

WELL - BEING The LifeCo®

2019

INFO - MAGAZINE

www.thelifeco.com

ALL ABOUT DETOX

*What is detox &
why should you do detox?*

Programs at The LifeCo

MINDFULNESS

*How to handle
negative situations*

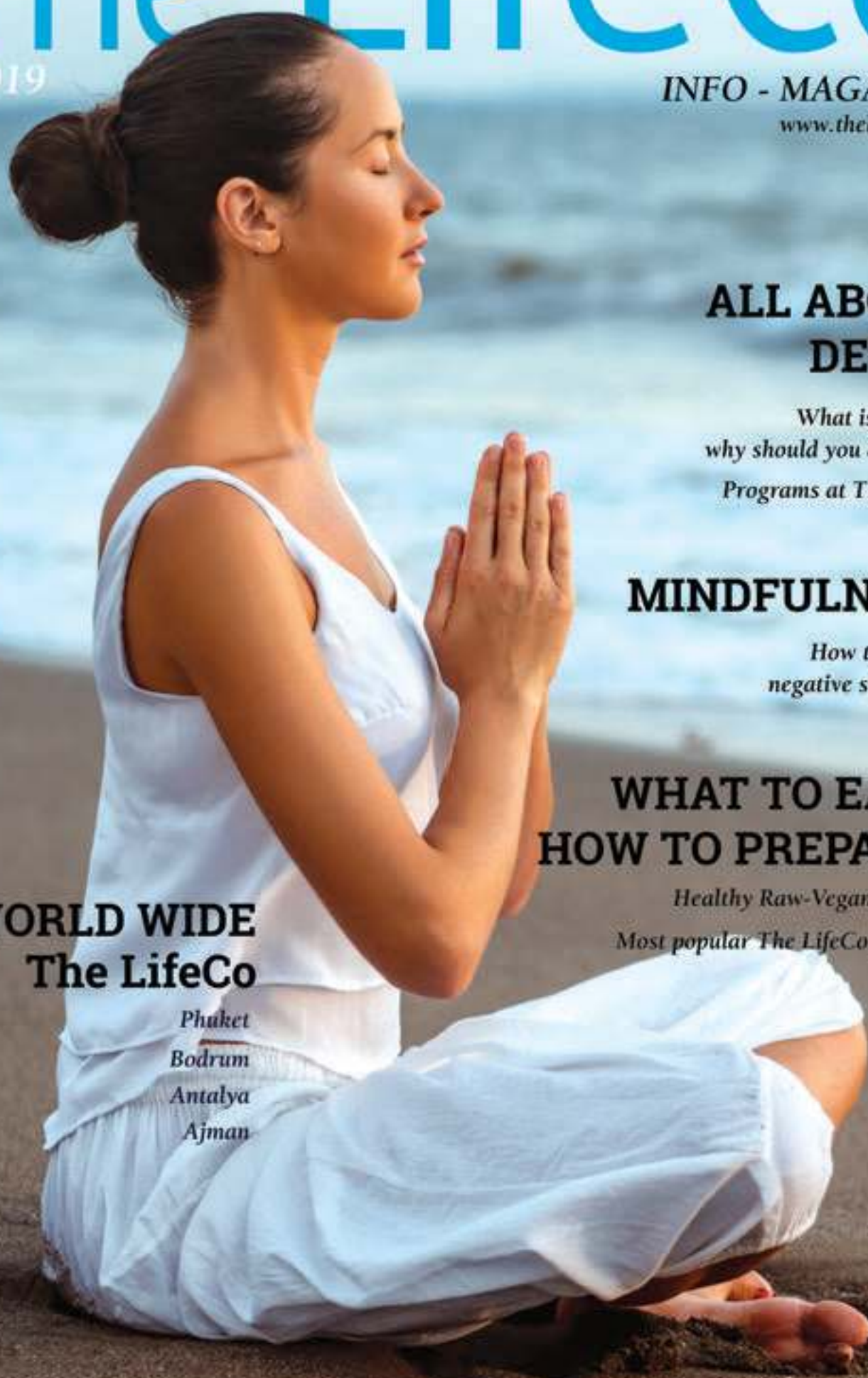
WHAT TO EAT & HOW TO PREPARE?

Healthy Raw-Vegan Recipes

Most popular The LifeCo products

WORLD WIDE The LifeCo

*Phuket
Bodrum
Antalya
Ajman*





WELL - BEING

FOUNDER

Ersin Pamuksüzer

GENERAL MANAGER

Figen Tunçsav

EDITORS

Simay Yeral

Beril Yılmaz

ART DIRECTOR

Cem Gürgen

GRAPHIC DESIGN

Cem Gürgen

THE LIFECO MANAGEMENT OFFICE

Maslak mah. Ahi Evran cad. Nazmi
Akbacı İş Merkezi C/Blok No:5/245
34398 Sarıyer İstanbul - TÜRKİYE
+90 (212) 346 16 57

THE LIFECO BODRUM

Bağarası Mahallesi 48400 Gölürkbükü,
Bodrum - TÜRKİYE
+90 (252) 377 63 10

THE LIFECO AKRA ANTALYA

Akra Barut & Akra Park Barut Eski Lara
Yolu 07100 Antalya - TÜRKİYE
+90 (242) 316 68 45

THE LIFECO PHUKET

75 2 Tambon Talang, Thalang District,
Sa Khu, Chang Wat Phuket 83000,
Phuket - TAYLAND
+66 98 015 91 96

THE LIFECO AJMAN

The Pavilion Al Zorah, Al Ittihad Road,
PO Box 8010, Ajman-UNITED ARAB
EMIRATES

www.thelifeco.com

thelifeco.clinic.com

info@thelifeco.com



The LifeCo is an organization that introduced healthy life-style and detox culture.

In our centers we provide services like; well-being / well-ageing, support for healthy living and besides that we offer disease prevention applications.

Since 2006, we have been striving to enlight our guests about how to live healthier, how to protect themselves from the stress and toxic burdens of everyday life, and to provide them with products and services that enable them to recover from these effects.

Over the years, we have had a lot of experience in health and we are involved in many researches and studies. One of the most important experiences we have that body, soul and mind are a whole of our health and that we should learn to protect our health without losing this triple balance; it is the most valuable job we can do for ourselves, our family and our relatives.

As The LifeCo, we have worked to gain your trust in this matter; we have made investments and continue to do so. Today, we are with three well-being & detox centers in Bodrum, Antalya and Phuket. We are planning to open another facility in Ajman in 2019. In SAF kitchens in Istanbul and London we develop raw vegan snacks, SAF BOX's and various nutrition programs and present them to our guests.

We produce the most suitable herbal ingredients for our food supplements at our food production facility in İzmir. All ingredients collected from the various regions of Anatolia forms our effective formulations.

All of these efforts, of course, are as valuable as you can reach them. With our Info-Magazine, which we prepared for this purpose, we aim to contribute content that you can read with pleasure and thus contribute to our goal with small touches. We love this magazine, I hope you like it to.

Regards,

The LifeCo General Manager

Figen Tunçesau



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VEGAN RECIPIES



6 ERSİN PAMUKSÜZER

From the moment I started my journey to healthy life, it was my first priority to share the holistic health understanding with more people and to try to explain that the concept of age is only a matter of numbers. In this context, I try to share as much as I can in the conversations I have made on business and entrepreneurship platforms in order to be easily accessible and sustainable, not just by more people adopting and implementing healthy lifestyle habits in The LifeCo centers, but also on my share in www.ersinpamuksuzer.com. Now, with the LifeCo family, we have an online education platform on our agenda, a mini book about 21 days of change and mobile application projects. I have tried to give some inspiration to people with examples and personal experiences that I try to support from my point of view with the recently published book "Take care of yourself until the last poison". I am happy if the fact that physical and mental well-being is independent of past and environmental factors, and that people are able to shape themselves with their own choices and awareness can be passed on to the readers for a while!

One of the things I underestimate is the need for people to create their own agendas and prescriptions. For this reason, I wanted to share with you my understanding of "healthy routine" by sharing my own prescription.

Stay healthy...

MY LIFE PRESCRIPTION:

Whatever life conditions present to you, it is your responsibility to be good, to remain healthy, and to be able to adapt these choices according to time, circumstances, and various conditions can be achieved with intent and awareness. In this direction, I would like to share with you your preferences during the day and your optimal health understanding. Here is my life prescription:

First thing in the morning: At room temperature, a glass of water mixed with lemon juice or apple juice and period food supplements.

Sports: Trampoline, Sonic Wave, Inversion tool, yoga movements for stretching. Then the sauna.

Instead of breakfast: cucumber juice, wheat grass, water ginger, spirulina, cucumber oil, lemon, turmeric mix drink.

Up to lunch: Plant tea, green tea etc. Lunch-evening snacks (pine nuts, almonds, goji berry, walnut etc.) and plenty of liquid and oolong tea until 18:00...

Evening: A light sport and stretching exercises.

Dinner 18.00: A vegetable based meal followed by herbal tea varieties...

Pre-sleep: I shut down my computer 1 hour before sleep. I listen to "deep sleep" in Brain wave 32 binaural programs app. After taking 15 mg sublingual melatonin, I go to sleep mode.

While traveling: I have my herb tea in my car and my office, and ofcourse snacks with high nutritional value.

When I eat outside: My choice is to do minimal damage. Less and more self-reliance.

Alcohol: 1 or maximum 2 glasses of red wine. Alternatively a single whiskey or cognac.

Coffee: Maximum 1 bullet coffee per day (mixed with cocoa oil or coconut oil). The aim is to spread the effect of the cup over a long period of time to prevent sudden caffeine loading.

Eating for pleasure: I eat everything when I feel like it. But keep it at a reasonable level (max 2 times a week).

On holiday: Balanced and free. If I run too far, I will start water or vegetable fasting in the end. When I eat for recreation, I take plenty of digestion enzyme, like HCl acid.

In the approach to the general world, there is an unconditional acceptance, gratification, endeavoring to use the wise mind to endeavor to constantly raise awareness, to acknowledge and acknowledge people.

My food Supplements choices are: B3 / Niacin, Preglenone, Dhea, Enzymes, Bosmeric, Probiotic, 24 B 12, Vitamin C, Magnesium, Calcium, 25 Iodine, 26 Turmeric, Omega-3...

(sometimes replaced by other reinforcements, all of which are vegetable and meal-like, ie the original state has not changed) and of course plenty of alkaline / ionized water consumption.



THE LIFE CO PHILOSOPHY

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The primary aim of The LifeCo, which offers a holistic approach to health and wellness, is to help the guests improve their awareness of self-healing and optimal health (by providing the necessary knowledge and methods).

Although The LifeCo fully supports its guests' recovery journey, it is the individual's responsibility to take the necessary precautions and to ensure that the items supporting the healing process are carried out as best as possible.

The LifeCo supports the management of various health problems healing processes from diabetes to cancer. Because the required treatments and time required differ from person to person, each recovery journey requires a different approach. It is a long-term journey to adopt a healing experience in general and a healthy lifestyle.

The LifeCo helps people get started on this long journey with powerful equipment, providing the necessary information and tools to make lifelong changes in their diet. Guests who have spent a lot of time at The LifeCo have the advantage of a routine development based on solid foundation.

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The journey to healing at The LifeCo has 6 elements working together to get the best possible results.

Let the journey begin...

SIX PILLARS OF WELL-BEING

Nº: 1

CLEANSING & MAINTENANCE

- The LifeCo uses raw organic / natural, nutritious and herbal nutrients to cleanse and purify the body; so that everything needed for the nutritional factors that prepare the ground for healing is provided.
- Benefits of a plant-based diet include weight loss, fitness, increased energy, improved chronic diseases, and improved overall health.
- Feeding the body with fresh, organic, raw sprouts, green vegetable juices, wheat grass, nuts, seeds, cereals and fortified foods provides antioxidants, vitamins, minerals and plant based proteins.

The LifeCo Detox & Healthy Nutrition programs include raw-vegan healthy meals prepared at SAF Kitchen. Core programs of The LifeCo centers are; Master Detox, Green Juice Detox, Green Salad Detox, Anti-Aging Program, Low Calorie (Fetal Nutrition) Program, Ketogenic Program and Water Fasting.

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Nº: 2

OPTIMUM HEALTH UNDERSTANDING

- While modern medicine deals only with disease symptoms, The LifeCo deals with the removal of causes that are often caused by the diet and lifestyle and cause the disease.
- According to The LifeCo philosophy, “Disease to Ease” refers to the wellness journey. (optimum use of the body at high quality of life). When we try to score our goodness scale on a scale of 1 to 100, we see that the biggest factor of our score is the result of lifestyle choices. The LifeCo equips them with better nutrition and the right lifestyle choices so they can achieve optimal health.
- The LifeCo; informs the individual about three different types of nutrition. Therapeutic nutrition, which is the primary and ideal. Secondary; Maintenance nutrition (nutrition for maintenance purposes); It can also be called as liquid nutrition with water fasting or fruit / vegetable juices. Third; Indulgence (eating for pleasure) nutrition; this one will show you which type of food is not correct for you and will give serious harm to your body.
- During the detox programs and retreats, various educational speeches and workshops are held in our centers. For example: Raw-food, mindfulness, meditation etc.
- The journey of The LifeCo guests does not end when their nutrition programs end. It is the goal of The LifeCo to share their knowledge with their guests to adopt a healthy lifestyle in their homes.

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LOVE
YOUR
BODY
TheLifeCo



Nº: 3

COMPLETE NATURAL THERAPY (INTEGRATED MEDICINE)

- Natural healing therapies (vitamin C IV, ozone and other healing natural therapies) are used to speed up the healing process.
- Some of the purifying elements of holistic therapies are therapies such as infrared sauna, steam room, colon cleansing, which will support your purification process.

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Nº: 4

PEACEFUL MIND / GET RID OF ESCAPE OR FIGHT MODE



- The LifeCo believes that in this intense and complex world we live in, it is vital for us to equip ourselves with the right habits to get rid of life stress and worries. For this purpose, it offers its guests various programs such as yoga, meditation, mindfulness and various breathing techniques, EFT (emotional freedom technique) to relax, to get rid of the stress and to stay at the moment.



Nº : 5

EXERCISE



- Exercise has healing effects in almost every region of your body. Almost every stage of our physiology has the potential to increase resistance and immunity, to rebuild our bone and muscle system, to increase immunity, to help hormones, and to support mental health. The LifeCo centers offer yoga, personal fitness training, swimming, water exercises, trampolines and a variety of physical activities.



Nº : 6

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HEALING ENVIRONMENT



- The healing process should be supported by a healing environment equipped with healthy conditions, such as calm nature, relaxing scenery and being away from triggers and disturbing experiences. For this reason, The LifeCo centers are located in a clean, spacious and calming environment.



All About Detox



History of Detox

What is Detox & Why Should You Do Detox?

