



**1 DAY  
ESTROGEN  
DETOX**

# DISCLAIMER

No part of this publication may be reproduced in any form by any means, including printing, scanning, photocopying, or otherwise without the prior written permission of the copyright holder.

The author has attempted to present information that is as accurate and concrete as possible. The author is not a medical doctor and does not write in any medical capacity. All medical decisions should be made under the guidance and care of your primary physician. The author will not be held liable for any injury or loss that is incurred to the reader through the application of any of the information herein contained in this book.

The author makes it clear that the medical field is fast evolving with newer studies being done continuously. Therefore the information in this book is only a researched collaboration of accurate information at the time of writing. With the ever-changing nature of the subjects included, the author hopes that the reader will be able to appreciate the content that has been covered in this book.

While all attempts have been made to verify each piece of information provided in this publication, the author assumes no responsibility for any error, omission, or contrary interpretation of the subject matter present in this book.

Please note that any help or advice given hereof is not a substitution for licensed medical advice. The reader accepts responsibility in the use of any information and takes advice given in this book at their own risk. If the reader is under medication, supervision, or has had complications with health related risks, consult your primary care physician as soon as possible before taking any advice given in this book.

## 1 Day Estrogen Detox

# INTRODUCTION

Estrogen is the main female hormone and it can cause **feminizing effects** inside the male body like...

- *Man boobs*
- *Excess belly fat*
- *Noticeable love handles*
- *Lowers testosterone levels...*

And the testosterone lowering effects can lead to all sorts of other guy-troubles connected with low testosterone.

Estrogen production can increase via plenty of factors...

The modern Western diet, a sedentary lifestyle, and toxic chemicals in the air, on plastics and items we touch every day, even fragrances can increase environmental estrogen exposure. And that's the real culprit.

See— our bodies naturally produce some estrogen. Just like the female body produces some testosterone. The problem is when these hormones get out of balance due to lifestyle and environmental factors.

And that's why I've put together the 1 Day Estrogen Detox to go along with your order of **TestoGreens**.

Inside you'll get a **simple plan** to detox your body the best you can of estrogens daily.

***Let's get into it!***

## 1 Day Estrogen Detox

# Sample Estrogen Detox Plan

### First thing in the morning

- Take 1 serving of *TestoGreens*

### Sample Breakfast

- 1/2 grapefruit
- 8 oz. filtered water w/ fresh squeezed lemon (drink plenty of water daily)
- 3 cups spinach w/ chopped white-button mushrooms, onions, and celery (all organic)
- 2 tbsp. olive oil
- 3 whole cage-free eggs boiled and added to salad

### Sample Lunch

- 3 cups of cooked kale or cabbage
- 2 cups mixed cauliflower and broccoli
- 2 tbsp. olive oil
- 1 organic chicken breast
- 1 fresh garlic clove

### Sample Dinner

- 1 wild caught salmon fillet w/ fresh-squeezed lemon/lime
- 20 asparagus spears topped with light drizzle of olive oil
- 1 cup mixed dark berries

## 1 Day Estrogen Detox

# Sample Estrogen Detox Plan #2

### First thing in the morning

- Take 1 serving of *TestoGreens*

### Sample Breakfast

- 1/2 grapefruit
- 8 oz. filtered water w/ fresh squeezed lemon (drink plenty of water daily)
- 3 cups spinach w/ chopped white-button mushrooms, onions, and celery (all organic)
- 2 tbsp. olive oil
- 3 whole cage-free eggs boiled and added to salad

### Sample Lunch

- 3 cups of cooked kale or cabbage
- 2 cups mixed cauliflower and broccoli
- 2 tbsp. olive oil
- 10 oz. grass-fed beef
- 3 Brazil nuts + handful of macadamia nuts

### Sample Dinner

- 1 wild caught tuna fillet w/ fresh-squeezed lemon/lime
- 20 asparagus spears topped with light drizzle of olive oil
- 1 cup mixed dark berries

## 1 Day Estrogen Detox

# Sample Workout Plan

### Pre-workout

For now, if you take a pre-workout powder, swap it out with this. 8-16 oz of black coffee. Make sure you use purified water when making your coffee. You can also add 1 tbsp of coconut oil which not only helps support your cleanse but will also give you some extra energy for your workout.

### Sample Workout

One of the best ways your body naturally detoxes itself is through sweat. So this short workout will help you get your sweat-on, and it's great for boosting your growth hormone levels as well. You can also use a sauna after your workout for recovery and to sweat out some extra toxins. Be sure to keep hydrated.

Warm up: jog for 5-minutes

Sprint: 20-seconds

Rest: 60-seconds

Repeat 4-6 times

Cool Down: walk for 5-minutes

\*If you are following a workout routine right now, then stick to that routine. Get your sweat on.

# 1 Day Estrogen Detox

## Foods To Avoid

### Avoid These Common “Health” Foods

Flax seed, soy, tofu, these are common foods most men know to avoid. Inside this section I want to give you three other foods to avoid that you probably thought were okay to eat, but may increase your estrogen levels.

#### **1. Non-organic Produce**

Just because it's greens or produce doesn't mean it doesn't have the potential to raise estrogen levels. Pesticides and herbicides are sprayed all over our produce. And these toxins can increase the production of estrogen. Here is the “dirty dozen” list of produce you must get organic:

Strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes.

#### **2. Non-organic Chicken**

Chickens are often pumped with hormones or fed feed that is high in soy. Soy is a major player in boosting estrogen production. Have you heard the phrase “you are what you eat,” well, this can be true. So it's important to keep an eye on what your food, eats.

#### **3. Non-organic Milk**

Same principle here with chicken. Cows can also be pumped full of hormones and estrogens. Instead of milk from cows, try a nutty milk like almond milk or cashew milk.

# 1 Day Estrogen Detox

## Plan Wrap Up

### Conclusion

So there you have your **1 Day Estrogen Detox**. Consider doing this once a month or once every two weeks.

Continue taking your **TestoGreens** every day. This plan is just something extra you can do to support your goals so you can see better results.

Enjoy!