

NON TOXIC BEAUTY MAKEOVER GUIDE

Reclaim your hormonal vitality, natural beauty
and energy to ignite your inner purpose



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Welcome Letter From *Diane*

Hello, sista Warrior! I'm Diane Kazer, Functional Diagnostic Nutrition Practitioner and Founder of CHI Hormone Warrior Transformation, a Group of women warriors who are COMMITTED to holding your hand and taking you across the finish line to a type of health and hormonal Freedom doctors and health experts haven't been able to...until now ;)

You're probably here because you're overwhelmed with life and especially trying to balance it with trying to make the best decisions for your health and hormones, am I right? We totally get you and We've been there. Do you have any of these (uber common) hormone imbalances:

- * thyroid disease
- * adrenal insufficiency
- * chronic fatigue
- * Estrogen dominance
- * painful periods
- * irritability (aka 'inner b*tch)
- * acne & skin issues
- * depression
- * digestion challenges (bloat, constipation, etc)
- * PMS or PMDD
- * Infertility
- * PCOS
- * difficulty gaining muscle or losing weight
- * breast implant illness
- * Endometriosis
- * Fibroids

Just to name a torturous few. If so...You're in the right place to be to get your health, body and life back! One thing you'll learn in my tribe is that disease is NOT as complicated as we're taught. There are thousands of diagnosis, yet there is ONE root cause. TOXIC habits and TALK-SICK stories that makes you sick, stuck and suffer.

Our purpose is to empower you with these truths and help you transform. You're on the verge of a radical metamorphosis and know there's more to life than this that you deserve!

And you DO deserve it...don't you? Let's do this, Warrior!

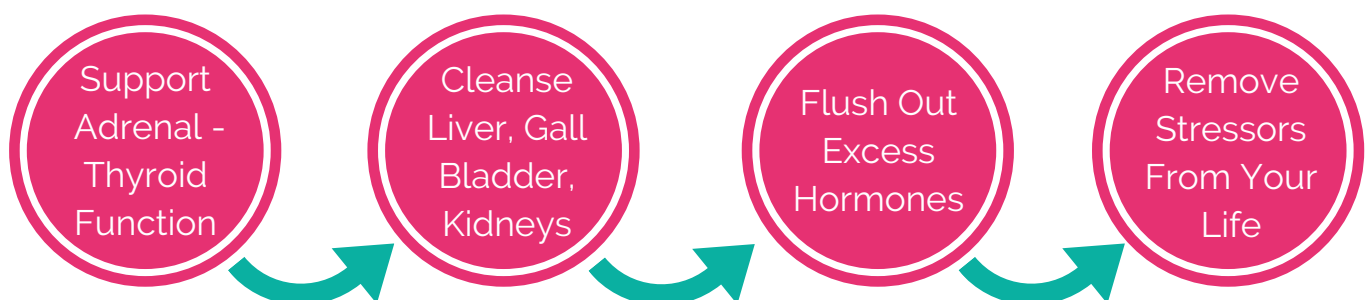
Hormones 101

Hormone imbalance is often hard to detect by symptoms alone, despite having a significant and direct impact on how you think, feel, act. Hormones are the chemical messengers that animate you mentally, physically and emotionally. Almost 80% of women suffer from some kind of hormonal imbalance and hospital doctors are NOT trained today to test nor address the root cause of why we have them. Thankfully you now know someone who will!

Estrogen dominance is the key cause of our hormone imbalance today. Symptoms often include:

1. Stubborn Weight Issues
2. Skin Issues - Acne, Cellulite, Cysts
3. Breast Cancer & Other Cancers Fueled By Estrogen
4. Mood Imbalances - Depression, Anxiety, Panic Attacks
5. Endometriosis, PCOS, Hot Flashes
6. Infertility or Miscarriages
7. Lady Problems - UTIs, Interstitial Cystitis, Yeast, BV, HPV, herpes
8. Chronic Fatigue, Thyroid Issues, Adrenal Dysfunction
9. Constipation
10. Low or No Sex Drive
11. Gall Bladder Infection
12. Breast Implant, Botox or Botched Beauty Illness

Most doctors will tell you that this is a result of genetics and therefore untreatable. Or worse yet, they'll prescribe chemical-packed pharmaceuticals or encourage unnecessary surgeries. Stop this destructive cycle. You have way more control over your hormones than you think! The solution? Start by healing your gut with the 5 R Protocol, the first being to REMOVE toxins.



Hormones 101

What Are Some Common Causes of Hormonal Imbalance?

Hormonal imbalances, such as estrogen dominance, can be caused by a number of factors: dirty air, dirty food, dirty water, dirty personal care products and STRESS. How many of these do you come in contact with daily?

- Plastic (inc breast implants)
- Parabens
- Birth Control
- Most Grains (Heavy Metals)
- Processed Foods
- Non Organic Produce (Pesticides)
- Factory Farmed meat
- Soy Products

The xenoestrogens in these harm and clog our digestive organs and then spill over into fat cells, causing us to gain weight. Your body is doing a GOOD thing trying to save you from these toxins by storing them somewhere safe. On top of that, our stress levels induce the production of certain hormones at the cost of others. Progesterone is one of the main hormones that is sacrificed for estrogen production. AND thyroid hormone is needed to make sex hormones so if our thyroid isn't healthy, neither are your sex or stress hormones...causing the symptoms you just read. This is the tricky part, I had to figure out myself and now teach women who want to finally heal. We must treat the thyroid and adrenals TOGETHER at the same time we Cleanse the Liver. That's just a start.

You want to feel better FAST? Here's the TRUTH of how:

- Stop putting your health in your doctors hands. Learn to heal yourself.
- Focus on DAILY detox. Yes, daily. If you're not a Liver you're a DIE'er.
- Replace toxic products with Essential Oils, Safer Skincare & Superwoman Staple Supplements
- Run lab tests only Functional Nutrition experts order and are trained to identify Root Cause healing opportunities, to ditch toxic band aid medications
- Drink my **Love My Hormones Shake** daily (see next page for recipe!)



Girl Talk

Happy Hormones and Daily Detox are CRUCIAL to heal ALL of your symptoms. Learn the truths that less than 5% of health experts know **HERE**.