Detox at The LifeCo Well-Being Centers

Before You Join a Program: Pre-Detox

What to Expect?: During Detox

Essentials of Detox

Programs at The LifeCo

How to Maintain an Healthy Lifestyle: After-Detox

Supplements



DID YOU KNOW?

HISTORY OF

DETOX

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Purification of the body is one of the oldest practices. The idea that consumed foods can produce toxins that harm the body appeared in ancient Egyptian and Greek civilizations.

Later, in the 19th century, developments in biochemistry and microbiology supported the study of detoxification and the process of how organs eliminate toxins that are harmful to the body. The petrochemical revolution that developed especially after World War II resulted in an increase in the emission of toxins, and it was determined that toxins began to rapidly accumulate in people's metabolism. Thus, in the 20th century, the concept of the healthy person became related to organ health, and at the start of the 21st century, people began discussing the concept of cellular health.

Today's detox/cleansing concept, based on the idea that the damage to vital organs and functions from toxins must be repaired, has arisen mostly from Far Eastern cultures.

In Japanese and Chinese cultures the concept of controlling the body's toxic damage has resulted in many practical methods. Finally, in light of today's modern medical knowledge, there is a blending of Eastern and Western understandings, and the importance of helping the body's self-repair mechanism to eliminate toxins in order to improve health conditions is being explored.



The LifeCo Phuket
Program Coordinator
Gonca Yarimer

“Nothing endures but change.”
-Heraclitus

WHAT IS DETOX?

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Why should you do Detox?

It's spring... Isn't it so beautiful to embrace all the incredible changes in nature... The seasons, weather, the luscious green leaves and pretty flowers, sweet fruits, vibrant veggies, animals, our food, mood, energy...

Everything is constantly changing in life... The impermanence... It is the law of nature. It is the beauty of life...

So, it is essential to be part of these beautiful changes on earth and more

importantly to feel more alive and connected with nature by cleansing and rejuvenating our body and mind.

Yes, it is time for detox!

We all need detox because... We all want to be **FOREVER YOUNG!**...

At the age of 80, who would not like the idea of getting on a bike for sunday brunch, or dressing up for dance party, or having your favorite book right by your bed instead of 18 compartment pill box? Why not?

Who doesn't wanna slow down aging and live longer? Not only long, but healthy, energetic and happy.

Can we still make it happen in this modern, toxic, hectic life we live in? Well, our grandparents did!

Well, yes we have to admit that our lives have changed dramatically over the past 100 years.

Science and technology have advanced in such a way as to be able to create some amazing products that have enhanced our lives in many beneficial ways. But all these advances and conveniences have not come without a cost. We did get and are and will be getting more more toxic each and everyday both biologically and mentally.

Assuming you are not one of those people who eat hot dogs with coke and French fries at lunch, or pasta in the middle of the night, dive into cholate spreads when you get upset, don't smoke, don't drink alcohol every day. You may even exercise a bit and that's great but sorry you still need to detox your body.

You work, you drive, you inhale the air, consume water, use so many harmful devices, medications, the millions of things that you touch, smell, eat and inhale are highly toxic. Oh not to mention all the stress that you go through everyday...

Think about one simple day... You start a day with brushing your teeth, and there you go, fluoride before breakfast - which contains a good amount of toxins causing many problems like bone disease, thyroid disorders or neurological problems. Next you wash your body and hair with shampoos that are filled with sulphates, parabens and silicon which all increase the risk of breast cancer, even hairdryers can cause damage...

All kinda shaving foams, make up products, sun screen lotions, body creams have more than 40 toxic chemicals, starting with mineral oils which is literally a petroleum based product!

The average quality perfumes would have 250 different chemicals, such us acetone, benzaldehyde, which can cause sperm damage.

And list goes on...

We are exposed to 6 million pounds of mercury and 2.5 billion pounds of other toxic chemicals each year. According to the non-profit

organization Environmental Working Group, the average new-born baby has 287 known toxins in his or her umbilical cord blood, so imagine how many you have been exposed to in your life.

Ok, let's have break and drink a good morning coffee huh? Now you really wake up and feel energised. But, don't forget, if you don't drink your 2 glasses of morning water with an empty stomach, caffeine is going to dehydrate you quite fast and again it's toxic especially with milk and sugar added. At last, you'll probably be cleaning your coffee cup with washing-up liquid which is also filled with toxic chemicals that are mostly carcinogenic.



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Congratulations!

It's only the first 45 minutes of the day, you haven't even left the house to come face to face with the air pollution and traffic fumes and you are already toxic.

But, hey, hold on! NO need to be depressed or stressed at all.

All we need to be little more mindful. Mindful about the things we can not change and just accept, and things that we can change, add and adapt. There is so much to do and let's start with the most effective one!

So, does that mean we need to detox? Yes! You do it not because it is the new trend, you do it because it is as old as mankind, perhaps even older. This is something that has been practiced for thousands of years all around the world by millions of people.

Meaning that, you already have the genetic memory, willpower and lots of reasons to make it.

So, are you ready?
Then just do it. When is the best time? The answer is anytime...

Anytime, you think your body and mind need a break and rest, it's a good time to fast. If you feel fatigued, tired all around the day, have bad quality sleep, get sick often, constipated, having a hard time to loose few pounds even if you watch your portions, feeling muscle aches, joint pain, headaches, bloating, gas, diarrhea, heartburn, tense, down, unmotivated, it's basically the time for detox regardless of the time of the year.

Committing yourself to a detox, even once a year for 1 week would be a great gift to yourself.

You will immediately start feeling great in many ways.

It will reduce the inflammation in the body which is the main cause for all kind of chronic diseases,

Boost your immune system and your energy levels,

Help you lose weight, improve skin quality,

Better digestion and improved sleep.

But more importantly, your mind will be a lot more relaxed you will lose all the anxious feelings and have a lot more mental clarity.

Because obviously a detox is not something that is only physical - the body starts to heal, detoxification moves onto a mental and emotional level, and finally reveals a spiritual body. You feel more connected with yourself, feel more harmonized and aligned with nature as well. When you remove synthetic accumulations from your body and replace them with natural alternatives,



you behave, feel and think in a more natural and positive manner. Well, your body is your temple, your only permanent home, your sacred place. You are the only one who can look after, take care and nourish yourself. No one else can see, taste, digest, or breath on behalf of you right?

So, go ahead and be prepared your body and your mind to ride your bike with your loved ones at the age of even 80...

Cause you are worth it.



DETOX & CLEANSING AT THE LIFE CO

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Through the detox programs presented in The LifeCo Well-being centers, we aim to help you to get rid of toxic accumulation which will also let you regain your health and energy and allow your body to renew and rejuvenate.

The best way to get rid of toxins is to regularly follow a detox program. Our detox programs, which were developed with specialists, not only focus on your body, but take a holistic approach by also working with your mind and spirit.

BODY

The relaxation that our visceral organs need all of the time is achieved during detox and, together with our organs, the metabolic and neural system becomes balanced, which accelerates the clearance of mucus and toxins from the body. Detox also speeds up the renewal of cells and membranes. With our detox program, your immune system is strengthened, your body awakens and regains its balance, helping you reach your ideal weight and prevent premature aging.

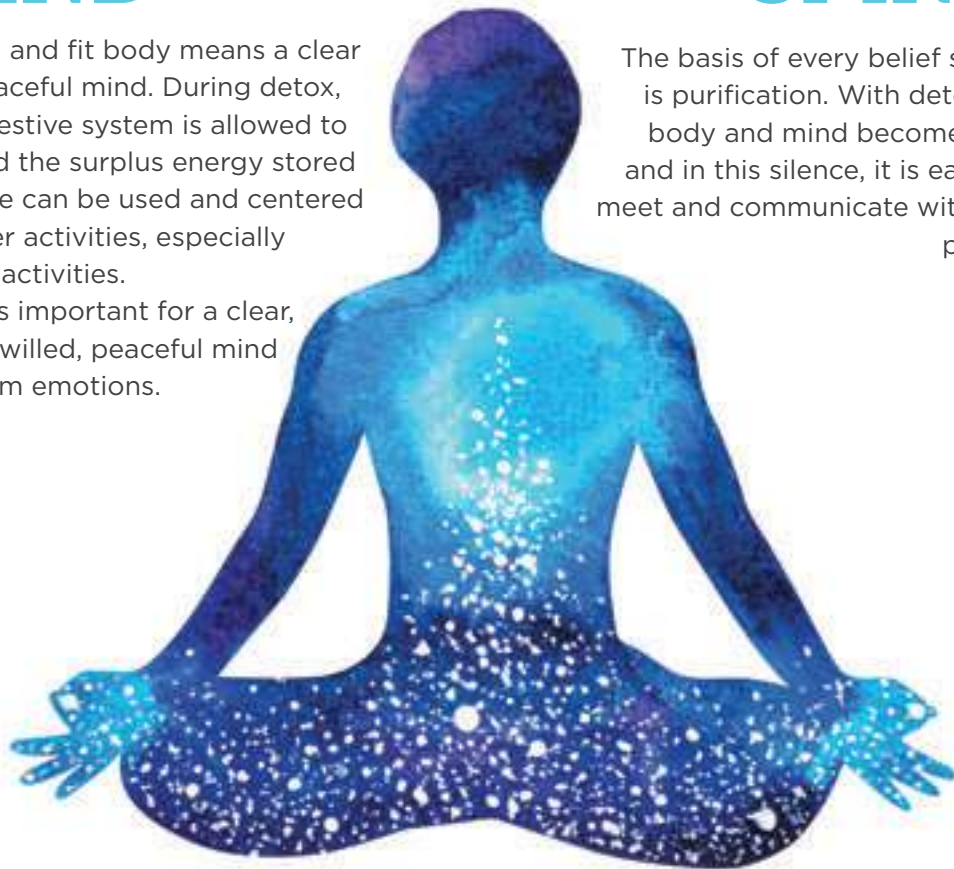
MIND

A clean and fit body means a clear and peaceful mind. During detox, the digestive system is allowed to rest and the surplus energy stored up there can be used and centered on other activities, especially mental activities.

Detox is important for a clear, strong-willed, peaceful mind and calm emotions.

SPIRIT

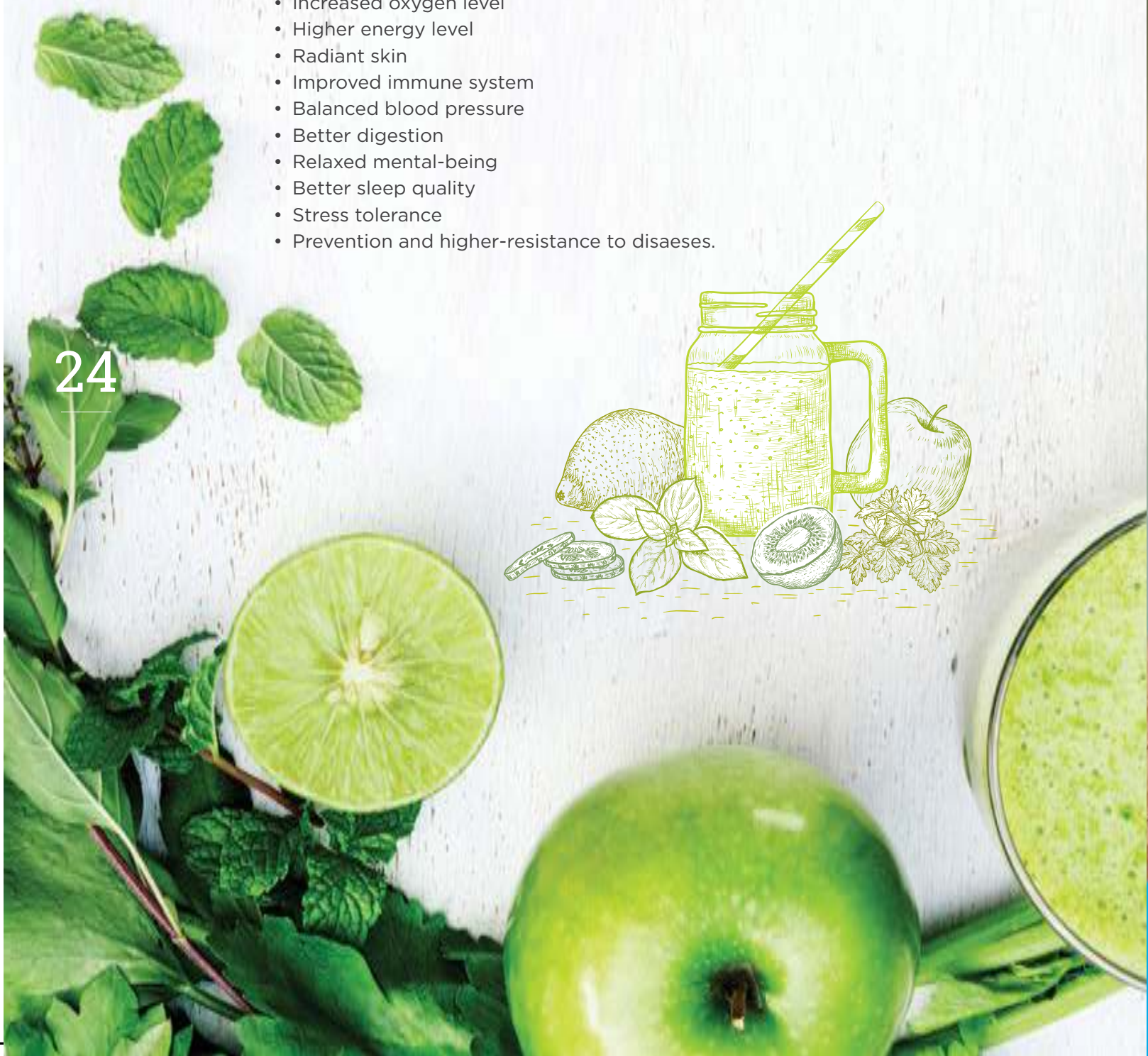
The basis of every belief system is purification. With detox, the body and mind become silent and in this silence, it is easier to meet and communicate with your psyche.



WHAT ARE THE RESULTS OF DETOX?

- Your blood will be cleansed by toxin elimination and alkalization which will result in nourishment and renewal of your cells, tissues and organs
- Weight loss (average weight loss for a female is 2-4kg. and 4-6kg for male)
- Increased oxygen level
- Higher energy level
- Radiant skin
- Improved immune system
- Balanced blood pressure
- Better digestion
- Relaxed mental-being
- Better sleep quality
- Stress tolerance
- Prevention and higher-resistance to disaeses.

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WELL - BEING

“The miraculous power of”
Coconut



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BEFORE YOU JOIN
TO A PROGRAM:
PRE-DETOX

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For best results, before joining our “Detox Program” practice the following “Pre-Detox Program” for two weeks, this will both alkalize your body and prepare it for a deeper cleansing.

First of all you should stop the intake of coffee, tea, alcohol and all other drinks with caffeine.

