Celebrating Cleanse Wins

in. Love to hear your wins that you're celebrating. And I have some written down here that I want to share with you. So feel free to drop them in the chat.

Any wins you are celebrating right now can be wins, especially wins from The Cleanse. But personal wins. Health wins professional wins anything that want share.

I'd love to see them. And hello, those of you that just came in, so glad you're here. So some of the wins that I heard this week, we saw so many. We've got somebody who noticed a six-pound weight loss, very exciting, a nine-pound weight lost.

Somebody had put this in our group chat as well that they had knee pain that was completely gone on day two. Which is so exciting. Somebody said their bloating was completely gone as well.

That was pretty early by like day three or four. Someone else had energy to garden, get their their May garden beds ready. But then someone else who was just like kind of feeling low energy lately was feeling more energized to do more house projects.

So that makes me really happy. Someone also had foot pain and inflammation that was gone as well, an unexpected surprise. Somebody who's on this call said that they're having fun with the cleanse and that made me so happy to hear it was a surprise fun.

And then somebody else mentioned that, they had like surprised their husband into eating cauliflower, that there like not a cauliflower fan, but they had the thing and like, oh, that's pretty good.

It's like it's good for cauliflower, isn't it? So that was exciting to hear. I've been seeing some in the chat that skin redness reduced a lot. Amazing.

I love to hear that. Good quality sleep. Yes. Huge win. Eczema isn't gone, but no new breakouts. Wonderful. And getting to wind down earlier in night and sleep through the night.

That is huge. Like really getting into that good sleep Excellent.

Three Histamine Pattern Types

And less cravings. More looking forward to meals. Hair is a lot curlier these days. I love it. That's related. Ooh, that's fun. But I am actually curious about that, too.

We're gonna look that up. Then more veggies in the diet. Love it! Now itchiness, itching is gone. These are fantastic ones. Thank you so much for sharing.

Feel free to keep them coming in. Today, What I wanna share with you, cause you have made it so far, you're almost at the end of the cleanse. I want to share some strategies for transitioning into regular life again.

Because I don't want it to be where you've done this really nice reset button and then everything comes flooding back in. Cause that can be a recipe for inflammation or opening the flood gates.

So I'm gonna give you some strategy on how to re-enter. And then the piece that you've been seeing in your curriculum is there are three metabolic patterns that tend to show up during a cleanse or a reset.

And today I want to share with you those three patterns so that can have that as information for what to do next, how to support your body, what did this cleanse give you as your way that you work, your wave at your body ticks.

And if something goes awry, how can we prevent that from happening in the future? So without further ado, I'm going to share my screen. Thank you for these other wins coming in.

I'd love to see it. People are sleeping so much better, less pain. Awesome. So, okay, here we go. And I know that some of you are gonna be staying on mute, which is great.

But if you notice one of the patterns, you're like, that was me. Feel free to put it in the chat. I would love to hear. You can either like raise your digital hand or you can drop in chat like yeah, That was mine.

So when you see one your three patterns let us know, I'd love see it. So understanding histamine patterns. This is one of the main reasons why I love doing these resets.

One, it just feels good. It's a good time of year to do it. But a two-week reset can start to reveal patterns that happen with symptoms outside of these types of containers.

So histamines, like you've learned throughout this process, isn't usually the root problem, but it's the signal. And the problem with typical ways of viewing histamine is that when histamines high, we tend to chase the symptoms.

So this is when people start to have a laundry list of foods that they're avoiding, or they take into histomines just to suppress symptoms, they manage reactions instead of looking at the whole picture.

And instead we can think about, well, we're using this as a tool. We can lower the histamine load. And when we lower that load, it makes things look a lot more clear.

So you can of this, as if you're looking at a reflection of yourself in a pond and you are constantly throwing pebbles in the pond, and then there's ripples all around, It can be hard to see the reflection.

It gets a little bit muddied. Maybe it's just, not quite clear what's going on. But then we decrease the histamines, we decreased those ripples and things start to smooth out so you can really see that mirror more clearly.

So that's what we're doing here. And with these patterns, there we go. There are three. is what I like to think about as this wired and crashing pattern.

So the biggest things that you might've seen during this reset are fewer anxiety spikes, or just feeling more steady throughout the day. More steady in mood, but also more study with energy.

Maybe reduced hangry feelings. April did a great Instagram post for us last week about the science behind hangary. And so if you noticed some of these types of patterns, why this happens is because histamine and blood sugar are closely tied to the nervous system, individually, but then together as well.

So when blood-sugar drops, stress hormone rises. And when stress-hormone rises, we get more histamines and histamin increase releases. So what this means is for some people histamines aren't just about food, but it's about amplifying the histamine amplify blood sugar dysregulation or stress.

And so if you noticed that you were hangry and then not hangary from this kind of cleanse, I'd love to hear it instead of drop it in the chat. If yes, that was me.

And you might notice, by the way, you may notice that you have a combo of some of these three patterns. So if you notice yourself in more than one, that's okay.