Love My Hormones Shake

- ½ cup of Organic yogurt or kefir
- ½ cup nut milk of choice
- Leaves of 2-3 kale leaves (I like dino)
- 1-2 handfuls of spinach
- ½ medium avocado
- 1 small banana (or ½ large one)
- 1 serving vanilla protein powder of choice (target 15-20 grams)
- 1 serving Collagen Powder
- 1 tsp maca powder
- 1 date (or anything else you want to sweeten it with. Stevia if you're a Keto girl)
- ½-1 cup ice (or avoid ice and use frozen bananas instead)
- Optional: herbs such as turmeric and cinnamon.

-
1. Pour the nut milk and yogurt into a blender.
 2. Peel the leaves off the kale and add to blender. Save the stems for salad, juice or to use as a weapon to swat your boyfriend or boss.
 3. If you'd like to step up your ovaries, add ½ to 1 tsp of each turmeric and cinnamon, and to make it more fat burning/metabolic, add a dash of cayenne! (Maybe try the shake without first, then on the next day, try the herbs and experiment with combos of both.)
 4. Add rest of ingredients into the blender and blend on high power for 1 minute.
 5. Drink and enjoy!
-

If possible, drink this shake every morning for breakfast instead of coffee. Over time, you'll be amazed by the benefits. And if you **MUST** drink coffee, please enjoy it after this shake. But I'd love for you to feel how much energy you can get from this drink alone. It's **THAT** powerful.



Meet Bailey - Depression, Birth Control SOLVED

Before I met Diane I had been on birth control for 9 years, and was suffering from severe depression and anxiety. I had been to multiple psychiatrists who'd come up with various diagnoses ranging from generalized anxiety disorder to bipolar. I had been on and off various antidepressants and anti-anxiety medications with no avail. Due to the anxiety I had horrible problems with sleeping. I had been prescribed Ambien and still would wake up after just 3-4 hours. I would have multiple nights where I'd only get 3 or 4 hours of sleep until I'd crash and end up sleeping 15 hours... just to go back sleeping 3 or 4 hours again until my next crash. In order to make it through the day I was consuming EXCESSIVE amounts of coffee. No matter how much coffee I had I was always in a fog. My brain was fuzzy and I was incapable of thinking clearly. I was loaded up with all these prescriptions, birth control, and coffee and would often wonder if there would ever be a time when I would feel "good."

When I heard about Diane I knew I had to meet her. After working with Diane she showed me how to dump the birth control and the coffee. Over time I was able to ditch the anti-anxiety medication, sleep medication and taper off anti-depressants. I have even been able to sleep throughout the night, which I NEVER thought would be possible. Through this journey Diane has not only been my nutritionist, but also my teacher, my life coach, my support system, and my friend. Not only has she been there with me step by step throughout this journey, but she has also instilled in me the knowledge I need in order to continue this healthy lifestyle for the rest of my life.

Diane is one of the most positive people. I have been able to confide in her about things that I haven't even shared with my closest friends. She passes no judgment, but just looks at ways to improve your quality of living. Since working with Diane I can finally say that I not only feel "good," but that I feel AMAZING!!

Sexy Belly 101

First, a Note From Diane:

For millions of Americans that unsightly bloated tummy isn't going away. Today we're farther away from eating REAL food than ever before. 80% of food products are now processed, convenient, negative calorie 'energy' in boxes resembling food. Add to that long work hours, short sleep cycles, sedentary lifestyles and less consistent exercise, and you have disease waiting to happen.

Ask yourself how badly you really want your health, happiness, and dream body. Now drop the race to the finish line, perfectionist mentality and embrace the journey.

Warriors, you know I'm talking to myself as I write this, as I've not only been there, done that, I AM here and AM that. One of the initial symptoms of impending disease such as cancer, heart disease, and diabetes is digestive distress. In reality, virtually every disease known to man originates in and can be traced back to the gut. I've seen too many people not start their wellness journey or start & then quickly stop because they fear they don't have the time, mental space or energy to commit 100%. Warriors, relax. You can do this.

Not-so-hot midsections, digestive distress, and bowel disease are physical manifestations of emotional distress, specifically anxiety, fear and giving too many f*cks. I have now seen some of the worst health cases in the medical community, helped them recover, and witnessed their belief of healing through lifestyle, nutrition, and faith. Sometimes yes, it included prescriptions, but the irresponsible overuse of drugs today is in part, what I, and most experts believe is the root of disease and distress... bloating included.



Give Less F*cks! Stop stressing about what others think of you, their judgement of your appearance, how you made them 'feel'. Only you are in control of how you react to a situation.

Sexy Belly 101

10 Steps to Reduce Belly Bloat

1. **Just eat real food.** Processed food, artificial flavors, colors, and preservatives can cause big time bloating.
2. **Eat only when you're truly hungry.** Snacking and eating too frequently (less than 4 hours apart) can cause bloat.
3. **Don't drink too much water during your meal:** Water dilutes your digestive arsenal, causing undigested food that feeds bacteria and causes bloating and gas.
4. **Eat fruit separately from protein and starches.** Fruits are easier to digest before a meal. This helps prevent the fermentation and gas that can occur when combining fruit with protein and fat-dense meals.
5. **Observe how your body reacts to dairy and wheat/flour (gluten).** I notice a huge change for many patients by simply removing one or both of these from their diets.
6. **Lower sugar intake** to 50 g per day or less. Try to avoid: wine, high-sugar alcohol, sports drinks, BBQ sauce, frappy-mocha-caramely coffee, fruit juice.
7. **Drink my Apple Cider Vinegar Tonic every morning (recipe on next page!)**
8. **Take digestive enzymes to help break down food.** By the time we're 40, we make about half the enzymes that we produced when we were younger.
9. **Rock a probiotic:** Not just any probiotic, but one that works well for YOU. When used consistently, these guys bring life and vitality to your digestive track, restore immunity and reduce bloat. Spore based is best.
10. **Try yoga:** Focus on breathing exercises and poses that encourage releasing. Try the "Wind Removing Pose". Ha!