You can drink all sorts of herbal teas instead. Drink water as often as possible, but not with a meal. Water is a critical addition to the cleansing process.

It is best to drink at least 6 % of your body weight (i.e. 70 kg body weight, drink 4.2 liters of water).

For optimum results in the pre-cleansing phase, eat no meat, dairy products, salt, sugar or foods with added sugar. Honey, organic maple syrup and agave as sweeteners are acceptable (Get into the habit of reading labels; this will help you know what you are actually consuming). Eat no fried food, or foods cooked in oils. Use as little oil as possible. When you do use oil, if possible use cold-pressed organic olive oil, coconut oil or flax seed oil. Eat as many raw fruits and vegetables as your body can handle (75% raw and 25% cooked is a good guideline for most people). If your digestion is very weak, you may need to eat some steamed or baked vegetables.

Drink at least 1 raw, organic fruit or vegetable juice a day while pre-cleansing; you may drink as much as you like.

Vegetable mineral broth is a fantastic source of electrolytes and minerals and may be taken often (see recipe below). All the vegetable juices are high in electrolyte and a wonderful, nutrient-rich food choice; however, carrot juice is also high in sugar. Therefore, those who need to restrict their sugar intake may need to dilute carrot juice with water or another vegetable juice (such as green leafy vegetable juice). Fruit juices may also need to be diluted for this reason, or you can eliminate fruit juice entirely.

Green vegetable juices may be used freely.

Good luck on your pre-cleanse. Let us know if you have any questions.



You can pick from the foods below...

Breakfast

Tomatoes, Cucumbers, Peppers, Green salad
Olives, Little bit of honey and tahini
One hand full of Almonds (raw and not salted),
Dried fruits (5-10), Fresh juice, Herbal tea
2 slices of toasted brown bread

Lunch

Dark green salads (roka, arugula,
parsley, spinach, cucumber, tomatoes,
olives, peppers, olive oil, lemon juice)
Brown rice
Legumes: lentils, chick peas
Steamed vegetables
Vegetable dishes with olive oil

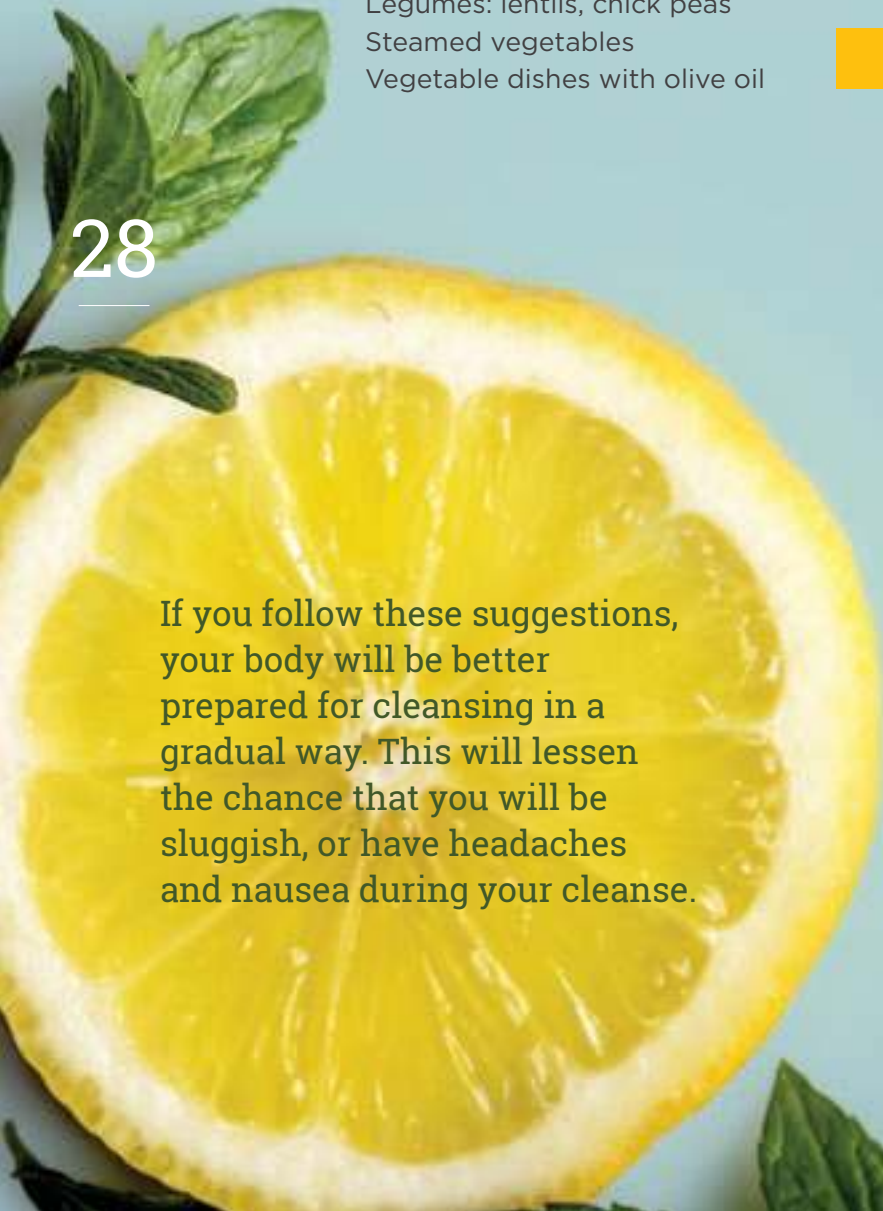
Dinner

Grilled fish
Dark green salad
Vegetable soup
Steamed vegetables

Snacks

One hand full of Almonds
(raw and not salted)
Dried fruits (5-10)
Fruits
Avocados
Cucumber
Carrots

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If you follow these suggestions,
your body will be better
prepared for cleansing in a
gradual way. This will lessen
the chance that you will be
sluggish, or have headaches
and nausea during your cleanse.

Vegetable Broth Recipe

A potent mineral broth can be made by placing 3-4 stalks of chopped celery, and a large handful of vibrant greens into 3 quarts of distilled water. Simmer for 20 minutes, strain out the chunks and drink. Refrigerate for use during the day.

Recipe of Liver Flush

Into a blender add 2 tablespoons up to 1/3 cup cold-pressed, extra virgin olive oil; 1/3 to 2/3 cups fresh lemon juice; 3-5 cloves garlic; 1-knob ginger; 1/2 gram cayenne pepper; freshly squeezed orange juice to flavor. Blend until smooth.

The Protein Myth

Many more people are sick because of too much protein rather than not enough. Protein is in all fruits and vegetables. Though meat eaters consume more protein, they actually have more protein deficiencies than vegetarians because of dysfunctional liver and digestive activity resulting from intake of too many acid-forming foods.

As a summary, your diet should be based on a minimum 75% alkaline forming foods, mainly fruits and vegetables. They are best eaten raw. (see the alkaline forming list)

Also during pre-cleansing period you can take 1 or 2 "Liver Flush Drinks" per day to assist the cleansing of the liver (recipe above).

WHAT TO EXPECT: DURING DETOX

You are going to take different paths during your detox and cleansing journey. We line up some of the “healing symptoms” you may observe in your body during this journey that leads you to a very special place in the end.

Remember that we all have unique bodies, so everyone will experience different kinds of symptoms in his/her body.

Please do not hesitate to share the symptoms you notice with our detox team. We have encountered every kind of healing symptoms several times and we are ready to share our knowledge and experience and give you more information.

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Even if you don't experience any of these symptoms, do not think that you are not detoxing and please look at your tongue in the mirror. The white/yellowish layer on your tongue will show that you are going through the cleansing!

We wish you a fabulous detox experience...

It starts first day in the afternoon and lasts for 3-5 days. The organs use up very high energy during the cleansing process which causes fatigue and weakness. Have a rest, do not get tired. Drink at least 5-6 big glasses of Detox soup a day.



Having an headache depending on the caffeine addiction is a normal symptom. It starts from the sinus area above the eyebrows and continues through the back of the head. Generally it occurs in the first 2 days. Drinking generous amount of water and sweating in the sauna and steam room, a head massage given with the mint oil, colema, a bio photon session, a hot shower and a bit of positive thinking may cut down your pain. It may last for a day, it becomes less the other day and fades away thereafter time.



ESSENTIALS FOR DETOX

Nº: 1

COLON CLEANSING



Cleansing of the colon is extremely beneficial in establishing good health.

During the week of Detox at our Well-being Centers, “Angel of Water Colema machines” are used once a day to facilitate removal of waste deposits in the large intestines. The majority of us have these buildups of hardened deposits on the intestinal wall, and the programs that we offer at our Detox Center are of proven effectiveness in removing intestinal waste deposits and restoring optimum intestinal functioning.

Nº: 2

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YOGA & MEDITATION

Yoga and meditation are important aspects of our purification program.



When we eliminate these old poisons from our system, negative emotions are often also released. Yoga and meditation are powerfully effective tools to bring harmony and balance on all levels - physical, mental, emotional and spiritual.

During our detox program we offer a program of daily yoga classes in which classical hatha yoga and pranayama (breathing exercises) are taught. The yoga classes at The LifeCo Well-being Centers are suitable both for beginner and advanced students.



Nº : 3

MASSAGES

Massage is another vital aspect of any detox program in that it helps the body rid itself of the toxins released during fasting, particularly by the liver and kidneys.

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At our Well-being Centers, we offer a full range of massages and other therapeutic treatments to support you in your efforts towards deep purification and transformation.

Among the healing modalities offered are Traditional Balinese Massage, Traditional Thai Massage, Aromatherapy, Ayurvedic Massage Therapies.

We also have a Turkish Bath (Hammam), steam bath and infrared sauna available, with the option of a strong skin scrubbing. The skin is the largest organ of the body and when it is unclogged in this way, it allows the body to eliminate large amounts toxins through perspiration. This is a powerful method of detoxing.

MOST POPULAR THERAPIES AT THE LIFE CO

OZONE THERAPY

Ozone Therapy has historically been used to treat a variety of conditions. More recently, it has been used as a tool for enhancing anti-aging.

By increasing the oxygen level in blood, it oxygenates the tissues in the whole body. Not only does it positively affect the appearance of our skin, but also it helps our body's healing process. It supports blood and liver detoxification, is anti-aging and boosts the immune system. It is administered intravenously, rectally or by a special sauna where your head is placed outside the treatment zone. For therapeutic purposes, a program of 10 sessions is recommended.

Each year we rely heavily on antibiotics to treat various illnesses. Although they help some infections, they do not address viral infections, which are the most common cause of the flu. In fact, antibiotics not only kill off the bad flora in our body but the good flora as well, which greatly weakens our immune system.

Ozone is an anti-bacterial, anti-fungal, antiviral agent and Ozone Therapy offers an alternative without the toxic side-effects of antibiotics. When used as a preventative measure, Ozone Therapy protects us from contracting an illness that could eventually require antibiotic treatment.

Benefits

- Strengthens the immune system
- Helps liver cleansing
- Supporting therapy for cancer patients
- Improves circulation problems
- Helps fight against and prevent infections
- Useful for anti-aging; delays aging processes
- Helps manage chronic fatigue syndrome and stress
- Supporting therapy for cardiovascular disease
- Viral illnesses such as hepatitis B and C, shingles, cold sores and flu
- Treatment of wounds, acne, psoriasis
- Rheumatic illnesses
- Supports diabetes therapies
- Allergies
- Joint stiffness

HEALTH PROTOCOLS

Health protocols are special mixtures, in high dosage, of various natural vitamins, minerals and antioxidants that aim to support and enhance the function of different organs and systems.



Anti Aging: by cleaning out and protecting organs from different hazardous substances that accumulate throughout our life, it revitalizes the whole body functions.

Anti Fatigue: If every morning you wake up tired, irritated, depressed and no motivation throughout the day, but during the nights you feel sleepless and restless than this protocol will help you break this vicious cycle.

Anti Stress: is the best remedy for anyone who has a stressful lifestyle and job. Protects and regulates the intracellular communication of the cells.



Immune Support: This protocol is high in minerals and vitamins that support and boost the immune system.

Brain Health: helps the general functions of the brain, supporting the structure of cells and tissues, bringing clarity, focusing and increasing memory.

Liver Support: reduces liver stress, stimulates and accelerates liver detoxification. Supports rejuvenation and bring to normal the liver functions.

ELECTRO LYMPHATIC THERAPY

Combining both the use of an electronic device and manual stimulation techniques, Lymphatic Enhancement Therapy (LET) improves lymphatic drainage and increases lymph flow.

The device provides various fields of frequencies via radio waves, with the intention of stimulating the lymphatic capillaries to increase the fluid movement, removing metabolic waste and assist with breaking down protein-rich fluid in the tissue space.



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- * Improves lymphatic fluid flow and accelerate tissue detoxification
- * Improves post surgery oedema/swelling
- * Improves lymphoedema
- * Improves swollen lymph nodes and fibrotic conditions
- * Improves fibrocystic breast disease, breast pain and reduces breast lumps
- * Supports the immune system and eases fatigue syndromes
- * Assists in healing pre and post surgery
- * Reduces inflammation, chronic pain and joint pain (including bursitis)
- * Improves fibromyalgia
- * Improves digestive complaints.
- * Improves poor circulation
- * Relieves allergies and sinus issues

RADIO FREQUENCY THERAPY

The key to the technology in Venus Legacy, a gold standard Radio Frequency application in the body shaping field, is to utilize the heat to act on the body's natural wound healing function.



As a result, the skin tissue is renewed. An additional effect is that it triggers lipolysis in fat cells as a natural function.


Slimming in body areas and a more shaped, and firm skin. It is a painless, non-side effect therapy that combines cellulite reduction and thinning technologies.

It is recommended to use this therapy with regular exercise, abundant water consumption and lymphatic drainage therapies which are more effective when applied during a healthy diet or detox program.

It can be applied to many areas of the body such as the abdomen, arms, and back legs; It is also known as a non-surgical facelift, an excellent therapy that can be applied without leaving any swelling or bruising, it is practical, painless, and perfect application for more bright, fresh and vivid skin.

Application period between 20 and 50 minutes for 6-8 sessions in total, will be effective.

Pregnant, nursing mothers, eczema, fungus, vertigo, varicose veins, epilepsy, heart problems, those who have cancer treatment and who have undergone liposuction or similar operations in the last 6 months and for those who give new birth this application may not be suitable. Body applications are not made to people under the age of 21, and face applications to persons under 30 years of age.



PROGRAMS AT THE LIFE CO

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Detox/cleansing programs are designed for detoxification; determined in line with the individual preferences in light of the specialists' guidance, including at least one of the detox or healthy nutrition programs, involving basic selected services of the Well-Being Centre; with or without accommodation.

Healthy Nutrition Programs have been developed as an important tool for those who want to change their regular eating habits formed by a modern lifestyle, and lose weight in a healthy and lasting way, as well as those who want to delay aging and speed up recovery from chronic illnesses.

