ourselves from involving ourselves in everything that is going on, we are releasing energy that we can use positively.

**For example:**

A situation arises that changes your plans. Someone calls in sick, give you notice you can no longer carry on with everything you have planned. You have a lot riding on this, been planning for weeks and now this change will affect not only your day but your week, maybe even money, future possibilities and more. Most likely this will affect your emotions, make you react in a way that is not serving your life or body. It doesn’t matter the cause of the situation, what matters is the reaction YOU have from it. This is the part you control you see.

I want you to work on observing every situation, while looking at how much energy you give to reactions. There is much health to be found in pulling back from being sucked into the emotional reaction patterns. This is a large topic that requires practice, understanding and sometimes coaching, but I want you to be aware of your patterns. They are your guidelines to freedom.

**Experience:**

Find your quiet comfortable place and get ready for a deep breathing exercise to aid heal your adrenal glands.

Lay down on you back and relax your whole body. Be mindful of your breathing. With diaphragmatic / abdominal breathing, your belly moves in and out. Your chest does not move. This is what you want to see. Breathing deeply into your diaphragm.
No Chest Breathing allowed!

Breathe mindfully for 15 minutes. No forceful high-speed breathing, but slow and steady all the way down into your belly breaths that calms every cell in your body.

Deep diaphragmatic Breathing has been shown to increase activity of the parasympathetic nervous system (the stress down calm side), reduce oxidative stress, reduce hyperglycemia, improve heart rate stability, regulate blood pressure and reduce heart rate.

When you are stressed, breathing moves to your chest. It becomes rapid and shallow.

As the mind-body connection also pics up the reverse side, when breathing from the chest, the body sees it as stress. The sympathetic nervous system reacts and delivers stress signals.

As part of your adrenal health regime, be mindful of your breathing. With practice, belly breathing will become automatic.

I recommend you add the Breathing Process to your regime as well. A full week of breathing exercises for health and healing.

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.
Day 7

Diet:

I hope you feel nurtured from yesterday, although this might be a challenging week for you when it comes to diet. All depending on where you are. As a part of any healing regime, I want to introduce you to dry fasting. Not as a jump-right in and leave all food and drinks behind for a whole day, but as a kick to explore and experience to find your level of practicing this ancient healing modality. Top of the mountain for letting your adrenals and kidneys heal, so you can filter out the waste that needs to leave your body through your lymphatic system.

I suggest you go to the Dry Fasting Process for extended information and knowledge, but today I want you to do this: Hold off on any liquid and food until noon if you can. If you are fatigued from this week so far, feeling you are going through a rough spot, let this be the day you indulge in amazing juices.

If you have been dry fasting before, this is your dry day.

This last day of this Process is about Being. About letting everything you have practiced this week be a part of your healing path but integrating and slowly being implemented into your cells and subconscious. We have been through a lot in one week. Love yourself for THAT!

After your morning shower blend a tablespoon of fractionated coconut oil or jojoba oil with 2 drops frankincense, 2 drops rosemary, 2 drops clove and 2 drops Ylang-Ylang, and rub it on your midsection. Back and front.

*You can drink a cup of licorice root tea at any time during the day. If you have high blood pressure skip this tea.
All day diet:

The diet today is simple: Less is more. Choose between dry fasting, juicing or a combination of the two. If you love juicing, do the Juicing Process next.

*Remember to rinse your mouth in water after eating a fruit meal.

Drink a cup of Chamomile tea at night.

Helpful tips:

- No eating or drinking after 7pm or before 7am. This leaves a minimum window of dry-fasting for 12 hours. You can make this 14 hours if you are experiencing. No more, as we do NOT want this to be too much work for the body this week. Balance is key.
- Go to sleep at 10pm at the latest. This is to ensure proper rest, at the time which the body restores and connects with the rhythm of nature.
- No salt or coffee whatsoever. Drink fresh juices and clean water only, to make tea and use for your herbs.
- When tired, rest. Sleep as much as you like.

Emotional work:

Care less, and practice not giving a shit. I know you, you see. As the adrenal healer, the one looking to better themselves being exhausted by life and obstructions, you are most likely one that cares about a lot. About others, how they feel, how you look, how you do. Are you good enough, happy enough, does anyone need you, need something from you etc. Sounds familiar?

Today is the “Who Cares” day. The “I could NOT care less” day of the year. Time to stop minding everybody else’s business AND running after perfection of self AND others. Give everybody a break, including yourself.
Say it out loud: Who gives a shit! NOT you! Not today!

Experience:

Be your own nurturer and find your empowerment through knowing this is all about YOU. I want you to practice simple reflexology for your entire endocrine system. I am giving you a hand chart supposed to a foot chart as it might be easier to self-administer hand reflexology on one self.

Find an amazing practitioner if you can but learn how to do it on yourself also. YOU have all that you need, remember?

Before sleeping, rub 4 drops lavender essential oil on your chest, and breathe deeply 10 times. KNOW that you are safe and loved.
Great job!

Congratulations! You did it!

Your adrenals will love you more each day you practice these exercises and elevate your self-love and understanding.

**We are on the winning team, and it is an honor for me to know YOU! When we have been abusive and ignorant to our health and body for such a long time, we need to keep digging.**

Know that your body knows what it is doing, and if you are unsure, read about the detoxification symptoms and be kind to yourself. You are on the right path, and you are on your way to a cleaner, healthier, happier you.

**Become a Member and get the support you DESERVE.**

Your health is serious business. Your LIFE is serious business. Through your own healing you can help many, as they see you transform and evolve.

Detoxifying and cleansing the body is lifesaving, it is absolutely what is needed to regain great health. There is no way around it. No matter what you are feeling, this is what is needed.

**Namaste dear amazing soul Sister and Brother!**

Going through all the Processes I offer will benefit your entire health. I have made the so that they all fit together perfectly. Feel free to contact me with any questions regarding which to do when.

I hope you are Inspired to continue to cleanse and heal, and to challenge yourself in your daily life.

**Be sure to let me know if I in any way can assist you further on your amazing health journey!**

Get on my coaching program, or shoot me an email at: hilde@inspiredbyhilde.com
Become and Inspired member here: https://inspiredbyhilde.com/sales/

Visit my website to work with me: https://inspiredbyhilde.com/

Ask, and get the support you DESERVE. Your health is serious business. Your LIFE is serious business. Through your own healing you can help many, as they see you transform and evolve.

Please check out my Online learning course The Optimal Health Blueprint if you haven`t already: http://inspiredbyhilde.com/optimal-health-blueprint/

Make sure you watch my YouTube videos and subscribe to my channel: https://www.youtube.com/channel/UCf6K4p1Ed0eUUK4qRdNlezw
My Challenge notes

M

T

W

T

F

S

S