Apple Cider Vinegar Tonic

- 1/2 tsp apple cider vinegar
- 8-16 oz water
- 1/2 lemon
- 1/4 tsp cinnamon
- 1/4 tsp cayenne
- Stevia

Mix ingredients together, drink 15-30 minutes before every meal

Why Apple Cider Vinegar?

I recommend apple cider vinegar (ACV) to my clients all the time. It has some incredible benefits!

- **Weight Loss:** ACV reduces inflammation, belly fat, belly bloat, and food cravings.
 - **Gorgeous Skin:** ACV also helps detoxify the body and eliminates the existing toxins and pathogens that normally travel to the skin and become acne.
 - **Energy:** The majority of us don't produce enough hydrochloric acid to properly digest food. ACV gives us the acid to break down protein and food. This gives our body the freedom to focus on energizing and producing the hormones that affect our mood, stress, sleep and sex!
 - **Immunity:** ACV calms the immune system and helps prevent a number of diseases and symptoms. Who wouldn't want help fighting the flu, autoimmune diseases, colds, allergies, migraines, headaches, itches, rashes, bites, sunburns, warts, and more?
 - **Fungal Infections:** No one enjoys a fungal infection. So use ACV to counteract UTIs, yeast infections, athlete's foot, nail fungus, dandruff, and eczema.
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Check out all the ways ACV will change your life [HERE](#).

Essential Oils 101

There are SO many uses for essential oils! You can use them for body care, diffuse to clean dirty air, balance hormones, lose weight, improve mood...the healthiest women use them every single day. [CLICK HERE for 25% off!](#)

Frankincense

- **Stress Relief:** Add 4-6 drops to a hot bath.
- **Reduce Acne & Signs of Aging:** Add it to a couple of drops of coconut oil & apply around eyes, throat, & face.

Lavender

- **Stings & Bug Bites:** Apply 1-2 drops directly to soothe affected area.
- **Calm & Sleep:** Place a couple of drops in your hand & breathe in deeply.

Lemon

- **For Easy Digestive Detox:** Add 2-3 drops to a glass of water several times a day.
- **Stainless Steel Cleaner:** Add 6-8 drops in an 8 oz spray bottle. Spray & wipe.

Peppermint

- **Headaches:** Apply a couple of drops to neck, temples & forehead.
- **Improve Alertness:** Place a drop under the nose, diffuse in a room, or just open the bottle & inhale.

Breathe ®

- **Allergies:** Place a drop in the palm of your hand & cup with the other, breathe in.
- **Cough:** Apply 1-2 drops to bottoms of feet & chest to help control coughing.

DigestZen ®

- **Constipation or Diarrhea:** Rub 2-3 drops directly on stomach to help.
- **Indigestion:** Take 1-2 drops orally to help with indigestion & heartburn.

OnGuard ®

- **Support Immune System:** Place 2 drops on your feet.
- **Air Filter:** Place 2 drops on air filters when changing them out to help kill pathogens.

Deep Blue ®

- **Inflammation:** Rub a couple of drops onto muscles before & after exercise.
- **Joint Pain:** Apply 1-2 drops directly to tired aching joints.

Oregano

- **Eczema:** Blend with carrier oil and apply topically.
- **Sore Throat:** Add 1-2 drops to a glass of water or juice.



Skin Glow Serum

For tight, soft & youthful skin, this formula is useful for nearly any skin issue.

- ½ tsp oil of choice based on your skin type*
- 1 drop frankincense essential oil
- 1 drop maleleuca essential oil
- 1 drop lavender essential oil

"For acneic skin: you can use Hazelnut, sunflower, jojoba or argan as your oil base. For normal or combination skin: Sunflower, grapeseed, jojoba, argan, baobab, sweet almond oil, or rosehip seed. For normal to dry skin: Jojoba, grapeseed, argan, rosehip seed, coconut, olive, avocado, or apricot kernel oil."

~Rachael Pontillo, founder of Create Your Skincare.

Place in hands and smooth evenly over face. Apply extra to trouble zones. Pre-make large batch and store in amber glass jar for convenience

Why Do I Love This Serum?

For just about any skin issues, rashes, breakouts, acne, wrinkles, dry skin and more, this is the formula I use and teach my clients to use. I (humorously) remember it with the popular acronym FML, which to us Essential Oil users stands for **frankincense**, **melaleuca**, & **lavender**. You cannot go wrong with this recipe!



Hair Love Serum

For thick gorgeous hair, this formula is ideal for maintaining luscious locks.

- 1 oz grapeseed oil
- ½ oz primrose oil
- 30 drops cedarwood essential oil
- 30 drops rosemary essential oil

Massage into problem areas of scalp and hair, wet or dry. Let sit for 20 minutes (or overnight), then shampoo, rinse, and style. Apply once a day, 3 times a week.

Why Do I Love This Serum?

Rosemary is one of the best oils for enhancing hair growth, which thickens the hair as it is believed to increase cellular metabolism. **Cedarwood** essential oil can help stimulate the hair follicles by increasing circulation to the scalp. You can also add the contents of one probiotic capsule to the formula too. Add all of the ingredients to a small 2 oz glass pump bottle (amber or blue to preserve ingredients), shake, & then apply.



Skin To-Die-For Body Lotion

For softening, glistening moisture, this formula restores & revitalizes your skin.

- 1 cup Castor oil (I like THIS ONE)
- 1 tsp vitamin E oil
- 6 drops ginger essential oil
- 6 drops lemongrass essential oil

Whip pure coconut oil with mixer until light and fluffy. Add vitamin E and essential oils. Store in an 8 oz glass jar and enjoy!



Many essential oils are synthetic blends that contain harmful ingredients like petroleum, parabens, & preservatives. These will do the opposite of what you intend. Brand quality, handling, distillation, & harvesting make a HUGE difference. There are many blends out there that I like, but **doTERRA** is my very favorite. Click here for 25% off!

Meet Genaye - Total Transformation in Weeks!

