Liver Rejuvenation Program for Mamas Curriculum

# Module 1: Getting Started

1. Adopting a Mindset for Healing.
2. Pillars of Clean Eating
3. Choosing Your Path- Rejuvenation or Cleansing?
4. Preparing Your Colon to Cleanse

# Hand-outs:

1. [Adopting a Mindset for Healing](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Adopting-a-Mindset-for-Healing.pdf)
2. [Upgrading the 4 Pillar Kitchen Staples](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Upgrading-the-4-Pillar-Kitchen-Staples3.pdf)
3. [Cleansing or Building](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Cleansing-or-Building.pdf)?
4. a) [Everyday Superfoods for the Liver](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Everyday-Superfoods-for-the-Liver.pdf) (this document tells you why each food benefits your liver)[.](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Adopting-a-Mindset-for-Healing.pdf)

b) [Every Day Super Foods Grocery List](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Every-Day-Super-Foods-Grocery-List.pdf)

1. [Deficiency Type Constipation](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Deficiency-Type-Constipation.pdf)
2. [Warming Foods](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Warming-Foods.pdf)

# Module 2: Exploring the Liver from The Western Perspective

1. Through the lens of the western scientific perspective, we will look at liver physiology and the many important roles the liver plays in the body.
2. Discover the 2 Phases of physiological liver detoxification and the impact it has on other body tissues and organs when the liver can’t keep up.
3. Discover what toxic bile is and how it is generated in the liver so that we can heal from it.
4. Learn some uncommon knowledge about the many unseen roles that bile plays in the body.
5. Learn how to boost your bile production
6. Learn how some of the main liver functions impact other aspects of our health.
7. Learn what steps to take to take your digestion to the next level and reduce the burden on your liver of internally generated toxicity.

# Hand-outs:

1. [Functions Of The Liver](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Functions-Of-The-Liver.pdf)
2. [Phases of Liver Detoxification](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Phases-of-Liver-Detoxification.pdf)
3. [Toxic or Insufficient Bile](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Toxic-or-Insufficient-Bile.pdf)
4. [Boost Your Bile](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Boost-Your-Bile.pdf)
5. [Internal Signs of Liver Congestion](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Internal-Signs-of-Liver-Congestion.pdf)
6. [How to Reduce Internally Generated Toxicity](http://www.domesticdiva.ca/wp-content/uploads/2012/05/How-to-Reduce-Internally-Generated-Toxicity.pdf)

# Module 3: Discover Your TCM Liver Type to help you individualize your program according to your unique bio individuality.

1. Introduction to TCM and seasonal rejuvenation.
2. Common Syndromes of the liver according to thousands of years of observation by Chinese medical doctors.
3. We will be weaving together an overview of the interrelation between east and west perspectives about liver health.
4. How to rebuild a never breastfed liver
5. How to adapt the plan for children
6. How to Nourish the Liver according to TCM
7. Building Liver Yin with foods to build our blood for rejuvenation

# Hand-outs:

[Five Element Correspondences](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Nourishing-the-Liver-and-the-Five-Element-Correspondences.pdf) [Common Syndromes of the Liver](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Common-Syndromes-of-the-Liver.pdf)

[East vs West and Pregnancy Liver Health](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Common-Syndromes-of-the-Liver.pdf) [Never Breastfed Liver Rejuvenation Plan](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Never-Breastfed-Liver-Rejuvenation-Plan.pdf)

[Nourishing the Liver from the Perspective of Chinese Medicine](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Never-Breastfed-Liver-Rejuvenation-Plan.pdf)

# Module 4: Embracing the Support of Our Herbal Allies

1. Nourishing Herbs for the Liver: Dandelion, Yellow Dock, Burdock Root, Fennel Seeds

& Vitex

1. Superfoods that support liver detoxification and rejuvenation:

Seaweeds, Clay, Evening Primrose Oil, Algae (Spirulina, Chlorella Wild Blue Green), Grasses (Barley, Wheatgrass), Bee Pollen, Bitters, Kombucha, Mushrooms

1. Distinctions to help you choose which ones will fit best with your unique physiology

# Hand-outs:

[Herbal Allies for the Liver](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Herbal-Allies-for-the-Liver.pdf) [Exotic Superfoods for the Liver](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Exotic-Superfoods-for-the-Liver2.pdf)

# Module 5: Making shifts in our external and emotional environment to take our healing and transformation to the next level.

1. Removing external sources of toxicity
2. Cleansing our living environment
3. Metaphysical- What is your liver trying to tell you?
4. Using Liver Rejuvenation as an opportunity to transform your whole life.

# Hand-outs:

[Detoxify Your Home CHECKLIST](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Detoxify-Your-Home-CHECKLIST.pdf)

[Simple and Affordable Ways to Improve Your Indoor Air Quality](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Detoxify-Your-Home-CHECKLIST.pdf) [Dirty Dozen Cosmetic Chemicals](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Detoxify-Your-Home-CHECKLIST.pdf)

[The Dangers of Microwaving Food](http://www.domesticdiva.ca/wp-content/uploads/2012/05/Detoxify-Your-Home-CHECKLIST.pdf)

Journal Exercise: [What is your liver trying to tell you?](http://www.domesticdiva.ca/wp-content/uploads/2012/05/What-is-your-liver-trying-to-tell-you.pdf)

**Module 6: Putting it All Together** [Wise Woman Steps of Healing the Liver](http://www.domesticdiva.ca/wp-content/uploads/2012/06/Wise-Woman-Steps-of-Healing-the-Liver.pdf) [Nourish, Cleansing or Detox](http://www.domesticdiva.ca/wp-content/uploads/2012/06/Chart-Nourishing-Cleansing-Detox.pdf)?

# Hand-outs:

[Customize Your Cleanse Worksheet](http://www.domesticdiva.ca/wp-content/uploads/2012/06/Customize-Your-Cleanse-Worksheet.pdf) [Customize Your Own Cleanse Workbook](http://www.domesticdiva.ca/wp-content/uploads/2012/06/Customize-Your-Own-Cleanse-Workbook2.pdf)

# BONUS MODULE:

Harmonize Your Hormones for smooth moods, steady energy and to get your pre- pregnancy body back!

Questions? Send them to [support@sherryrothwell.com](mailto:support@sherryrothwell.com)