Detox Programs

- Master Detox
- Green Detox
- Green Salad Detox

Healthy Nutrition Programs

- Anti-Aging (Intermittent Fasting) Program
- Low-Calorie Program
- Ketogenic Program

Target Oriented Programs

- Weight Loss Program
- Diabetes Recovery Program
- Liver Support Program

Special Programs

- Mindful Living Program
- Get-Fit & Healthy Program
- Water Fasting Program
- Stem Cell Program

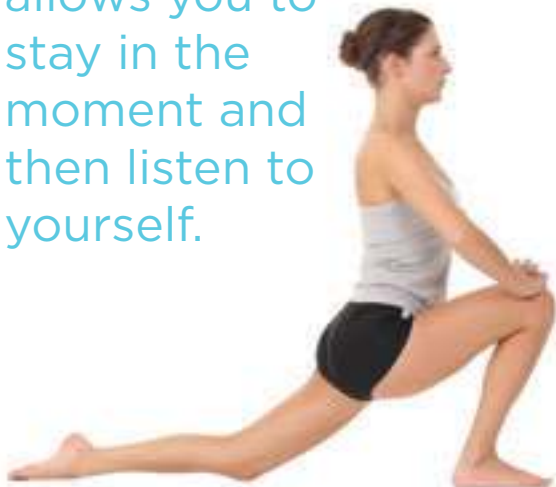


1 DAY AT

THE LIFE CO

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Day at The LifeCo Bodrum; starts with a long walk in the spacious and iodine-scented sea air early in the morning. Then it is followed by a yoga session that allows you to stay in the moment and then listen to yourself.



Healthy and low-calorie meals, juices and food supplements, which are covered by detox or healthy nutrition programs determined by experts after body composition analysis, are served throughout the day to the guests.

The LifeCo provides intensive relaxation and renewal of the body, mind and spirit throughout the program with extra therapies (oxygen therapy, turbosonic vibration therapy, luminous light therapy, biophoton therapy) applied to the needs of the body in conjunction with nutritional programs. Our guests' program is supported by educational sessions on healthy living.

STANDARD DETOX PROGRAM

Any program you'll join at The LifeCo centers will be based on one of the Detox or Healthy Nutrition plans and will be topped up with supporting therapies, nutritious supplements, physical & spiritual exercises, educational lectures and raw-food workshops which are the essentials of an effective detox experience.

You'll be guided to choose the most suiting program for you upon your arrival. You will always be able to change your program during your stay.

Services & treatments included in the 'Standard Detox Program' are:

- Accommodation
- Detoxification or Healthy Nutrition Plan
- Doctor Consultation (1 session)
- Body Composition Analysis (2 sessions)
- Daily Oxygen Therapy
- Daily Turbosonic Vibration Therapy
- Daily Biophoton Therapy
- Daily Luminette Light Therapy
- Educational Sessions Covering Different Topics on Healthy Lifestyle
- Daily use of "Angel of Water" Colon Cleansing (self-service colon cleansing)
- Detox Expert Consultation
- SPA, GYM, Swimming Pool (Turkish Bath, Infrared Sauna, Steam Room, etc.)
- Yoga & Meditation (2 times a day)

All services & therapies above are included in any program you join.



DETOX PROGRAMS

No: 1

MASTER DETOX PROGRAM

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Master Detox is a program recommended especially for those who would like to get rid of toxic accumulation and lose weight. Because of the colon therapy and special food supplements included within the program, it is very effective for cleansing and renewing your body.

Since new toxins do not enter your body, old toxins can be eliminated. The natural detoxification process of your body will be stimulated through additional activities such as breathing techniques, yoga, sauna, massage, colon cleansing, and dry and wet skin brushing.

It is a 4 to 21-day fruit and vegetable juice program. The standard length

is 7 days. During this program you are given shakes containing various detoxifying mixtures, probiotics and other supplements at regular intervals. You will also be able to drink as much herbal tea and soup as you wish.

By not consuming solid food, you will give your body a chance to relax and cleanse your colon, as well as your blood and lymphatic system.



The inner surface of your large colon will repair and renew itself.

The liver, which is normally busy with digestion 3-6 times a day, will have time to relax. The pancreas will relax because it will not need to produce insulin.

You will eliminate edema and toxins, have cleaner organs and radiant skin. Participants in the Detox Programs will lose additional weight, and those who do lighter physical activities such as yoga, swimming and walking, will lose even more weight from fat reserves. Our Tanita scales will show you that the weight loss is from fat mass and not muscle mass.

At the end of this program, you will experience a noticeable improvement in your energy level, strength, complexion and mood.

Master Detox Daily Program

08:00	Shake
08:15	Morning Walk
09:30	Herbs and Wheatgrass Juice
10:00	Yoga / Meditation
11:00	Shake
12:30	Herbs & Himalayan Salt
14:00	Shake
14:00	Meditation
15:30	Herbs and Wheatgrass Juice
17:00	Shake
17:00	Movie Screening
18:30	Herbs
20:00	Shake
21:30	Herbs & Probiotics



Nº: 2

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GREEN JUICE or GREEN SALAD DETOX PROGRAM

During the Green Juice Detox program you will consume alkalizing plants such as spinach, celery and cucumber throughout the day.

It's recommended for those who would like to give their digestion system a rest, lose weight and those who accompany a loved one attending a detox program.

You will consume raw vegetables and fruit juices, salads made of dark leafy greens and sprouts.

Because of the high amounts of chlorophyll in the dark leafy greens prepared for you, the oxygen content of your blood will increase.

The Green Salad Detox program can also be done 1-3 days before and after a Master Detox program, as a pre-or post-detox diet.

Green Detox Daily Program

08:00	Immune Boost
08:15	Morning Walk
09:30	Program Information
10:00	Yoga / Meditation
11:00	1 Glass of pH 10 Alkaline Water and Detox Soup
12:30	Alkalize
14:00	1 Glass of pH 10 Alkaline Water and Detox Soup
14:00	Afternoon Yoga
15:30	Alkalize + Wheatgrass Juice + Kelp & Nettle
17:00	1 Glass of pH 10 Alkaline Water and Detox Soup
17:00	Movie Screening
18:30	Alkalize & 2 Probiotics
20:00	Alkalize

* Activities and timings may change depending on the center you accommodate

Green Salad Daily Detox Program

08:00	Immune Boost
08:15	Morning Walk
09:30	Program Information
10:00	Yoga / Meditation
11:00	1 Glass of pH 10 Alkaline Water and Detox Soup
12:30	Green Detox Salad
14:00	1 Glass of pH 10 Alkaline Water and Detox Soup
14:00	Afternoon Yoga
15:30	Alkalize + Wheatgrass Juice + Kelp & Nettle
17:00	1 Glass of pH 10 Alkaline Water and Detox Soup
17:00	Movie Screening
18:30	Green Detox Salad

* Activities and timings may change depending on the center you accommodate

HEALTHY NUTRITION PROGRAMS

№: 1

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ANTI-AGING PROGRAM

This program is for those who want to leave their daily dietary routine, and who want to lose weight in a healthy, fun and lasting way. It features a raw-vegan menu prepared by Saf Kitchen.

It contains energy which addresses low basal metabolic rate and anybody who wants to lose weight can join this program.

During this program based on 800-900 calories, you will increase the amount of alkaline foods you eat,

enjoy energizing low glycemic index desserts, and feel full with healthy snacks. You will have the nutrients that you eat normally, such as vitamins, minerals, carbohydrates, protein and fat, but much healthier versions containing much fewer calories.



Anti-Aging (Intermittent Fasting) Daily Program

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08:00	Cayenne Lemonade & 2 Kelp & Nettle Capsules
08:15	Morning Walk
09:00	Saf-Raw Breakfast
10:00	Yoga / Meditation
11:00	1 Glass of pH 10 Alkaline Water & Detox Soup
12:00	Saf-Raw lunch & 2 Digestive Enzyme Capsules
14:00	1 Glass of pH 10 Alkaline Water & Detox Soup
15:30	Saf Snack
17:00	1 Glass of pH 10 Alkaline Water & Detox Soup
18:30	Saf-Raw Dinner & 2 Digestive Enzyme Capsules
20:00	Cayenne Lemonade
21:00	2 Probiotic Capsules

* Activities and timings may change depending on the center you accommodate

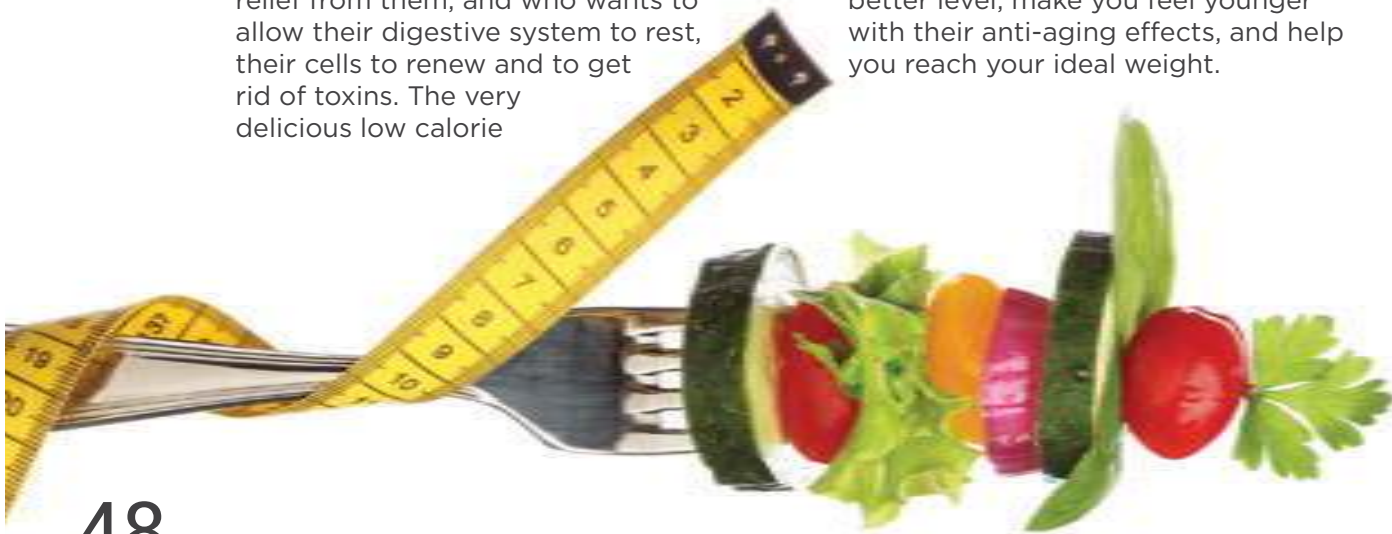
Nº: 2

LOW CALORIE PROGRAM

The LifeCo considers nutrition the foundation of our well-being, and a diet that is high in alkaline foods and low in calories is very beneficial for our health.

This program is for anybody who wants to lose weight quickly, who has chronic illnesses such as diabetes and wants relief from them, and who wants to allow their digestive system to rest, their cells to renew and to get rid of toxins. The very delicious low calorie

meals prepared in The LifeCo Saf raw-vegan kitchen will bring pleasure to your palate, take your health to a much better level, make you feel younger with their anti-aging effects, and help you reach your ideal weight.



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Low Calorie Daily Program

08:00	Cayenne Lemonade & 2 Kelp & Nettle Capsules
08:15	Morning Walk
10:00	Yoga / Meditation
11:00	1 Glass of pH 10 Alkaline Water and Detox Soup
12:00	Saf-Raw Lunch
14:00	1 Glass of pH 10 Alkaline Water and Detox Soup
15.30	Saf Snack
17:00	1 Glass of pH 10 Alkaline Water and Detox Soup
18:30	Saf-Raw Dinner & 2 Digestive Enzyme Capsules
20:00	Cayenne Lemonade
21:00	2 Probiotic Capsules

* Activities and timings may change depending on the center you accommodate

No: 3

KETOGENIC PROGRAM

The raw plant-based Ketogenic diet is a special nutrition plan that increases daily vegetable fat consumption to 70-80% while limiting carbohydrate consumption to 12g.

Meals consumed throughout the day are prepared based on these calculations. Bodily functions use two forms of fuel: sugar and fat.

With this nutrition plan, beneficial plant-based oils such as olive oil and nigella sativa oil, and fat-rich foods such as

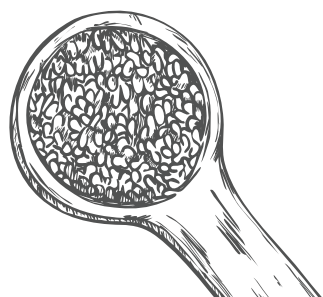
flaxseed and avocado are consumed instead of sugar.

This low-sugar program strengthens the immune system, delays aging, speeds up healing and protects against illness.

Ketogenic Daily Program

08:15	Morning Walk
08:30	Measurement of Blood Sugar and Ketones
09:00	Ketogenic Breakfast & 2 Digestive Enzyme Capsules
10:00	Yoga / Meditation
11:00	1 Glass of pH 10 Alkaline Water or Herbal Tea
12:00	Ketogenic Lunch and 2 Digestive Enzymes Capsules
14:00	1 Glass of pH 10 Alkaline Water or Herbal Tea
15:30	Ketogenic Snack
17:00	1 Glass of pH 10 Alkaline Water or Herbal Tea
18:00	Ketogenic Dinner & 2 Digestive Enzyme Capsules
20:00	1 Glass of pH 10 Alkaline Water or Herbal Tea
21:00	2 Probiotic Capsules

* Activities and timings may change depending on the center you accomodate





TARGET

ORIENTED

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PROGRAMS

Nº: 1

WEIGHT LOSS PROGRAM

Weight Loss Program at The LifeCo consists of a detox and healthy nutrition plan complemented by many natural therapies and treatments that accelerate the slimming and weight loss process. The removal of toxic waste itself results with high numbers of lost weight.

Additional physical treatments as Venus Body Shaping Treatment, Matrix Rhythm Therapy, Sodium Inhaler, Yoga, morning walks and many others contribute to the stimulation of muscles, burning of fat and resulting in a fitter and slimmer body.

meet the specific needs in a particular duration. In 10 days of weight loss program, average weight loss for a male is 6-7 kg and 4-5 kg for a female.

The Weight Loss Program could be done for 4/7/10/14/21 days and all the packages have been smartly designed to

* The amount of weight lost could be more or less, depending on the gender, weight, body structure and metabolism.

Weight Loss Daily Program

08:00	Shake
08:15	Morning Walk
09:30	Herbs and Wheatgrass Juice
10:00	Yoga / Meditation
11:00	Shake
12:30	Herbs & Himalayan Salt
14:00	Shake
14:00	Dance Therapy / Meditation
15:30	Herbs and Wheatgrass Juice
17:00	Shake
17:00	Movie Screening
18:30	Herbs
20:00	Shake
21:30	Herbs & Probiotics

* Master detox above is given as an example. Your program will be designed after a consultation with our detox expert.