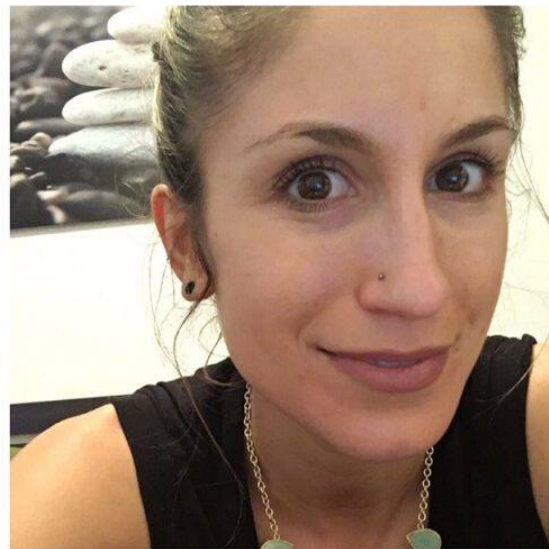
Diane has changed my life & painted a picture of the lifestyle I was attempting to attain. Unfortunately, I met all the wrong doctors and naturopaths along the way before finding Diane. It was a long 10 years of labs that were in "range" despite my fatigue and sluggishness

Diane's program was worth every penny and more to have the dedicated, heartfelt support from someone who understands the complexities of the human body, detoxing and healing so in depth. Diane's recipe's and supplement protocols are not overwhelming and she's always finding ways to identify supplements that get you the most bang for your buck. She is always researching and finding new ways to help support her Unicorn Warrior's.

With the emotional healing Diane provided. I was able to get back in touch with my inner child and nurture her the way she should have nurtured. It has changed my mindset and has opened up my ability to shed guilt and shame and nurture me for ME!

All of my sessions were done via telephone which was of great convenience. Overall, I can't recommend Diane enough. If you are thinking that you can't spare the money I would challenge you to really assess your spending and find ways to come up with extra money. Your health and wellbeing deserves this! If you are really serious about healing your issues, you won't regret working with Diane.

Meet Lunden - Cystic Acne to Hormonal Freedom



After 11 years on birth control, horrendous acne, multiple periods per month, HORRIBLE mood swings...we were able to fix it ALL in months. I had been in the fitness industry for nearly 10 years when I started working with Diane! Even eating super healthy, training consistently and getting enough sleep - birth control was destroying my mind, body and HORMONES. Despite my credentials, tons of research and "being the healthiest person I know" it wasn't helping. Diane completely changed my LIFE not only through practice but through education. She taught me everything as we went along and I REALLY UNDERSTOOD the root causes. If you've really tried everything, have a burning desire to be who you were TRULY meant to be and are really SERIOUS about kicking ass - Diane is THE person to work with hands down!

Safer Skin Care

What you put on your face MATTERS

Did you know your skin eats too?

Within 60 seconds, over 70% of what you applied to your skin, hits your blood stream, toxifying your liver, spilling over to your beautiful ovaries, breasts and BACK through the skin. And the worst part, expand fat cells. If you think skin cancer is JUST from the sun, think again. We've been lied to. The MAIN perpetrator is the cosmetics we try, products we buy and the sunscreen we apply.

I am sure most of you, like myself assume that we live in a highly regulated country, so the products I am using must be safe. I honestly, never questioned safety at all until recent years. I was so surprised when I finally learned that when it comes to the personal care industry, there are very minimal regulations. Companies are allowed to use known toxins—ingredients that have been linked to cancer, reproductive issues, and hormone disruption—without even disclosing these ingredients to us! Only about 10% of the 10,000 chemicals commonly found in personal care products have safety data. Seems crazy, right? It makes me angry.

Luckily, it's not all doom and gloom. There are some great companies working hard to create safer skincare products and to change the industry. And, these products work just as well or better than the department store brands we have learned to love! I've been spending tons of time researching them.

The line I use and highly recommend has banned more than 1,500 ingredients setting a new health and safety standard— all while ensuring our products perform, and that they're as indulgent as any luxe shampoo, lipstick or oil in the market! Your skin deserves Safety, Colorful Expression and Glow, **WATCH THIS.**



*80% of ingredients in
beauty products have never
been tested for safety.*

Even more troubling, chemicals linked to breast cancer, learning disabilities, infertility and other health issues are allowed in the products we use every day.

We deserve better, and we're doing something about it.

SuperWarrior Supplement Must Have's

Myth: I can get all the Nutrients I need from Food

I wish I could say that 'Food has all the Medicine and Nutrients we need to be Healthy'. But I would be misleading you if I did. The plants we eat, and animals and animals food is raised in nutrient deficient soil mineral deplete by about 80% reduction and picked early from their premature state for 2 weeks transportation, so our food is probably the sickest our planet has ever seen. Sick food = sick humans. So what do we do about it to supplement where our food lacks? And which ones are the best in general? For you? Your hormones? Gut? Energy? Beauty?

The work I do with my private clients covers all of these so very important yet confusing questions you could find yourself in an endless google sprint to solve yourself. Lucky for you, I've spent over 20 years doing this so you don't have to! I have compiled the best of the best, purest, easiest to access herbs and blends that will have the biggest impact on your health, now and long-term.

Women who get on the protocol and start the CHI train, clear up stubborn acne, lose weight, fix their periods, ditch cramps, lower their FSH and SHBG levels, beat estrogen dominance, restore their thyroid naturally, rebalance their adrenals, and have reaped the benefits for months after with pain and PMS free periods as well as boosted energy, immunity and moods!

Each of these recommended medicine cabinet items address the underlying ROOT CAUSES for endocrine breakdown and toxin storage in your body. This is the foundation of the CHI approach I teach that has helped thousands of women all over the world Cleanse their body, Heal their hormones and Ignite their life, starting from the bottom with Gut Healing, taking the tour through energetic centers along the spine that regulate hormone glands and how they perform inside the body!

At the core of our protocol is what we want foods we eat, and thoughts we think to do for our hormones to make them work optimally. Daily we want to eat foods, herbs and take supplements that support our 6 CHI pillars:

1. Passion for Purpose - Soul Goal
2. Keep Fuel Constant - Blood Sugar
3. Cleanse Chemical Interference - Toxins
4. Restore Minerals & Mitochondria - Metabolism
5. Find your Voice, Rebuild Glands & Gut - Hormones
6. Remove External Stressors - Environmental Toxins

There are a MYRIAD of dizzying herbs, blends, powders, elixers and ads touting the benefits of 'hormone harmony', beauty, energy, vitality on their labels, but they are definitely not all treated alike when it comes to success, freedom from symptoms, addressing the root causes AND without causing further side effects and problems. Here are the TOP 3 Must Haves, I recommend to Cleanse, Heal, Ignite from the ROOT cause up to the BRANCHES that are your body, beauty and brain.

