



ASPEN **INTEGRATIVE**
MEDICINE

Estrogen Hormone Detox

1. Diva Detox by Diva Formulas

Start with 1 pill with dinner, then increase to 2 pills with dinner after 1 week, then 3 pills after week 3, and then 4 pills by week 4; if you feel headaches or sick, back off 1 or 2 pills/day
Find on divaformulas.com or purchase in our office

2. Activated Charcoal by Source Naturals

2 pills at bedtime
Find on iherb.com

3. TMG 500mg by Life Extension

2 pills at bedtime
Find on iherb.com

4. Choline & Inositol by NOW Foods

1 pill at dinner
Find on iherb.com

5. Iodizyme-HP by Biotics Research

1 pill in am first week, 2 pills in am for week 2, then 3 pills in am for the next 3 months, then back to 1 pill/am. Do not take more than ½ pill/day if you have Hashimotos without first consulting a physician.
Find on dcnutrition.com