You can put that in the chat. Pattern number two. This is more of a gut and immune reactivity. I like to put this here for simplicity as a sensitive system, but I instead would say this more of like, I say, this with patience and I don't use

the word sensitive very often, but instead that you respond quickly and with big responses.

So some of the things that you might notice during this reset is feeling less bloated, having clearer thinking, just generally calmer digestion and fewer food reactions.

So that can be when that reactivity that happens quite quickly and with a big reaction, if that lessens, then we can look more at the gut immune response.

Why this happens is because when histamine decreases, the immune cells calm, we get more of that microbiome balance and less gut irritation. So for those of you that have watched some of the previous trainings on leaky gut or intestinal permeability, decreasing histamines can help with that too.

So I'd love to hear if this was you or if you noticed these patterns. So why this happens, what this means is the histamine reactions aren't random. They're usually a reflection of something going on in the gut with the immune system that's already ready to fire, ready, to react quickly and with a big, big response.

If you notice that your bloating or digestive reactivity was less, that is a great sign and usually related to the got an immune. Okay. Third and final pattern, the overloaded pathway.

So this relates to detoxification pathways and hormone processing. Some of you, I know it was two weeks, it wasn't a full cycle long, but some of might have noticed that you had improved hormone symptoms.

Maybe PMS wasn't as intense as usual. Maybe you had clearer skin, fewer like headaches. Sometimes that can be a hormone related symptoms too. Also might have noticed some increased food and food tolerance.

Next Steps and Personalized Blood Work

So why this happens is because histamines process through the liver pathway and the detoxification systems. Our liver is a big one. And I think we talked about this last week where the liver is related to the skin health, because we have these other organs of elimination, like bowel movements, urination, Even our lungs and breathing are a way of getting rid of old stuff, like getting of stuff that the body's not eating.

But the liver is our main organ for detoxification. And it doesn't have an exit route like that. We don't like a port to just unclog the livers. So the live uses the skin.

So if you notice that your skin was clearer during this two weeks, it can often be because there was a clog in the liver. So when histamine builds up, hormones can recirculate and leading to symptoms persisting.

What this means is if the body can't efficiently process histamines or efficiently processed toxins, that often signal a larger issue of detoxification and hormone clearance.

Now for this image, I want to give you a warning because it's a little, it might be triggering for some. but this is what that looks like in the system where clogs happen and the drain is not working as well.

Anytime that I have to do this in my own home, I get that gag, but it's happening in a body. And so we can use this as information for how can we keep the unclogged and healthy so that we prevent these things from happening.

So each pattern tells a story, whether you're in the wired and crashing, having more of a fast reaction, a big reaction system, or the overloaded pathway.

This gives us clues as to where could the real drivers behind this be? So thinking about, is it blood sugar, metabolism? Is it gut health and immune system?

Or is a diet, excuse me, detox and hormones? I'm curious, I want to pause for a moment and see what some people put in the chat. Oh, some more wins. This is wonderful.

Definitely less floated, not hungry all the time. And I just didn't have as many hot flashes. I didn' t feel as hot. That's wonderful! So I' m curious just by a show of hands, yeah, how many people saw themselves as type one, where they were more of the like less hangry, feeling more steady.

Okay, so some, yeah, some type ones, I see some hands, great. So maybe more of a blood sugar and metabolism piece. And then what about type two, where feeling less bloated can feel like you have more tolerance for foods and see it's definitely two for me, one and two combination, number two and both.

Yeah, it it so fascinating to see. Then what About number three, whereas more have a detox hormones like clogged system and thing. Yeah. Okay, I love seeing this this is helpful for me to know too.

Excellent. Thank you. This is, so Kelsey, I appreciate this comment. So what happens, and some of you, especially if you are doing this asynchronously, like right now we're about at the end.

It's like you're at about the finish line. But if your a little bit late to start, And I know some you had mentioned that things did not feel good right away.

That triggers and gives us information to the clogged system. If there was a clog and the body is not able to get rid of things that's not able to detox appropriately.

Usually there is a symptom period of feeling worse and it doesn't last long, but it does give us clues. And so where I want to share with you next about how can we use this information to like decode more but then prevent these kinds of thing from happening again.

is where we come back to this pattern type. And so these pattern types, it can give some information at large of what could be going on. But then it tells us again that histamine is not the root problem.

It is a signal. it's a signaling like a smoke alarm. So when we lower the load, we can start to see more of what that underlying pattern is. That doesn't always guarantee like, a lot of people have been feeling great and decreasing their load and they're feeling like things are resetting.

But especially if you notice that, okay, I got rid of the loaded and I'm able to into that pond more clearly. that things did flare up for a little bit, that can show us what the underlying pattern is.

And now that we know a a bit more, like a more of the window in, we can see some of pond ripples starting to calm. Then the next step as we find out for certain and we look more deeply.

So bonus, I wanna share with you all about how can we more look deeply? So I want you to keep the momentum going. You're doing a great job. you're feeling great in your body.