SuperWarrior Supplement Must Have's

Quarterly Cleansing to amplify your beauty, energy and vitality

Thousands of women's life have radically improved by practicing cleansing with the onset of each new season. This practice of Ayurveda has been honored and practiced for thousands of years and there's a reason why. IT WORKS.

ABC = Always Be Cleansing means, always support your liver. Why? Because it has 500 jobs to do in one day, the main being to dispose the body of waste and is essentially your body's filter. Imagine not ever cleaning your pools filter, what the quality of your pool water would be. Yikes. My clients are always so surprised to hear me say 'every symptom is a liver issue' because it's involved in everything. Acne, beauty, energy, vitality and the KEY staple to reverse sickness, symptoms and suffering. So to honor this important livers jobs, I recommend you support it with a Quarterly Cleanse, I like these herbs as they are gentle, Chinese Herbs. If you're not a Liver, you're a Die-r after all. [CLICK HERE](#) to learn more about the ones I recommend.

The 3 Staple Supplements I recommend to most everyone

If you're the kind of woman who wants to feel her SuperPowers and have all day energy, natural beauty and total body vitality, allow me to suggest a few staples I believe every woman needs in her Beauty Box. Here's a fun way to remember it:

To be your own best PAL, I recommend supporting your gut, with Probiotics, adrenals with adaptogens or glandulars and liver support. Why? Because, with PROBIOTICS:

- 80% of your immune system is housed in your gut
- Your gut makes 90% of your body's serotonin, the feel good chemical, responsible for happiness, bowel movements, focus, satiety and nutrient absorption to name a few.
- Probiotics mean for life. Their job is to protect you from bad bugs, turn food into vitamins for fuel and to create balance in your digestive track. Hello sexy belly!
- The good bacteria from probiotics produce Zinc and Vit A which helps make more progesterone, offsetting high estrogen, a common hormonal issue women have today

ADAPTOGENS such as Maca or Ashwagandha are great ways to help you adapt to stress by elevating your energy or calming it down. I like maca because it's FILLED with amino acids, vitamins and nutrients, making it a SUPERFOOD, and helps us to better adapt to stress, by way of stimulating our hormonal control towers of the brain, improving our overall hormone balance. Maca helps with PMS, PCOS, infertility, menopause, sexual health as well as their symptoms. Ashwaganda is another powerhouse and has been shown to reduce cortisol and balance hormones. The Metabolic Mocha recipe in this book is loaded with adaptogens!

LIVER support is critical. Even between quarterly cleanses, I recommend continuing to support your liver for reasons I mentioned above. ESPECIALLY if you want clear, healthy, youthful looking skin with less acne and irritation.

To read more about the 3 I recommend most, [CLICK HERE](#). I update that page on a regular basis because supplements are always changing and I stay in flow with that for my followers!

Everyone cleanses for different reasons: to wash away past indulgences, lose weight, have more energy, prettier skin, a better sex life or a sharper mind. Unfortunately, most of us are going about it incorrectly. Let's not just cleanse, but alter the terrain that led us to cleanse in the first place.

5 Reasons You Need To Cleanse

- 1. You eat way too much sugar.** The majority of Americans can attribute a whopping 16% of their daily caloric intake to added sugars, that is more than 3x the recommended amount. What if cutting out 2/3 of your sugar intake made you feel better? Would it be worth cleansing?
- 2. You're not eating enough produce.** Mother Nature gave us these things called fruits and veggies as our BEST source of detox power, fully equipped with enzymes, nutrients, minerals, vitamins and fiber. 9 out of 10 Americans do not meet the standard minimum of their daily fruit & vegetable intake. **Reality Check:** If you're not consistently eating 1.5-2 cups of fresh fruit and 2-3 cups of vegetables DAILY you're falling behind on your daily minimum to be healthy.
- 3. You keep trying to lose weight (and most symptoms) the wrong way.** I have worked with thousands of clients who have desperately tried to feel and look better, all the while not realizing the long term negative impact their dieting weight loss strategies have on their health and disease/fat burning efforts.
- 4. You rely heavily on caffeine.** Coffee is making all of us more fat, more susceptible to disease and unable to handle stress! Not only are coffee beans the most heavily pesticide-sprayed crop in the world, but the caffeine negatively affects your cortisol, mineral and blood sugar levels, adrenal function, hormone balance, and ability to process glucose. I love my coffee just as much as you, but we all need balance.
- 5. We live in a toxic soup.** Two-thirds of Americans live in areas where toxic chemicals in the air raise the risk of cancer. In 1901, 1 in 8,000 people got cancer; today, that rate has risen to 1 in 2 men and 1 in 3 women. **Bottom Line:** We need to strengthen our immune system, SO MUCH so that as we're exposed to more toxins, we're less likely to get symptoms, disease, and cancer.

Cleanse 101

The Top 5 Cleanse Fails

- 1. You did a 3-day cleanse, aka the "quick fix."** Sorry sista- quick fixes do not exist. Your body can only eliminate so many toxins at once & it takes time. These short fixes dislodge toxins & overwhelm your body as it can't expel the toxins as fast as they're being released. As a result, these toxins end up right back where they began, or worse, lodge themselves in tissues like your brain and cause unwanted side effects, like dizziness, depression, migraines, nausea & more.
- 2. Not addressing the mind-body connection.** Toxic thoughts cause toxic food choices. Being disconnected from the subconscious stress patterns we perpetuate prevents us from being mindful with the decisions we make about food.
- 3. You used harmful cleanse products and ingredients (90% of cleanses).** Many products today are abrasive to the lining of your intestines, which is the area we're trying to rebuild. Psyllium, Cascara Sagrada, and Senna, may present very serious health risks and major medical complications such as hepatitis and liver failure. However, they are contained in most detox and cleanse products.
- 4. You didn't focus enough on foods that support detox.** Deprivation takes its toll on your body & health. You end up malnourished with more stress on the body. Detoxes take a lot of work, so if you're depriving your body the essential vitamins, minerals, and nutrients that it needs to perform the millions of tasks it performs on a daily basis, you are actually hampering its own ability to detoxify and heal.
- 5. You start but don't finish or worse yet, you do finish and then go back to the same lifestyle that lead you to cleanse in the first place.** Do yourself a favor and work with a detox and hormones expert the next time you cleanse to help you understand your side effects and what your body is going through (that's exactly what you'll get with our CHI Hormone Warrior Transformation). Your lifestyle has everything to do with how successful your detox and cleanse program will be.