* Activities and timings may change depending on the center you accommodate



No: 2

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DIABETES RECOVERY PROGRAM

As many other chronic diseases, Diabetes too is a result of toxic accumulation derived from bad lifestyle choices.

Many people either genetically or later in childhood by early habits, are diagnosed with diabetes and majority of the diagnosed will barely look around to see what's wrong with the lifestyle, instead inclining to chemical drugs for solution.

Looking at chronic diseases from the integrative and holistic perspective, The LifeCo's specific diet programs, natural therapies and the clinic staff that monitors and adapts the program are designed to help manage and reverse chronic problems through fixing the roots of the problems instead of addressing the symptoms solely.





The LifeCo's diabetes control program has been designed to help prevent diabetes as well as restore health and balance to those who already are suffering from the condition and allow them to lead a productive and healthy life. Education and the acquisition of healthy habits are central; and the intention is to debunk the myths and conflicting health advice that abounds on the internet and what has become standard medical advise in order for individuals to have a clear understanding of the condition and how to control and eliminate it.

With many success stories in the past years, diabetes recovery program helped individuals to balance their sugar levels, blood pressure and gain the consciousness on how to maintain a lifestyle that will lead them to a healthier state.

If you suffer from diabetes or are a diabetes candidate, we invite you to experience The LifeCo's Diabetes Recovery Program.

Diabetes Recovery Daily Program

08:00	Shake
08:15	Morning Walk
09:30	Herbs and Wheatgrass Juice
10:00	Yoga / Meditation
11:00	Shake
12:30	Herbs & Himalayan Salt
14:00	Shake
14:00	Dance Therapy / Meditation
15:30	Herbs and Wheatgrass Juice
17:00	Shake
17:00	Movie Screening
18:30	Herbs
20:00	Shake
21:30	Herbs & Probiotics

* Master detox above is given as an example. Your program will be designed after a consultation with our detox expert.

* Activities and timings may change depending on the center you accommodate

TESTIMONIAL OF A GUEST

I didn't know my diabetes might be cured

At the beginning of 2009, I went to a doctor because of the symptoms of intense thirst, anorexia, and excessive fatigue. Unfortunately, I learned that I had diabetes. Of course, I did not get very serious in those days, I did not live like a patient and I did not act. I continued my old life. Due to my busy business trips, I had irregular nutrition, irregular sleep, stressful life and irregular life. Of course, when I look back today, I can analyze the reasons much better and I do not have any difficulty in understanding it. My diet was predominantly carbohydrate and animal protein and I almost never had the habit of consuming vegetables and greens. Briefly, the cultural eating habits that came from the family and turned them around gave me this disease. The next year after I learned about my illness, it was a worse thing going on because I did not get serious. Unfortunately, in 2014 and 2015 he made the summit. Hunger was around 220/230 and toughness was around 350. I started to use insulin 4 times a day with metformin tablets. In the meantime, my liver enzyme values have also increased considerably. This criterion, with normal values between 10 and 55, was around 185 and really challenging me. Fatigue of around 90 kg was increasing. I was changing clothes 3 times a night because there was an abnormal sweating. Finally, I decided to do research to find the definitive solution to this disease. I went to a different doctor in Istanbul. He recommended me stomach surgery, which is preferred by overweight people. Obviously, the thought of having such a surgery made me very heavy. I thought that it was unfair to the body that Allah bestowed on me. At the end of my busy Internet research, I decided to go to a detox center. I heard that Germans have had a very good Detox Centers, but after my research, I decided to try the one in Bodrum/Turkey. I was a bit nervous about my diabetes. I called The LifeCo and told him about this disturbance and they told me that I could do it in a controlled way with a diabetes coach. As a matter of fact, I went to The LifeCo Bodrum by devoting myself to my first time in my life, exhausted and desperate in mid-December 2015. On the day I left I ended up using insulin and taking medication. I had a great week here and I left very happy. I gave 4 kg in a week, but I felt like giving 10 kg. I felt like I was 10 years younger. This was very apparent both physically and spiritually. During this period I was again very supportive of the diabetes coach and the other physician of the facility, and I had the chance to do more intensive research. I learned very well what I ate and why and what the contribution to the body was. I left at 83 kg from The LifeCo Bodrum where I went at 87 kg. I stopped using drugs for an important disease like diabetes. In addition to what I did here, I used my own research to slim up to 75 kg in 3 months. More importantly, I was under the constant control of the diet and I had a normal person's sugar value without medication. Ha1c fell from 8.50 to 5.00. It's now at 5.70. The liver enzyme value dropped from 185 to 12. Briefly, I have come back to life, and I have led 20 people to this system in the way that diabetes can heal with the transition to a lifestyle in this direction, and I was able to increase the quality of life. With the disciplined diet I made, I fell from 87kg to 69kg. But I came to 75kg, which I found ideal for my own sake. I got a Medium size out of XL outfits. I was very relaxed while shopping. For me, it was a "healthy lifestyle" hobby and I developed myself a lot in these matters. I have started training environmental awareness. Every 6 months I go to The LifeCo for a week and I feel very good. It is impossible to see the difference in a short period without trial, I would recommend it to everyone.

İdris Bilginsoy

LIVER SUPPORT PROGRAM

As the factory of the entire body the liver produces hundreds of essential hormones and enzymes simultaneously and acts as the main detoxifying organ of the body.

A person can live without the heart for a few minutes but only a few seconds without a liver. The liver has two major roles; detoxification and digestion.

The LifeCo understands the importance of the liver and provides an effective program to rejuvenate the liver. It is also the fastest regenerating organ of the body that it renews itself in every 6 months. When the liver is not working properly, toxins accumulate at a higher rate and this effects different organs in the body negatively. All processed foods & drinks with alcohol we consume put burden to the liver which will take hours to get rid off. As a kind of poison, alcohol kills the living cells it contacts. A well functioning liver is the key to longevity.

Signs your liver needs intensive care is; running out of energy in the afternoon, pain over the liver, excessive abdominal fat, chronic fatigue mood swings, muscle aches and stiffness, trouble digesting fatty foods, acid reflux, dark spots on the skin, inability to lose weight.

The Liver Cleanse Program at The LifeCo; decreases the stress on the liver, rejuvenating it, supporting new cell reproduction, providing a high level of detoxification, cleansing fat and bringing function back to normal. This program is ideal for people who have liver fattening, who use excessive alcohol and cigarette and who has major skin problems.

Liver Support Daily Program

08:00	Shake
08:15	Morning Walk
09:30	Herbs and Wheatgrass Juice
10:00	Yoga / Meditation
11:00	Shake
12:30	Herbs & Himalayan Salt
14:00	Shake
14:00	Dance Therapy / Meditation
15:30	Herbs and Wheatgrass Juice
17:00	Shake
17:00	Movie Screening
18:30	Herbs
20:00	Shake
21:30	Herbs & Probiotics

* Master detox above is given as an example. Your program will be designed after a consultation with our detox expert.

* Activities and timings may change depending on the center you accommodate

HOW TO MAINTAIN HEALTHY LIFESTYLE: AFTER DETOX

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Breaking your cleanse can have more impact on you and your health than the cleansing diet itself. Your system is in a purified state, treat it gently. These guidelines for returning to eating, will let your detoxification work at maximum level.

Most people wonder how is the best transition to food after detox especially first couple of days. Since the body wasn't digesting for long time during the detox, it should be like babies as waking up the system slowly and introducing the food back.



Day 1

- Morning: raw fruit or vegetable juice - repeat as often as like, but only when hungry
- Lunch: salad and/or vegetable juice
- Dinner: veggie soup or slightly steamed vegetables.
- Drink plenty of alkaline water
- DON'T eat processed food for a few days.
- You may continue vegetable broth as desired

Day 2

- Morning: fruit or fruit juice - repeat as often as like, but only when hungry
- Lunch: salad* and/or soup
- Dinner: steamed vegetables with sauce of your choice, you may add a little steamed brown rice.

*Salad, with cucumber, cabbage, onion, tomato, lettuce, sprouts. For a sauce, you can mix raw apple cider vinegar, olive oil, honey, garlic, basil.

Day 3

- Stick with fruit, salads slightly cooked vegetables and plenty of alkaline water and juices.
- Plenty of raw, uncooked fiber type foods are best.
- You can start to have breakfast (tomato, cucumber, goat cheese, wholegrain bread, etc.) also you are free to use nuts, walnut, cashew, dried fruits etc.

Day 4

- Legums can be added in your diet (peas, all types of beans, chickpea etc.)
- Whole grain bread, rye and oats are preferred, wholewheat and white bread should be avoided.

Day 5

- You may start to consume dairy products and animal protein (shouldn't exceed 25% of your diet) and we recommend to eat fish which can much is more easy to digest
- Step by step you will be on the track of a healthy diet and lifestyle.

We highly recommend consumption of Probiotics after a detox program. Should you be a little constipated we suggest you take either some LifeCo, psyllium husk with water, cayenne, senna herb laxative tea or a liver flush drink. If that doesn't work, try another coloma. If you want to do your coloma at home, buy a travel kit.

MOST EFFICIENT SUPPLEMENTS

Probiotics: Friendly bacteria

Good For: Helps digestion, prevents constipation, boosts immune system, support mental health and mood

Take: 2 capsules 15 minutes before dinner

Store: At fridge after opening

Digestive Enzymes: Digestive enzymes are small proteins to break them down the food in to nutrients.

Good For: Constipation, reflux, gas and bloating, leaky gut. Helps weight loss, gives more energy,

Take: 1 capsule 5 minutes after starting your meal and take another one before finishing.

Store: Room temperature

Green Superfood Powders: A great powder blend of mostly green vegetables, see vegetables fruits, mushrooms, roots, herbs, leaves, stems, fiber, probiotic bacteria, digestive enzymes, royal jelly, and anything in between.

Good For: Because of the they're not just sources of vitamins and minerals; they contain high amount of antioxidants, proteins, probiotic bacteria, digestive enzymes, and naturally-derived compounds that are linked to everything from better-functioning livers to improved mental clarity.

Take: 1 scoop (which is mostly equal to 1.5 kg green vegetables) for everyday support. Or take more when you need.

Mix it with cold water or add to your fresh juices or food. Do not mix it with warm or hot food.

Store: In fridge after open

Turmeric: Turmeric may be the most effective nutritional supplement in existence.

Good For: Inflammation, immune system, blood clots, arthritis, skin problems and depression,



MyLifeCo is now on the App Store and Google Play Store...

MYLIFECO APP

YOUR "HEALTHY LIFE" COACH IS IN YOUR PHONE NOW

15 years of experience in the field of detox and well-being, The LifeCo brings healthy life to its followers with MyLifeCo App.

The LifeCo Well-Being, does not leave its guests alone at the end of their detox journey and supports them for a long lasting healthy lifestyle with raw-food workshops, trainings and well-being talks, it enables its guests to maintain their new lifestyle and habits even after returning home.

MyLifeCo App, which is the ultimate health library, gives people the opportunity to keep up with the world trends in the well-being area, the chance to follow the daily life and nutrition routines of the key opinion leaders and celebrities in health and wellness area, and to apply various special recipes in their own kitchens.

Through chat groups tab in MyLifeCo App; one can consult to experts of The LifeCo about the issue she/he is interested in, and share his experiences with others who has a similar life philosophy.

LEARN; section is an information library that contains the most up-to-date, accurate and popular information in the practice area; it provides the possibility of providing easy access to the requested information with filtering feature according to need. In the Learn area, content is closely followed by world trends in a wide range of areas, from articles to videos about nutrition, exercise, mental health and environmental factors.

LIFE LISTS; which are prepared to touch every area of healthy life with its guiding feature and guiding character, make it easier for users to establish their daily routines on healthy habits. Thanks to checklists in the lifelists; If the user chooses Lifestlist, he or she can see how much of his target he has completed by creating his own personalized list.

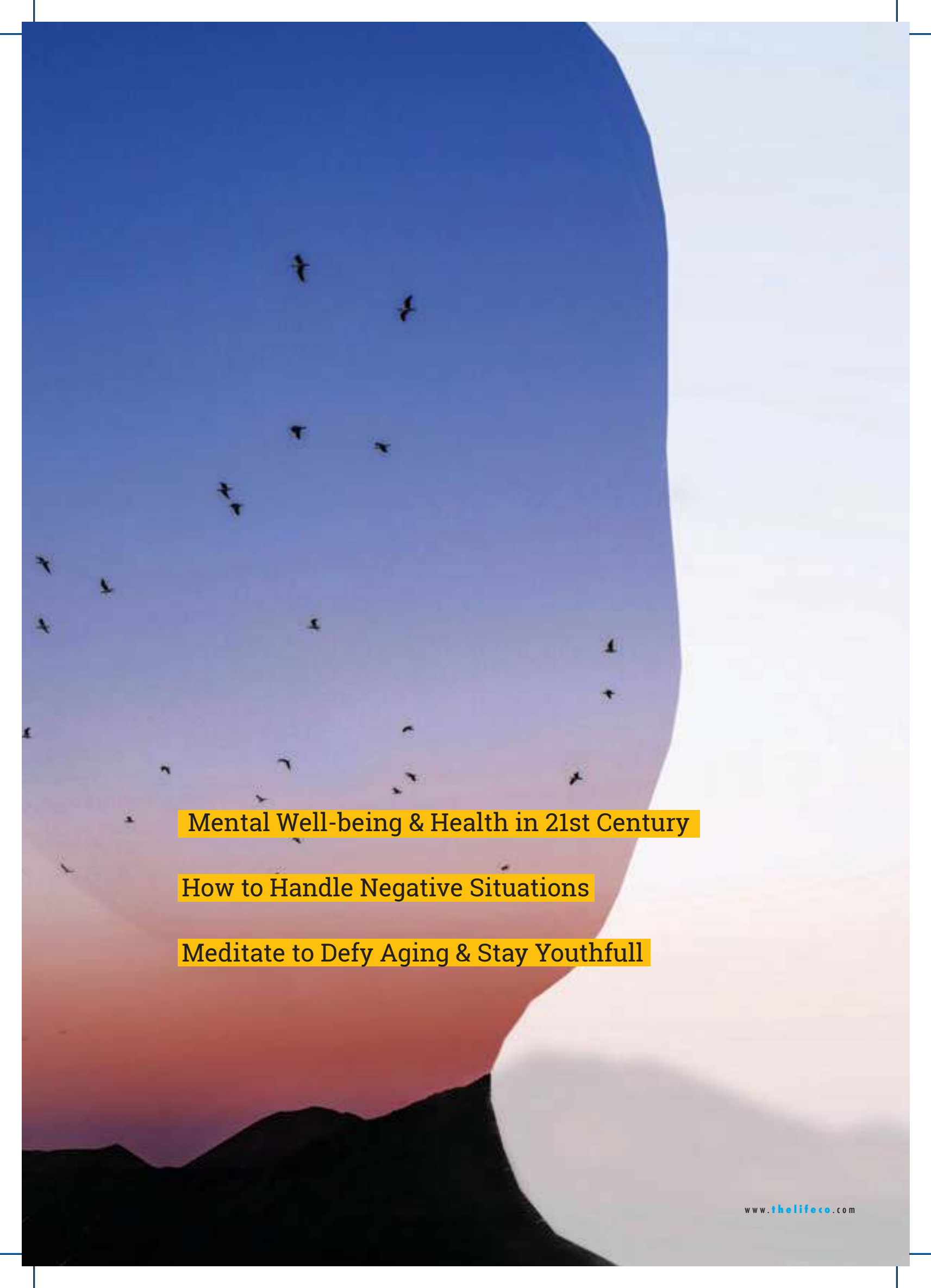
CHAT tab in the app, brings together professional people and healthy life followers, allowing instant information and experience to be shared in a short time.