And some of you are already QC and after health practice members. So we've chatted this week about what are your next steps for these next two weeks. For those of You that aren't what we offer is a complete wellness evaluation with comprehensive blood work to look at your three patterns.

You can ditch any judgment and shame about how to eat, what to, eat how you're supposed to feel quote unquote in your body. And instead we have blood work, clarity and a plan that fits your pattern.

So what this looks like is an intake questionnaire and whole metabolic decoding bloodwork. Then we an hour together in Zoom to go over your results, uncover some unique risk factors and create your customized next steps.

Now, normally these are 397. And because you've participated in The Cleanse, I wanna give you a bonus discount. and make it 197, so $200 off. This includes your blood work and includes our one-on-one session together to go over your patterns.

I wanna hear everything about how your cleanse went, and I'll be looking at all of your post-cleanse progress

reports, but this is a chance to customize that next steps of how to make sure that things are going well for the next months, not just the 10 days.

So what comes next? If you want to take advantage of this, we've got a couple more slots. We're booked up for April, but we got couple slots available in May.

You can snatch this link or if you're not on your phone, grab your QR code or grab you phone and scan the QR Code. April just dropped the link in the chat here too.

And what it will look like is once you book a time, book it about a week or two out so that you can go in and get your blood work, and then they'll send it to us and we can decode it before your session.

choose a spot for a couple of weeks out, then you'll be prompted to fill out a intake questionnaire. And this will, some of you put some things on your plan when you did your pre-progress or pre plan reset form.

So that was really helpful to see. This is gonna go even more in depth and it's going to start looking at the root causes. Where are some these things coming from?

So that you'll be prompted to have, and then we have our one-on-one together on Zoom. So this is one of my favorite parts about helping people in this way, because it's such personalized medicine.

There's nobody as unique as you when it comes to looking at your blood work and looking your data. Be with you each step of the way and create something that's incredibly customized.

You can of course keep on keeping on. You've got two more days to reset. Use the skills that you have and we have tons of free resources on the website.

I'd love for you to use those to your heart's content. And then option two, as you keep doing all of that, but have step-by-step guidance for your next steps, discover your root cause so that you can really see, this is what I noticed during these last 10 days, what can I, or even 12 days for some of you, What can do to keep this going and declog the system or rebalance the gut, re-balance, the blood sugar and take a science-backed holistic approach to your health.

Reintroducing Foods and Closing Q&A

Keep that reset button reset. So you've done this spring cleaning reset, you have hit the reset button once, I don't want you to have to keep hitting it multiple times.

I want this to be a reset that sticks. And so I am honored to been your reset buttons so far. We love getting to supporting you in this way. and I'd love for you that keep going.

Love for that momentum to keeps going So if you haven't yet snatched the QR code and snatch the link. And I'm so thankful that you've been here to to hit the reset button for yourself and give yourself this gift you, you deserve this and you'd been doing amazing work already.

I'll stay on for a little bit in case you have specific questions after I pause the recording. But for those of you who, like I got to talk to with a lot of this week about your next steps, your QC natural health practice member already, what should we do in the next two weeks?

For those that are going to take advantage of, we'll be able to give you that next step details of here's what would be most supportive to your system.

If you end up not utilizing this, what I'd recommend is as you're coming off of your cleanse, be very gentle with how you reintroduce foods. So we shared with you some of the high histamine foods and the histamines liberators.

I recommend bringing those foods back in one at a time, one new food every two to three days so that you can give yourself a gentle runway to decrease.

alcohol, chocolate, fermented foods, things that are the higher histamine, even dairy and some of the other histamines liberators. Can you bring those back in one at a time?

So on Monday, bring one food back and see how you feel. And if you can, keep a journal about it of, okay, I reintroduced this food, here's what happened.

So then you start to decode a little bit further on, was it something with skin? Was it with joints? Something with mood, gut, hangry feelings, all of that, so that we can really hone in.

what your body loves and what it doesn't love. And then when you're doing the blood work and the decoding, we can make it even more specific. Yes, the histamine foods.

I would love to actually share it again. April, do you have the PDF of the high histamines and low histamin foods? Okay, great. Will you drop it in the chat for those of you that are here?

Yes, absolutely. Thanks for asking that, Gretchen. So with the high histamine, low histamines, the pieces that can be super helpful are the slow phased reintroduction, but please know that there are so many histamine foods.

The list of histamines foods and histamin liberators is so long, which is one of the reasons why we just made the meal plan for you so you don't have to think about it.

But as you're reintroducing, re-introduce one food every two to three days for about a week, maybe even 10 days. And then afterwards, free willy so it would take you months to reintroduce one new food every two to three days so give yourself that grace to be slow and steady do it for a week journal your symptoms and then when we have our one-to-one we can create your next step plan even more thoroughly.

All right. Well, I am so thankful for your time. April, thank you for sharing that histamine cheat sheet. I'm gonna pause the recordings and do a live Q&A, but I can't wait to see you on the calendar in a couple of weeks.

So if you book today, we will order your blood work before the weekend, and then we'll get things going so that we can have our one-on-one in one or two weeks, all right?