Friends, I have committed ALL of these fails, it is through a lifetime of learning and trial and error that I have discovered 99% of what works and 1% of what does...want me to share my secrets? Sign up to hear my **MasterClass HERE.**



Meet Marisa - Sex drive & Gut Healing FAST

Diane Kazer's CHI Transformation Warrior Program has been a life changing experience.

After falling in love with her from listening to the podcast Eat, Play, Sex, and felt a deep sense of trust in knowledge and expertise. After our consultation call, which she took generous time to do, I felt it was the right match immediately.

I went to Diane after recovering from walking pneumonia, realizing that my respiratory issues have been going longer than I was even aware of. After listening to her podcast, I also realized my low sex drive was a result from hormonal imbalance which was also causing the respiratory issues.

I felt very supported throughout the program, and loved the group coaching element. The cleansing protocols have all been so very powerful and am feeling inspired to continue implementing them even after I complete the program. I love her work so much that it has even inspired me to look into also becoming a health coach. She is more than just a health coach. It's not just about the physical body. I love that she also addresses the heart, mind, and soul. I found this program to be quite holistic and empowering, taking my health back into my own hands, becoming less dependent on the medical system which has continuously prescribed medications that have been ruining my gut.

I highly recommend this program for anyone who is willing to carve out the time for self-care and be truly open to transformation. I am so grateful for the work that she does because it has truly taken my health to the next level.



Breakfast: Metabolic Mocha Latte

Prep Time: 5 minutes, Serves: 1

- 1 cup hot water
- 2 tbsp raw cacao powder
- 1 tsp maca powder
- 1 serving chocolate protein powder
- 1/8 tsp Himalayan Sea Salt
- 1 serving Non Dairy Creamer*
- 1/2 tsp ground cinnamon
- 1 tsp turmeric powder
- 1 tbsp Ghee
- 1 tbsp MCT Oil

1. Combine all of the ingredients in a blender. I like using my NutriBullet for this because after about 30 seconds, it works up a nice frothy foam on top. YUM!

2. Pour into a mug with a rad saying like "I woke up like this" or "But first, adaptogens" or "Bitch, I'm a Unicorn". It is never too early to be your amazing, unique self. You will love the mental jolt and metabolic boost it yields, which unlike coffee lasts all day.

Sorry to be the bearer of bad news but coffee is a major beauty blocker for most women as it's extremely acidic, which depletes beauty building, calming, digestive detox supporting minerals such as magnesium. Plus, it's a xeno-estrogen, causing estrogen dominant symptoms and thyroid imbalances, as well as is dehydrating to the body.

Best paired with [Cleansing Chinese Herbs](#), that taste like Kahlua. Check them out [HERE](#)

Prep tip: You can pre-bag all of the powder ingredients for as many days as you'd like. Bag them separately and dump them into your blender cup...I show you how in [THIS VIDEO](#)

For more recipes just like this, check out [The Natural Beauty Detox Master Course](#).



Lunch: Citrus Salad

Prep Time: 5 minutes, Serves: 1

- $\frac{3}{4}$ lb fresh organic arugula
- 1 grapefruit, peeled and sliced
- 1 handful raspberries
- 1 handful blueberries
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp freshly squeezed lemon juice
- $\frac{1}{2}$ tsp freshly squeezed grapefruit juice
- $\frac{1}{4}$ fennel bulb, shaved or diced
- 2 tbsp shelled pistachios
- salt & pepper (optional)

1. Arrange your arugula in a salad bowl. Add raspberries and blueberries.

2. Pour olive oil, lemon juice and grapefruit juice on top of salad. You can easily get enough juice by squeezing the leftover grapefruit peel. Season to taste and toss. Add fennel and sprinkle pistachios on top.

Optional to add meat of choice such as 4 oz of Organic Chicken or Grilled Shrimp.

For more recipes just like this, check out [The Natural Beauty Detox Master Course](#) HERE.



Snack: Watermelon Bananacado

Prep Time: 5 minutes, Serves: 1

- ½ mini watermelon, sliced into half-inch slivers
- 1 banana
- 1 ripe avocado, pitted, peeled and cubed
- 3 tbsp hemp seed

1. Peel your banana into a small mixing bowl. Add the avocado and use a fork to mash and mix.
2. Spread bananacado on your sliced watermelon. Sprinkle hemp seeds on top... And.. Smile!

This strange, surprisingly delicious combo is super hydrating for your wake up call. Bananacado may just be the next big food trend. Seriously though, this recipe is a small but, powerful family of ingredients. Your heart, kidneys, and blood can all thank watermelon for its mesmerizingly detoxing qualities.

For more recipes just like this, check out [The Natural Beauty Detox Master Course](#) HERE.



Dinner: Portobello Mushroom "Steak"

Prep Time: 20 minutes, Cook Time: 45 minutes, Serves: 4

- 1 cup walnuts
- ¼ cup chopped cashews
- 1-2 tbsp extra virgin olive oil
- Pinch of salt
- ½ diced onion
- ½ cup chopped mushrooms
- 1 tbsp minced garlic
- 4 large portobello mushroom heads- stalks removed
- 2 zucchinis- chopped
- 2 cups baby spinach leaves
- 1 jar of your favorite tomato sauce (optional)

1. Preheat oven to 400 degrees.
2. Pulse cashews and walnuts in blender or food processor. Add a pinch of salt and olive oil to help incorporate that protein goodness. Set aside.
3. In a frying pan, sauté onions on medium heat using your preferred cooking oil. After a couple minutes, add mushrooms and stir occasionally for about 5 minutes. Then add garlic and cook on medium-low for another couple of minutes. Add zucchinis and continue cooking until soft. Remove from heat and set aside.
4. Arrange Portobellos in a casserole dish or on baking pan, side by side. The layers should be more or less even and in the following order:
 - portobello mushroom head as the bottom base
 - baby spinach
 - sautéed mushroom/zucchini mixture
 - cashew/walnut mixture
 - tomato sauce
5. Feed your oven for about 25-30 minutes. Then feed yourself!