The LifeCo's MyLifeCo App, which provides quick bookings to its locations in Bodrum, Antalya and Phuket; also allows individuals to benefit from early booking and advantageous campaigns. With this app, during their stay at The LifeCo centers; in addition to the detox or healthy diet program, our guests can book to any type of therapy, massage or application through their tablets or phones.



A woman's face in profile, eyes closed, against a bright sky with birds flying. A yellow brushstroke graphic is behind the title text.

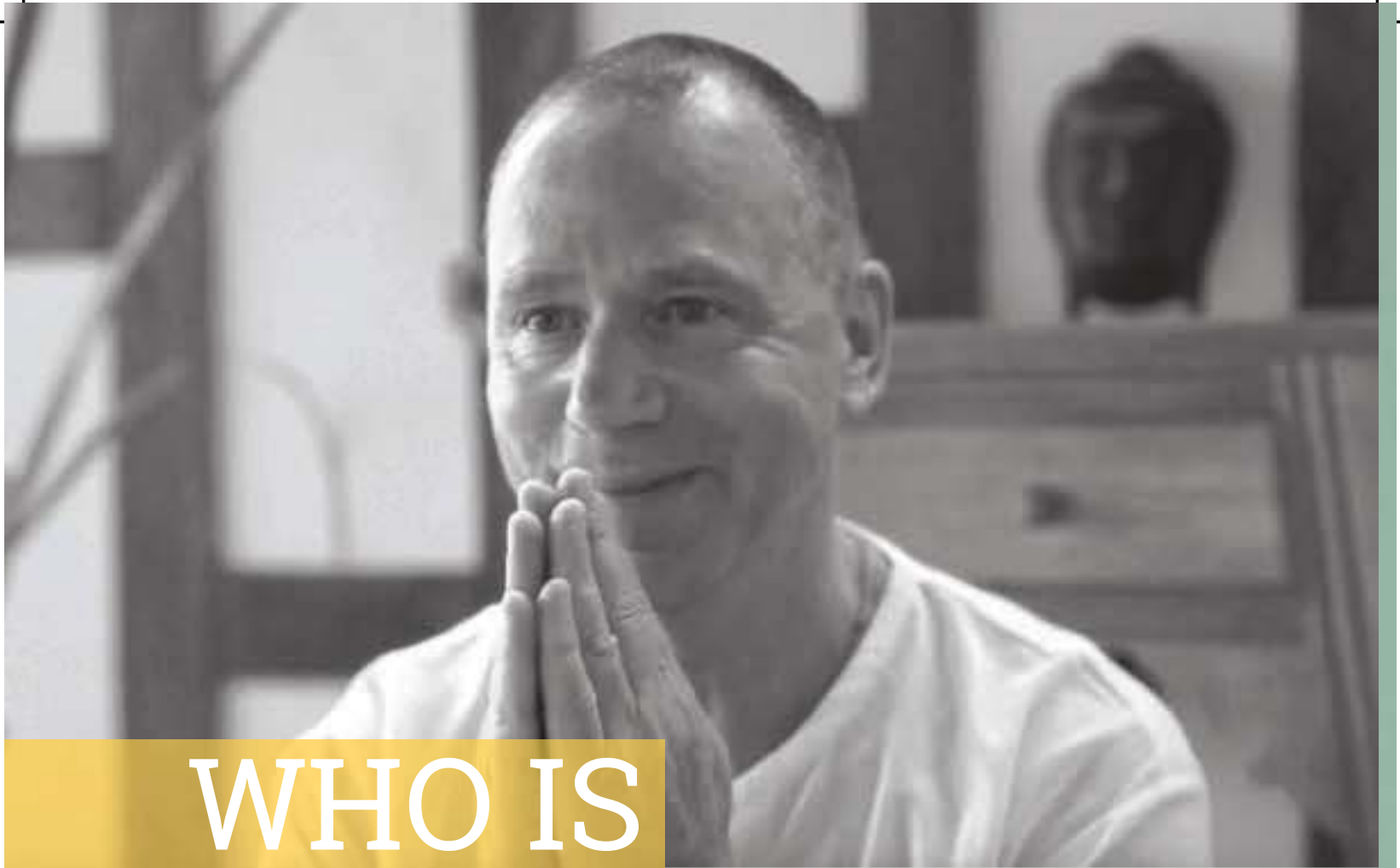
Mindfulness



Mental Well-being & Health in 21st Century

How to Handle Negative Situations

Meditate to Defy Aging & Stay Youthfull



WHO IS

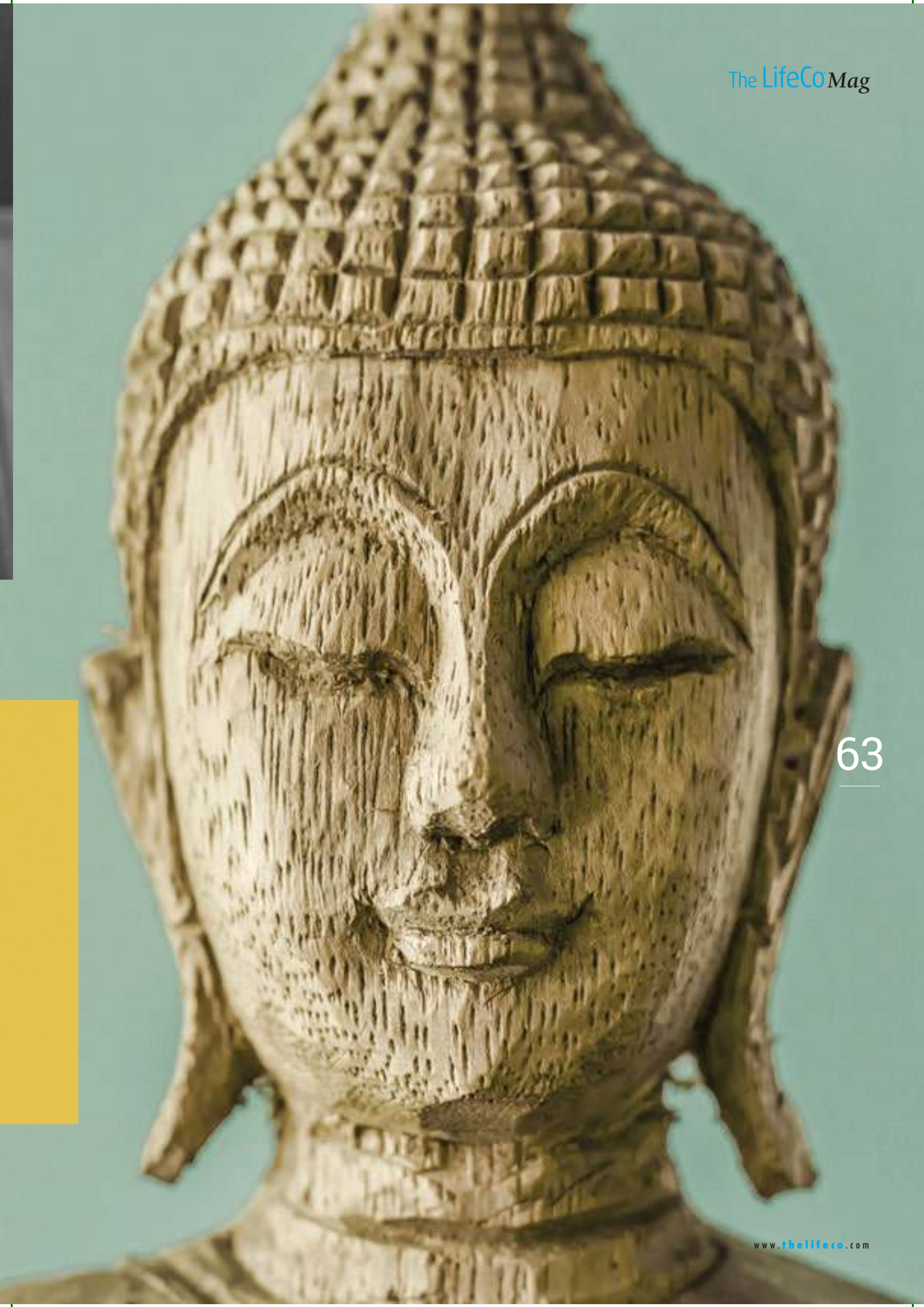
TENZIN JOSH?

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As a student of the 14th Dalai Lama for 12 years - Tenzin Josh leads The LifeCo's mental well-being part of programs at The LifeCo Phuket.

He is an expert in meditation with in-depth knowledge and experience in coaching people to train their minds in order to embrace life and live it to their fullest potential without attaching happiness to external factors. Additional to programs at The LifeCo, that encompass nutrition, education, treatment/therapy elements, physical exercise; mental well-being plays a pivotal role in the healing process - Tenzin Josh supports guests on their journey to wellness focusing on the spiritual, emotional and mental wellness.

Tenzin Josh holds private sessions for guests and patients who require coaching and support in particular aspects of their life where they may be facing personal challenges.





The LifeCo Phuket
Mindfulness Therapist
Tenzin Josh

MENTAL WELL-BEING & HEALTH IN 21st CENTURY

NO: 1

WHY DO WE NEED A MENTAL HEALTH ASPECT TO WELL-BEING?

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When we come to a well-being centre we are looking for changes in our lives. Better ways to live that bring more health and happiness both to ourselves and those around us.

When we investigate that, we can see two main areas this can happen: within our bodies and within our minds. We can talk about well-being on both the physical and mental levels.

All too often though we come focusing on the physical aspects, losing weight, detoxing, anti-aging and tend to neglect or de-prioritize the mental side. The problem with this is while these physical benefits unquestionably contribute to our well-being they do

not guarantee it. We can be physically in perfect condition but that doesn't guarantee we will be happy! Likewise, we can see people physically bereft and yet quite happy.

The reason for this is that true well-being or happiness lies only in one place; our minds.

If, then we are looking for well-being on a meaningful long-term basis working with our minds is essential.

Nº: 2

HOW DO WE WORK WITH OUR MINDS?

The foundation of mental health is awareness or mindfulness. Like anything else we can't work on our minds unless we first have some knowledge and awareness of what it is we are working with.

Right now, for most of us our minds run on their own out of our control and we remain as passengers on our own journey being led wherever the whims of our minds take us. This is not a healthy situation by itself but more importantly it makes working with our minds almost impossible. Can we fix a car when it is running at 100 kmh along the motorway?!

So, the basis is developing awareness and mindfulness. Bringing this into our lives is a lot easier than people imagine. A regular 10-20 minute simple meditation practise ideally daily will enable this awareness. Personally, I recommend keeping this up for 6-8 weeks to see the benefits. When these benefits are appreciated then it will be easy to maintain such a practise and one will not wish to give it up.

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Nº: 3

ARE AWARENESS & MINDFULNESS ENOUGH?

Mindfulness or awareness are wonderful qualities of mind alone they bring life changing benefits of increased happiness, less stress and overall better quality of life.

They are however the basis and can facilitate the bringing of so much more true well-being into our lives.

Nº: 4

WHAT ARE THE OTHER FACTORS WHICH CREATE MENTAL WELLNESS?

Nowadays the term mindfulness is often restated as 'kindfulness' the reason being that the essential factor that we really can't survive without is compassion...

This involves compassion both for oneself and for others.

Nº: 5

WHAT DOES SELF-COMPASSION CONSIST OF AND HOW DO WE CULTIVATE IT?

The essence of self-compassion lies in an awareness of and compassion for our own suffering.

We begin with acknowledging and accepting that we suffer as do all beings. Our technique for this involves using radical acceptance a state of mind which allows us to accept that all is not perfect and that life brings suffering in various forms. Radical acceptance through acknowledging and accepting an imperfect world prevents us from creating more suffering. For example, we might have a bad nights sleep but rather than simply accepting this and the discomfort this may cause us during the day we fight against it. We complain about how bad this makes us feel, how difficult the day will be and how difficult to do what we need to do. As a result, we compound the suffering we feel anyhow through not simply accepting it. Radical acceptance brings freedom from the minds tendency to multiply our problems unnecessarily.

We compliment this with emotion regulation. Starting with learning to control our emotions we recognise which emotions are beneficial and healthy and which harmful and unhealthy. Through techniques to develop our beneficial or justified emotions and to reduce and handle the negative or unjustified ones we can develop a balanced mind. A mind which is in control of our emotions rather than being controlled by them.

Nº: 6

WHAT IS COMPASSION AND HOW CAN WE DEVELOP IT?

One of the drawbacks of entering a detox program especially one that is focused on the physical benefits alone is that it can lead to a greater sense of self concern and self-importance.

It is very clear from modern scientific and physiological perspectives as well as abundantly clear within all true spiritual traditions that being overly concerned with oneself is not a healthy or happy state of mind. One can see a direct correlation between the degree to which we covet ourselves and the degree to which we suffer mentally. This is not to negate the importance of self confidence which we all need plenty of, but we should clearly distinguish between this, a healthy state of mind and self-importance or excessive self-concern which is clearly an unhealthy mind state. As the expression clearly demonstrates; 'do not think less of yourself but think less about yourself.'

Compassion then, the wish for others to be free of suffering is the direct antidote to this unhealthy self-concern.

Like all mental qualities the amount of compassion we have is not fixed it can become stronger or weaker depending on what we do. What we think about, read, meditate on, who we mix with etc. all effect our levels of compassion or concern for others.

In contrast to self-concern we can see a direct correlation between the degree to which we have genuine compassion and our mental happiness. It is no exaggeration to say that the one mental quality that transforms our mind into health and happiness is compassion. The ability to move away from the suffocating prison of ourselves, me, I and the ego brings space, freedom, openness and thereby health into our minds and lives.

We have many methods for combining age old wisdom with modern techniques to increase our levels of compassion and reduce the prison of the ego.

All the above we are offering at The LifeCo in the form of daily regular meditations & workshops, short term 3/4 day retreats and more intense week long retreats.

