



# Fasting Programs



## **Fasting Programs: Clean Me Out Fasting Program 9 Nights 10 Days**

The **ultimate** of fasting programs. For those who've decided it's time to do something POSITIVE about their health. It's really a powerful way to eliminate toxins from the bloodstream, build your immunity and cleanse your liver and intestinal systems!

**Net rate 26,500 Thai baht/person**

### **WHAT'S INCLUDED in our program**

- Free round trip transfer: Koh Chang Ferry Pier/Resort
- Welcome fruit and drink
- Wooden boat trip at Salakkok Bay if available
- 1 Hour consultation about your health and detoxification program
- 6 Alkaline forming food meals
- Massage Coupon 4,500 bath
- 7 Meditation sessions and 7 Yoga sessions
- 7 Ampugu abdominal massage and 7 Herbal steam room

### **The 10 Days Clean Me Out Program Description:**

- Introduction VIDEO to the "Clean-me-out" program
- Required & other needed fasting advice at daily detox times
- Dr. Jensen's videos on cleansing & nutrition
- intestinal cleansers & herbal nutrition tablets taken 5 times per day
- 5 specially prepared Detox drinks daily
- 1 flora grow lactobacteria capsule daily
- Twice daily veggie broth soup
- Twice daily colon cleansing using our "Colema board" enema system (self administered)
- Your own personal Colema tip + lubricating gel
- A special replacement lactobacteria/acidophilus implant enema to break the fast
- 2 flora grow lactobacteria/acidophilus drinks also to assist breaking the fast
- A packet of natural herbal laxative tea
- Filtered water in Colema's & for drinking

## **Fasting Program: Candida Fasting Program 9 Nights 10 Days**

This 7 day\* cleanse can be really helpful for initiating the process of overcoming *Systemic Candidiasis* in a powerful and effective way. Due to the high levels of antibiotics and steroids, people are consuming (through prescriptions or meat consumption), there is an increasing number of people suffering with Candida overgrowth.

We offer, the "Ultimate Kick-Start" to overcoming Candida and rebalancing your entire system.

*\*This is a 7 day program which requires two days preparation and one day post treatment, that aims to turn the tide against the debilitating effects of Systemic Candidacies.*

**Net rate 28,800 Thai baht/person**

### **WHAT'S INCLUDED :**

- Free round trip transfer: Koh Chang Ferry Pier/Resort
- Welcome fruit and drink
- Wooden boat trip at Salak Kok Bay if available
- 1 Hour consultation about your health and detoxification program
- 6 Alkaline forming food meals
- Massage Coupon 4,500 bath
- 7 Meditation sessions and 7 Yoga sessions
- 7 Ampugu abdominal massage
- 7 Herbal steam room

### **Candida Fasting Program Description:**

- Intro to the Spa & how to start the process.
- Assistance & other needed fasting advice when required.
- Video programs on cleansing & nutrition
- Meditation on the beach (7.30-8.30am daily, subject to Instructor availability)
- intestinal cleansers & herbal nutrition tablets taken 5 times per day
- 5 specially prepared Candida Detox drinks daily
- 1 small bottle of Herbal Candida drink daily
- 1 Green Anti Candida Drink daily
- 2 flora grow capsules daily
- twice daily colon cleansing (1 coffee, 1 Garlic) using our "colema board" enema system
- your own personal colema tip + lubricating gel
- A special replacement lactobacteria/acidophilus implant enema to break the fast
- 2 flora grow lactobacteria/acidophilus drinks also to assist breaking the fast
- Some natural herbal laxative tea (only take if needed 2nd Day after the fast)
- Filtered water in colema's & for drinking