Dessert: Raw Chocolate Pudding

Prep Time: 5 minutes, Rest Time: 1 hour, Serves: 2

- 1 avocado (avoid bruises, as it will cause bitterness)
- 1 tbsp raw cacao powder
- ¼ tsp pure vanilla extract
- 1 tbsp Grade B maple syrup or Stevia
- 1 tbsp coconut oil

1. Add all ingredients to food processor until smooth. You'll most likely have to stop and scrape the sides a couple times. **Note:** I've made this recipe manually with a fork and spoon before. Even though it won't be super silky, it will still be super delicious.

2. Refrigerate for one hour. If you're as impatient as me, try using a refrigerated avocado to speed things up a bit.

Use this as a base for a fruit salad. Try combining with bananas, strawberries, blueberries, raspberries and blackberries for an extra punch of protein. Get creative and add shredded coconut or homemade coconut whipped cream on top. Then you can even add some nuts or almond butter to the equation. Whatever you do, make it and eat it within 24 hours—like that'll be a problem...

For more recipes just like this, check out [The Natural Beauty Detox Master Course](#) HERE.



An invitation From *Diane*

I hope you enjoy this Hormone Hacks Warrior Starter Kit. Some women just want to change a few things here and there, like recipes, products, etc. Then there's the woman who has been trying new things for years, without the results to back it up and are ready for REAL CHANGE. This is why I created a Deep Dive program that starts with TRUTH, which you can **WATCH HERE**. After you watch it and experience the #MINDBLOW, you'll get an invitation to talk to me, at no charge, if we're still offering it. It's not for everyone, only the women who are ready to commit to themselves and do the work to FINALLY rid themselves of the symptoms that weigh her down. If you have big dreams you're held back by because of them and you're ready to fly, **CLICK HERE**. Every women who takes this journey with us, leaves a warrior. EVERY woman.


This is the formula I used myself to reverse ALL of my diseases, depression, and debilitating symptoms. I was a sick kid and despite a career as a professional soccer player, I suffered from IBS, Hashimoto's, Thyroid Auto Immune Disease, UTIs, viruses, adrenal fatigue, depression, cystic acne, gut infections, and need I list more? Even as a personal trainer and national-level bodybuilding competitor, I was the sickest I had ever been, despite my 10% body fat. I walked off stage with my clear heels and major depression. I had total body dysmorphism, a broken metabolism and a broken heart. So NO...it's not just counting macros and exercising more. There is WAY more to it. What if you could feel better, doing LESS? This is why I am so unbelievably passionate about helping you overcome whatever you are going through. Because girlfriend, I have been through it all! If you're ready to free yourself from this prison it feels like you're in, OVERwhelmed with options, working OVERTime to find relief where doctors haven't helped, and are just OVER "IT", this is your ticket out. I want to help you!

This could be you...

You may think that you don't have what it takes to get better. I know, you're not alone... so did EVERY one of these ladies you're about to see. When these warrior women had the courage to change their mindset about the importance of their health and that they had no choice but to say yes to distress, and to BELIEVE they were worth the investment, they were able to remodel their entire body, energy and lives, without taking a break from their lives. In fact many, were able to do MORE in their personal lives, be more present with their loved ones and more productive at work.

- Lunden lost 10 pounds and 2 inches PLUS gained 3 times more energy and is 2 hours more effective at work.
- Gina was able to work 20 days out of the month she had otherwise not been able to because she was suffering debilitating migraines. (Do the math on 20 sick days per month = about \$5k x 12 = \$60k)
- Janna saved \$15,000 + on unnecessary IVF to get pregnant, artificially, because she did the work that it took to heal her body to conceive naturally.

Bailey McCabe
SOON TO BE ATTORNEY



ON BIRTH CONTROL FOR 9 YEARS
HAD SEVERE DEPRESSION AND ANXIETY
DIAGNOSED BIPOLAR
MULTIPLE ANTIDEPRESSANTS & ANTIANXIETY &
SLEEP MEDICATIONS DIDN'T HELP
SLEPT ONLY 3-4 HRS PER NIGHT
EXCESSIVE COFFEE DRINKER 3-8 CUPS/DAY
BRAIN FOG

DETOX'ED OFF BIRTH CONTROL
2-3 TIMES MORE ENERGY WITH NO COFFEE
RESTORED MAJOR ADRENAL FATIGUE
OFF MEDICATIONS
HAS ENOUGH ENERGY TO EXERCISE DAILY
SLEEPING RESTFULLY THROUGH THE NIGHT
MENTAL CLARITY STUDYING FOR BAR
TRAVELING THE WORLD WITH HER DAD

Bailey Mccabe
Soon To Be Attorney

Lunden Souza
Master Trainer - Runtastic.com

Lunden Souza
MASTER TRAINER - RUNTASTIC.COM



SLAVE TO BIRTH CONTROL
CYSTIC ACNE
MULTIPLE PERIODS PER MONTH
HORRIBLE MOOD SWINGS
BODY INFLAMMATION
FITNESS INDUSTRY FOR NEARLY 10 YEARS

LOST 5 POUNDS OF TOXIC INFLAMMATION
IMPROVED AGILITY & PERFORMANCE BY 25%
GAINED ONE EXTRA HOUR PER DAY
BUT CUTTING EXERCISE IN HALF
PHASED OFF OF BIRTH CONTROL WITHOUT
NASTY SIDE EFFECTS

Jessica Minton
Hair Salon Owner

Jessica Minton
HAIR SALON OWNER



AWFUL PMS
PAINFUL PERIODS
DIDN'T EAT 'BAD'
TOOK SUPPLEMENTS EVERYDAY
WORKED OUT 4 DAYS PER WEEK FOR 1 HOUR
SAME BODY, SAME CRAVINGS, SAME DEPRESSION
ONLY 15 'GOOD DAYS' PER MONTH
DOC PRESCRIBED BIRTH CONTROL & PROZAC

LOST 15 LBS
NO PMS
PLEASANT PERIODS
SELF LOVE & CONFIDENCE
CHANGED RELATIONSHIP WITH FOOD
FRIENDS ARE ASKING 'WHAT'S HER SECRET?'
CELEBRATED WITH A TRIP TO COSTA RICA

This could be you...