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A woman with dark hair tied up, wearing black-rimmed glasses and a light blue button-down shirt, is shown in a close-up, looking intensely at a laptop screen. Her mouth is wide open in a shout or scream, and her expression is one of frustration or anger. The background is blurred, suggesting an office or classroom setting.

HOW TO HANDLE

NEGATIVE

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SITUATIONS

Sometimes when we feel pain or sadness, our initial reaction is to get upset and blame the situation or person. However, this prevents us from realising what is happening and taking the necessary steps to change the situation. If we react too quickly with anger or sadness it usually makes the situation worse and we have to deal with the consequences.

Radical acceptance is a concept that helps us to improve our coping mechanisms. So, why is radical acceptance so important? When we have overwhelming emotions caused by a painful experience, we have a tendency to be critical and judgemental. However, this makes us avoid being objective and prevents us from evaluating the situation. Radical acceptance enables us to acknowledge what has actually happened, accept the truth, take action and come up with a solution... So, it basically comes down to accepting the things that you have no control over.

To help you to understand the technique, imagine you are a manager in a business and you have a major financial loss. If you predominantly

focus on your anger and sadness this might lead to aggressive behaviour. For example, you might get angry at your employees and make them feel guilty about the situation, which could ultimately affect their motivation to work. This reaction might cause feelings of regret. To avoid this kind of situation you could try to radically accept the situation and take time to think about and evaluate why this financial situation arose - you can then take the necessary precautions to avoid this happening in the future.

We can use the radical acceptance technique for almost every negative situation that occurs in our lives such as divorce, break-ups, trauma, arguments or even something as simple as getting stuck in traffic etc.

Here are some coping statements to think about when applying radical acceptance to our lives:

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“I can’t change what’s already happened.”

“It’s a waste of time to fight about what’s already happened.”

“The present is the only moment I have control over.”

“The present moment is perfect, even if I don’t like what’s happening.”

“This is the way it has to be.”

In addition to coping statements, you can also use a distraction plan to distract yourself from painful emotions. For example, you can enjoy pleasurable activities such as exercising, listening

to music, going for a walk etc. You can even try paying attention to someone else; this will help you to take the attention off yourself.

STRESS MANAGEMENT AND YOUR EMOTIONS



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Over time, a major toll is taken on both our minds and our bodies. Even just a mild stress can impair our cognitive ability that control fear and anxiety. Stress is linked to a weakened immune system, premature aging, and weight gain. Chronic stress is also linked to many illnesses such as cancer, lung disease, fatal accidents and suicide. While it may seem like stress is just a part of life, there are different strategies you can use to help you stay cool, calm and collected. By managing your stress levels effectively, you will not only improve your day-to-day life, you'll also improve your life by lowering your chances of a whole host of long-term illnesses.

Nº: 1

WRITE IT OUT

Start writing in a journal about whatever is bothering you or causing you stress.



Spend just 10-15 minutes each day to write whatever first comes to your mind. Think of this as a way to both “talk” about your feelings and also to track your stress levels. This activity will help you figure out what is causing your stress, and you can use that information to help find better ways to cope. Since the power of positive thinking has numerous benefits, you may want to have a separate journal where you list everything you’re grateful for and all the amazing things that happened during your day.

Nº: 2

DO SOMETHING YOU LOVE

Make time in your week to focus on something you love.

While you may think your schedule is too busy, remind yourself just how important it is to take care of yourself! Work on a painting or craft project, plant a garden, or go shopping. You can even spend this time doing volunteer work for a cause you love and support, that way you won’t feel guilty about your “me” time.



No: 3

MODIFY YOUR LIFE

While it may seem extreme, one way to eliminate stress is to get rid your life of the factor that is causing you stress.



If a certain friend is causing you to feel stressed, it may be time to cut ties and stop spending time together. If your job is stress inducing, start looking for other places to apply. While this advice may be difficult to hear, remember that your wellbeing is ultimately the most important and will influence not only you, but also everyone around you. Also note that if you don't learn the proper coping mechanisms, your stress may follow you and pop up in a different form. This method is a way to gain a fresh start and to change your outlook, not as a way to run away from problems.

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No: 4

MEDITATE



Meditation allows you to focus all your attention on things that are happening right now.

Focus on the feeling on the chair beneath you, the air touching your skin, and gentle sounds of leaves hitting your window. There are many form of meditation, so you may want to experiment to find that one that resonates with you the best. You may find it helpful to start with mindfulness-based stress reduction. Many studies have shown it to be extremely effective at reducing stress levels and regulating your emotions.

Nº: 5

TRY ASMR VIDEOS



Autonomous sensory meridian response (or ASMR) is a feeling characterized by a pleasurable tingling sensation on the skin that typically begins on the scalp and moved down the neck and back.

It is extremely relaxing and it has become quite popular for people to make ASMR inducing videos on the Internet. If you've ever felt a tingling and relaxing sensation when someone whispered to you, read aloud to you, or brushed your hair, you've experienced ASMR. The online community offers unique videos, as long as you keep an open mind, you may find something that works well for you.

Nº: 6

EXERCISE

Scientifically, exercise is one of the best ways to manage stress.

Start and end your exercise with some gentle stretching to relieve any muscle tension. Go on a walk outdoors and enjoy this time to move your body and relax your mind. Try out different workout classes or videos online to find what is the best fit for you. Exercise should be a habit that fits well into your routine, and you won't be able to stick to it unless you choose something you truly love. Not only will this help you to reduce stress, you'll also become stronger, leaner and healthier. Truly a win-win!



Nº: 7

BREATHE DEEP

Deep breathing is one of the best ways to lower stress in the body.

When you breathe deep, it sends a message to your brain to calm down and relax. The brain sends this message to your body, which then will slow down your heart rate, lower your blood pressure, and help you feel more relaxed. Practice different exercises and find what works for you best.



Nº: 8

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MINDFUL LIVING PROGRAM

The LifeCo Family understands life's stressors and the emotional dysfunctions that we can endure.

So we, as The LifeCo, decided to create specific programs that are designed to improve the mind, body and spirit to accomplish a fulfilling life. The aim of this program is to help our guests cope with their daily struggles.

During this program you will learn various skills to improve your relationship with yourself and your relationship with others.

During the 7 Day Program, you will be benefiting from the famous healthy nutrition programs of The LifeCo to accompany your Mental Wellness Progress. To learn more please click the button below.



Hollywood stars Rejuvenate at **The LifeCo!**

It's time to get rid of toxins and excess summer-weight at The LifeCo Phuket.

The LifeCo, often referred to as the well-being and detox center for Hollywood stars, offers the opportunity to get rid of excess weight and toxins after the summer. Enjoy this privilege in the tropical paradise "Phuket".

At The LifeCo, detox and healthy nutrition plans are tailored specifically for the individual's needs, and they are supported by effective therapies that speed up the regeneration process.

While our guests are enjoying meals with high nutritional value, they are also spoiled with enjoyable therapies at the same time.



"I feel completely refreshed inside out."
Kate Moss



"I feel like I'm insured against illnesses."
Woody Harrelson



"I re-discovered myself and regained my youth."
Naomi Campbell

MEDITATE TO DEFY AGEING & STAY YOUTHFULL

Across cultures, communities or gender, the search to find the secret to lasting youth and vitality is present since decades.

The need to stay fit and delay aging for as long as possible fascinates many. Managing and controlling what we eat and exercising surely go a long way in maintaining a healthy body. However, maintaining the wellbeing of

the mind, which controls all of our body's complex functions, will deliver promising results. It is worthwhile to explore a more natural way to keep the body young and energetic.

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HOW MIND CAN AFFECT BODY AND DELAY AGING

The way we think and respond or react to our immediate environment is completely determined by our mind.

Right from our blood pressure, production of hormones and its level in our blood and stress responses greatly depends on the state of our mind. It would only be wise to divert efforts to taking care of our mental wellbeing to reap the benefits - appearing youthful despite the candles on your birthday cake!



THE ANTI-AGING MEDITATION

Research now reveals that easing the mind and body in a relaxing, meditative state on a consistent basis can greatly reduce our physiological age from our actual chronological age. Many anti-ageing research findings indicate that deep meditation, practiced on a routine basis, dramatically affects production of three important age-affecting hormones: melatonin, DHEA and cortisol.

- Meditation can increase melatonin by 98-300 per cent. Apart from being a sleep hormone, is an anti-ageing agent, immune-regulator, anti-depressant and antioxidant. It greatly helps to slow cell damage, keeps energy levels up.
- Meditation can increase the production of DHEA by 44-90 per cent.
- DHEA, a hormone that reduces as we grow older, is a powerful anti-ageing hormone and is a key determinant of our physiological age. It guards the body against disease, increases sexual libido, and maintains the youthfulness and virility of the body.
- Meditation can decrease cortisol by 47 per cent. This hormone causes thinning in the skin and wrinkles among other harmful effects on cognitive health. Basically this hormone ages you quickly!

Countless studies indicate that meditation successfully help lower blood pressure and improves psychological well-being by reducing stress. Empowering ourselves with the healing power of meditation to manage and reduce the stress, present in our lives through either work or relationships or other situations, can go a long way in enjoying a youthful, illness-free life.

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HOW TO START MEDIATION:

Including meditation in your daily is not difficult if you resolve to dedicate just 12-15 minutes to meditation. In fact, daily meditation of less than 20 minutes can help increase blood supply to the brain, thereby harmonizing the nervous system. This will ensure that the cells in our mind remain healthy and nourished thereby promoting the wellbeing of our body along with balancing hormone levels. Meditation is surely one of the simplest and the most accessible beauty trick that delivers wonderful results for the mind and body, along with offering the bonus of slowing down ageing process of the body.

Start now! Meditate and stay young.



Thomas Lodi, MD, MD (H)
The LifeCo Phuket
Integrative Oncology / Internal
Medicine / Metabolic Medicine

70% OF
ONCOLOGISTS
DON'T USE CANCER
MEDICATION FOR
THEIR LOVED ONES

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Can you tell us about yourself?

I'm a conventionally trained medical doctor. After attending medical school at the University of Hawaii, I did residency training in New York at St. Lukes/Roosevelt Hospital, Columbia University. I practiced conventional medicine for about 10 years until one day I realized that it just didn't work. It was clear that we were really not helping people with chronic diseases at all. If they came in with arthritis, ten years later they still had arthritis but now they were on multiple drugs and suffering from the side effects of the drugs prescribed for the condition. It didn't matter which chronic condition they had, it was the same outcome...no one gets "cured". It was also clear that the only way that we were/are able to help were/are in acute situations such as trauma, heart attacks and other emergency situations. We really have no answers because certainly poisoning someone who is sick just doesn't make sense as a therapeutic strategy.

How did you decide to pursue a career in integrative oncology?

After realizing what we were doing as conventional doctors and that we

really did not help people, I stopped working and traveled around the world to different health centers and clinics....I would read about different doctors who I found were brilliant and had therapies that made sense and had a scientific foundation and then would apprentice with them. After spending a couple years training around the world, I returned to New York and pursued the field that I originally loved, oncology and so for about the last 17 years I've been practicing what has become known as "integrative oncology" ... we integrate conventional medicine, naturopathic medicine, homeopathic medicine, Ayurvedic medicine, traditional Chinese medicine and traditional Thai medicine and we bring it all together because every one of them is useful to some degree and what we have learned is that it's necessary to integrate them.... that is use the most effective therapies from each healing discipline but the foundation of what we do, which is antithetical to what most medical doctors and scientists do, is that we have a reverence and respect for nature and nature is always our guide hence we work with nature not against it.

What role does science play on your treatments?

When it was raising its head from the ashes of the Dark Ages the stated goal of science was to dominate and control nature and this is what the goal of science has been and the consequences are obvious. We are attempting to dominate nature and in so doing we are damaging it and it's absolutely crazy because we are part of nature and so we're like soiling our nest and we are getting very sick from it. At The Life Co we work with nature, harness nature because of our great respect and reverence for it and absolutely never work against it. We do follow new scientific discoveries, adopt certain methodologies but we never forget that there is more to science than manufacturing drugs and poisoning people. Botanical science and human physiology and biochemistry are real, pure science. Real healing is only possible when a person is in the right environment with a balanced and calm/peaceful mind. Did you know 70% of conventional oncologists admit that they would not use the medication they prescribe for their patients on themselves or their loved ones ?

What about the diet during cancer treatment?

If we realize the cancer is a consequence of an accumulation of toxins then we realize that we have to remove those toxins and we should provide only substances that can be used to make healthy cells and that's what the diet is about. The "detox" cleans out the toxins first and then we start a diet and this particular diet is a plant-based vegan diet and also keep in mind when you look at nature there's no animal that barbecues. There's no animal that's cooking their food because cooking, applying fire to anything will destroy it. It will change it chemically and produce a lot of products that are no longer usable by the body and if they're not usable by the body they need to be gotten rid of. So we need to keep food as natural as possible. The nature produces tomatoes, not tomato sauce. What we do at The LifeCo is providing delicious

food, rather than food-like things. People have come here and said that's better than cooked food.

We know that cancer cells require about 19 to 20 times more glucose (more sugar) than healthy cells and we also know that our healthy cells can easily survive and thrive on fat for fuel, whereas cancer cells can't. It's a no brainer; high healthy-fat low-glucose diet will allow the person to have the energy to go on and feel wonderful and at the same time will be cancer-free. We have a variety of diets in that category anywhere from fifty to sixty percent good healthy fats which includes seeds, avocados, coconuts, pates, nuts and stuff you know healthy fats to a seventy eighty percent. Such as the ketogenic diet.

What are your top cancer prevention tips and cancer healing tips?

Health is our natural state of being! Once the impediments are removed and the raw materials and energy to rebuild the body are supplied health results. It is interesting that we are branded as "extreme", those of us who seek health in the only way it can be obtained. So: fasting, juicing, raw vegan diet, colon cleansing, exercise, sunshine, fresh air and water, plenty of sleep, yoga or Qigong, meditation and surrender to 'the way it is'.

Also, don't take anything you hear or read as gospel. Do your own research! A woman who starts getting "recommended" mammograms every year in her 30s is almost guaranteed to develop breast cancer. Breasts are composed of complex tissues with multiple metabolic functions so when these soft tissues are squashed and then irradiated, it would be improbable that no damage would occur. Would the doctors telling women to get mammograms squash and irradiate their testicles? Breast ultrasound is often used to confirm the results of positive mammograms so why not start out with this non-ionizing, nontoxic method of screening?

Worldwide

The LifeCo



The LifeCo Bodrum / Bodrum Beach

The LifeCo Phuket

The LifeCo Antalya

The LifeCo Ajman

THE LIFECO CELEBRATING GLOBAL WELLNESS DAY



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THE LIFE CO WELL-BEING CENTERS'

AT WORLDWIDE LOCATIONS

Together with a huge range of restorative health products that can be integrated to a daily life routine, The LifeCo provides a service during and after the retreat, at three locations worldwide.