Janna Decoweia

Phd, Psychologist

Janna deGouveia

PHD, PSYCHOLOGIST



PCOS
IRREGULAR PERIODS
YO-YO DIETER
SEVERE ACNE
MANY TOXIC BIRTH CONTROL RX
DR'S SAY: "YOU'LL NEVER CONCEIVE NATURALLY"
SPASTIC COLON
OVERWHELMED

DETOX'ED OFF BIRTH CONTROL
NO MORE PCOS
ACNE COMPLETELY GONE
GOT PREGNANT WITHIN 2 MONTHS
NOW HAS SECOND HAPPY BABY
LEARNED HOW TO LIVE HEALTHY FOR FAMILY

Gina Marianacci

RESTAURANT OWNER



20 HORMONAL MIGRAINES PER MONTH
CHRONIC FATIGUE
COPPER IUD & COPPER TOXIC
HISTORY OF UTIS AND YEAST INFECTIONS
THYROID SURGICALLY REMOVED YEARS AGO
MAJOR SLEEP DEPRIVATION
ON 7 MEDICATIONS, SYMPTOMS NOT ONLY PERSISTED,
BUT GOT WORSE

BALANCED THYROID & ADRENAL HORMONES
REMOVED METAL TOXICITIES
MIGRAINE FREE FOR FIRST TIME EVER
GOT OFF ALL MEDICATIONS
LOST 5 POUNDS OF INFLAMMATION
GAINED 3 TIMES MORE ENERGY
& A NEW OUTLOOK ON LIFE!
...WITH THE SELF LOVE SHE GAINED, SHE ATTRACTED
THE LOVE OF HER LIFE.

Gina Marianacci

Restaurant Owner

Melissa Lewis

Nurse Practitioner

Melissa Lewis

NURSE PRACTITIONERS



UNEXPLAINED WEIGHT GAIN
CHRONIC FATIGUE
PREVIOUS USE OF BIRTH CONTROL
HISTORY OF UTIS AND YEAST INFECTIONS
DIAGNOSED HYPOTHYROIDISM
ON TSH, BUT SYMPTOMS PERSISTED
NO DIET NOR WORKOUT HELPED
TOOK 2 HOUR NAPS EVERY DAY

DISCOVERED UNDIAGNOSED AUTO IMMUNE
DISEASE - HASHIMOTOS
DETOX'ED ROOT CAUSE TOXINS OF AID
GOT OFF SYNTHROID
LOST 20 POUNDS
AND GAINED 2 HOURS OF HER DAY...
AND HER LIFE AND ENERGY BACK

Are you ready to rewrite your story, that guides to a future that can free you from the days of constant google searches, ebook downloads, doctors visits and a disbelief that you'll ever feel better...I mean...you're a smart girl, so what gives?

For most of these women, it wasn't about NOT being resourceful, intelligent or committed. It was that they lacked the coach, the team, the structure and the system that could help them over the finish line to hormonal freedom.

But most importantly, they lacked the MINDSET that could keep them there after they did. And that's where we deliver WAY beyond other health experts and mindset coaches in our field.

But...don't take our word for it.

Schedule a free call. These warriors would tell you truthfully, that this call alone is a gift.

We'll walk through your health challenges and what you need to take it to the next level. All we need from you? The belief that you CAN and you WILL.

Diane's Story and Why she Cares about you!

Diane has a BS degree in Business Finance & Entrepreneurship from University of the Pacific. She has 7 years of Financial Planning experience, owning her own business with Ameriprise, helping her clients dream up their soul goals and build wealth toward them, managing their estates and retirement portfolios along the way. After selling her business, she grew very sick and discovered multiple diseases on her own, missed by every doctor she saw over 15 years of feeling 'off', in pain and super hormonal. All they offered her were drugs that masked the symptoms and only made her feel worse.

Even natural doctors didn't completely heal her with various supplement recommendations, natural versions of prescriptions and Hormone replacement therapy. The symptoms got worse and worse, she was running out of money, and was about to give up. 6 wellness certifications later, she reversed over 10+ diseases as well as the 20+ symptoms that went with them, including auto immunity, thyroid, adrenal, mood, skin and many digestive diseases. It's no fun to feel like \$hit, wonder when it will end, and wish you knew what was really wrong and how to fix it. There IS a way...and Diane has cracked the code.

I do this because my passion makes me the best in the world at what i do, my healing is others healing and I believe pain and disease are something I've been gifted to grow from, so I can pass on that wisdom to warrior women who suffer needlessly.

And, yeah....the supplements, oils and healthy tidbits of alternatives are all great baby steps to feel better. But, it takes many small warrior wellness steps throughout your day, week, life to truly transform your whole self. I work with many women who are tired of trying one little thing here and there, and want to know EXACTLY what they need to do to invite freedom, passion and VITALITY into their life. If you're ready to finally discover the root cause of your suffering, fix it, then remodel your entire life, including starting or restructuring your own health coaching business, Diane is your ticket to transformation.

If you're curious about this, and can't wait another day feeling less than your best...talk to us, get it off your chest, let's talk and dial in 3 things:

- 1) get clear on what you want
- 2) what is preventing you from getting there now
- 3) the exact steps you'll need to take to get from Point A to Point B in the matter of weeks!

Yep...weeks. This is the code we've cracked and are stoked to share it with you!

This is a FREE call too, so you have nothing to lose, only clarity and confidence to gain!

[Book a Call now](#)