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Leading worldwide well-being & detox centers of The LifeCo is in Turkey & Thailand; located at Bodrum, Antalya and Phuket.

The LifeCo intends to be available at max. Six hours flight range; by existing & upcoming new retreat centers in South West Europe, Central America in order to be beneficial for anybody who seeks optimum health.

THE LIFE CO

(Opening in 2019)

AJMAN



In the middle of the golf course with a beautiful landscape looking to the mangroves The LifeCo Ajman is settled on a 9000 sqm site area.

DIFFERENTIATING FEATURES OF

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THE LIFE CO BODRUM

Opened at 2006

- 31 rooms
- First of its kind in Europe
- 13 years experience
- Escape from city life

Sunny hot season: 25° - 35° (Apr - Oct)
Winter cool season: 9° - 17° (Nov - March)



THE LIFE CO AKRAANTALYA

Opened at 2014

- 200 rooms (Akra Hotel)
- Direct flight options
- Ideal for businessmen
- Children accepted, also ideal for family vacation.
- Target of repeating guests to try different center

Sunny hot season: 25° - 35° (Apr - Oct)
Winter cool season: 9° - 17° (Nov - March)

By the year of 2019 The LifeCo Ajman will be performing & providing a perfect detox escape for those who want to enjoy all year round pleasant weather at a location where they can detox and replenish at the same time in a peaceful environment.

Accommodation with 62 rooms (1 presidential, 13suit and 48 standard rooms) The LifeCo Ajman will be including the following; Reception and Lobby - Wellness and beauty center, Women's Zone with all facilities in high privacy - restaurant and juice bar, sport center with a yoga room, back of house and Clinical Facilities

At the basement floor of The LifeCo Ajman; wellness facilities for more than 17 massage rooms and wet zones for women and men is in service. There is an additional zone for only women include a minimized version of all services given in the center. There is a special access to this zone from the reception area. Each wellness zone includes, hammam, peeling room, sauna, steam, mud Jacuzzi, showers and changing room.

THE LIFECO CENTERS



THE LIFECO BODRUM BEACH

Opened at 2015

- 14 rooms
- Private Beach
- SAF Restaurant (raw-vegan)

Sunny hot season: 25° - 35° (Apr - Oct)
Winter cool season: 9° - 17° (Nov - March)



THE LIFECO PHUKET

Opened at 2016

- 42 rooms
- Very well-equipped clinic facilities
- Succesfull approach towards chronic diseases primarily cancer
- Worldwide Oncologist & medical staff

Sunny hot season: 30° - 35° (Apr - Oct)
Winter cool season: 27° - 30° (Nov - March)

A top-down view of fresh vegetables including corn, tomatoes, basil, and beans on a wooden surface. The scene is set on a rustic wooden table. In the upper left, a large ear of yellow corn with green husks is prominent. Below it are two whole red tomatoes. To the right, there's a bunch of fresh green basil and a yellow bell pepper cut in half. In the center, a small white bowl is filled with white beans, with some beans scattered on the table around it. In the lower right, a person's hand is visible, resting on a wooden cutting board. The overall lighting is warm and natural, highlighting the textures and colors of the ingredients.

What to Eat & How to Prepare?



Nutrition Guideline

Alkaline & Acidic Foods

Healthy & Raw-Vegan Meals & Recipes

Most Popular The LifeCo Products

What to Read - Watch - Follow?

NUTRITION GUIDELINE

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1- Everybody has their own personal physical health, dietary history, tendencies/predispositions, food and emotional habits.

All the facts about nutrition are still not entirely understood. This is why we recommend that you get to know and listen closely to your body, and develop your own personal dietary plan accordingly.

If you feel tired 30 minutes after eating, you've most likely eaten the wrong foods or too much food. Start paying more attention to how you feel.

2- Research done on people who live to be over 100, reveals they have the following in common
Eat small amounts
Physical activity
Eat food they've prepared themselves instead of processed foods
Are in a loving, sharing, family environment

3- When applying these principles, a person's health condition is also important.

For example, if they are receiving cancer treatment, have a yeast infection or want to lose weight, they need to eat a limited amount of fruit (due to the sugar content).

4- As with everything else, this path is reached gradually in stages.

-Remove certain things from your diet: meat, milk, fried foods, refined foods, sugar, coffee, alcohol, cigarettes, tea and acid-forming drinks (e.g., soft drinks)

-Choose your foods based on whether they are acid-forming or alkaline-forming

-Eat organic foods

-Pay attention to how you combine foods



-Eat as much fresh and raw food as possible

This is a regime that will develop over time and with experience.

Basically you should be eating more of the following:

Dark greens
Vegetables
Sprouts
Fruits
Dried fruits
Legumes

5- We categorize food according to whether it is alkaline-forming or acid-forming, not based on calories or amount.

See The pH Table. (page 96)

6- You can eat healthily while still enjoying life by balancing the amount and frequency of acid-forming foods (which do more harm than good).

7- We provide you with information, but what and how much of it you apply to your own life is up to you.

8- Every day of your life is not the same, and how you eat will also change accordingly.

9- Everybody's structure, weight, height, amount of enzymes, metabolic speed, and genetic make up is different. So each individual's dietary needs are particular to them.

10- What we've believed for years may turn out to be the opposite of what it should be.

However, you have to re-examine this information based on the conditions at the time you learned it and those of today.

Natural versus artificial!

11- After having learned all this, you won't need anybody else (e.g., a dietitian) besides yourself.

You will become your own nutritional expert.

HUNGRY – FULL

Don't eat unless you're hungry, stop eating when you're full, and if you overeat wait until you feel hungry again before the next meal. Let your body's natural signaling system work. Just like you don't go to the toilet without feeling the need to go, don't eat unless you feel hungry. Always leave the table before you are full to help your stomach easily digest.

If you feel hungry, drink a large glass of water first as you may be thirsty instead of hungry.

DAIRY PRODUCTS

Remove milk, cheese and yoghurt from your diet if possible. At least try it for a while (1 month?). You will be surprised to see that your allergies have gone and you have less cellulite.

The only other animal's milk products you should be drinking is human milk!



The only animal that continues to drink milk after the age of 2 is humans! Think about this.

During the period when we grow the fastest (0-2 years), the protein we get from mother's milk is 2%, whereas cow's milk is 15%. Cow's milk has 400 times more protein in it than human milk. We don't need that much protein and excessive protein increases the acidity level of our body.

Pasteurized and homogenized milk cannot be digested. Because it is an acidic source of calcium, your blood uses your own calcium resources to neutralize it, weakening your bones. Sesame and almonds have much more calcium than cow's milk!

The countries which consume the most milk still have a high occurrence of osteoporosis!

It paves the way for allergy problems.

Goat's milk cheese is better. It's the closest to human DNA and is more natural.

MEAT PRODUCTS AND SPROUTING

Mass bred animals contain growth hormones, antibiotics and live under unhealthy conditions.

Consuming too much acidic protein depletes the body's calcium and magnesium reserves and is hard on the digestive system.

Plant-based protein meets our body's protein needs. The best form to get this protein in is through greens and sprouted pulses.

You need healthy blood, not protein, to build muscle. The best source for this is green foods.

Lentils, black-eyed peas, sunflower seeds and mung beans can be sprouted. Soak the seeds overnight in a closed container with holes in the top. Drain the water and keep the seeds damp for 2-3 days. Seeds that have sprouted can be added to salads. Sprouting increases their nutritional value 5-10 times and makes them a rich source of protein.

Also you can find SPROUTEIN - ready sprout powder in healthfood stores. Other good protein resources are seafoods (spirulina & chlorella) and nuts.



GREENS



Eat as many green leafy vegetables as possible-arugula, spinach, parsley, purslane, etc. The chlorophyll found in these plants cleans your system and your blood.

ENZYMES

Enzymes are found in our food and our body and, similar to baking soda, help with digestion. Instead of taking baking soda to help digestion, taking enzymes half an hour before eating will make digestion easier and more comfortable.

RAW FOOD

Cooking foods kills enzymes and creates sugar, meaning that we are just eating dregs. Food stays alive when you don't cook it. If we are what we eat, you will be as energetic as your food! For more information and recipes visit our website www.thelifeco.com



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BREAD

To keep the bread you eat from turning to paste, we recommend that you toast it before eating.

SALT

Table salt has been refined, bleached and only contains 2 minerals. Instead use Himalayan Salt which is natural, unrefined and contains 84 minerals.

SUGAR - AGAVE

Break the habit of adding sugar to hot drinks. You won't want it after one month. If you can't stop using sugar, switch to agave. When you're craving something sweet, spread coconut oil and agave on top of brown bread. Or you can have some dried fruits.

TEA

Drink plenty of herbal teas such as sage, linden flower, chamomile, mint and green tea instead of regular tea and coffee.



ALCOHOL

Because it is fermented with yeast, acidic, dehydrating and kills brain cells, you should avoid drinking alcohol at least for a few days after detoxing. Your body is clean, so alcohol can be more effectively and quickly absorbed, and you may feel the effects immediately. Be careful!

SOYA

Because it has been genetically modified, we don't recommend it. Instead use natural soya if you can find it.

FATS



Use cold pressed extra virgin The LifeCo Omega 3-6-9 Plant based Oil/Olive Oil over uncooked foods.

Cook with coconut oil. You can also use Omega oils on uncooked foods mixed with The LifeCo Omega 3-6-9 Plant based Oil/Olive Oil.

Heating oils (except for coconut oil) changes their molecular structure, making them carcinogenic.

Try eating this way 6 out of 7 days, increasing to 13 out of 14 days.



FOOD

COMBINING

CHART FOR

A SMOOTH

DIGESTION

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Most foods can be eaten together, but to help your body digest your food more efficiently, we recommend that you combine food following this chart.



Important: Only combine where circles touch directly!

Low&Non-Starchy Vegetables	Starchy Vegetables	Proteins and Fats	Grains
Asparagus	Green beans	Artichokes	Amaranth
Bell Pepper	Kale	Beets	Buckwheat
Broccoli	Leek	Beans	Quinoa
Brussels Sprouts	Onions	Carrots	Millet
Cabbage	Parsley	Corn	Oats
Celery	Radish	Jicama	Rice
Chard	Rhubarb	Peas	Spelt
Chicary	Spinach	Potatoes	Wheat and Flours
Chives	Summer Squash	Pumpkin	
Colards	Swiss Chard	Hubbard Squash	
Raw Corn	Tomatoes	Winter Squash	
Cucumber	Turnip	Banana Squash	
Endive	Turnip Greens	Yams	
Escarale	Watercress		
Garlic	Zucchini		

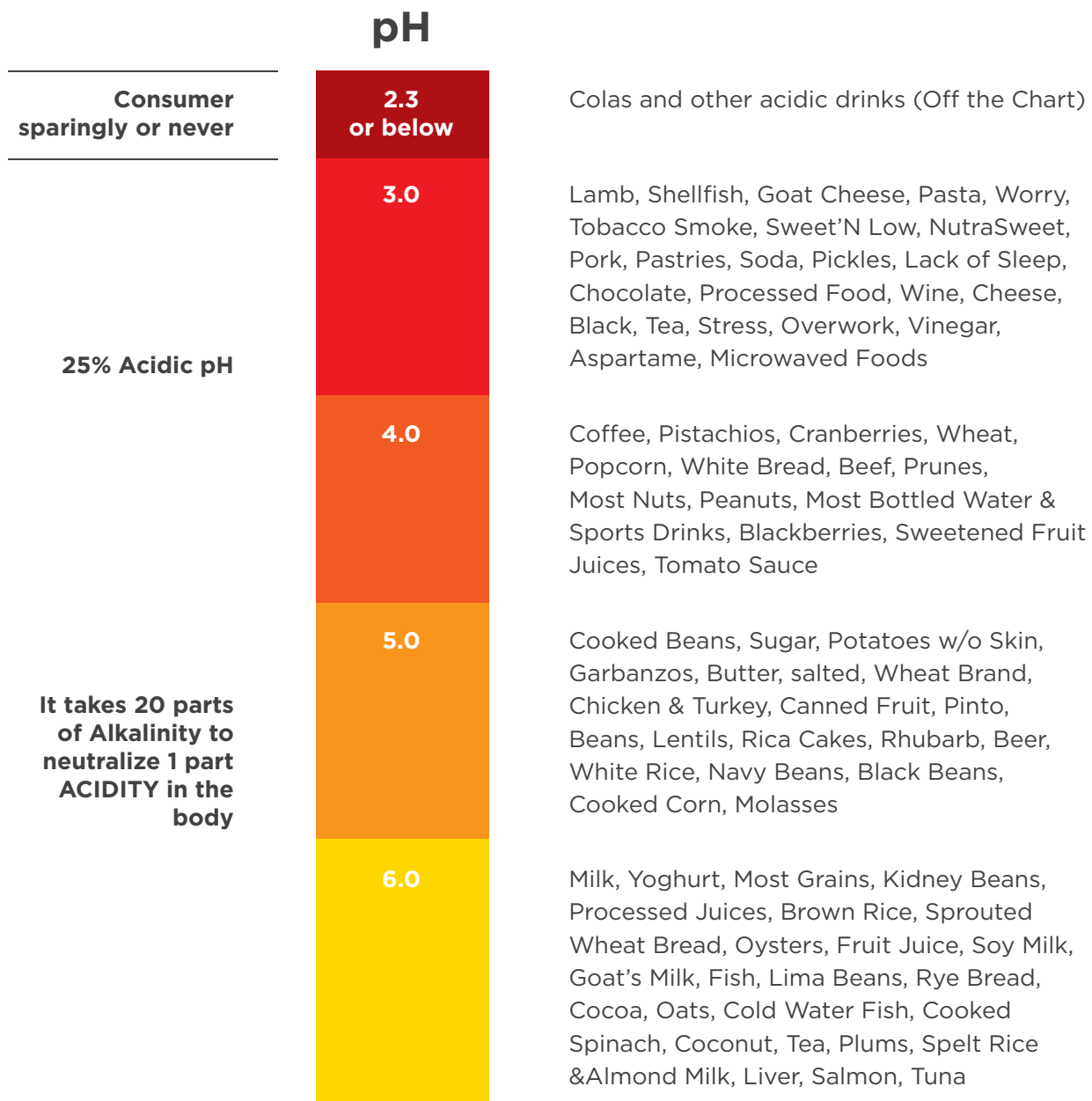
Sweet Fruits	Sub-Acid Fruits	Acid Fruit	Melon Fruits
Banana	Sweet Cherries	Grapefruit	Cantaloupe
Dates & Figs	Sweet Apple	Orange	Crenshaw
All Dried Fruit	Sweet Berries	Lemon	Honeydew
Persimmon	Apricot	Lime	Muskmelon
Prunes	Papaya	Pineapple	Watermelon
Sweet Grapes	Pear	Pomegranade	
	Mango	Sour Grapes	
	Sweet Peach	Cranberries	
	Sweet Plum	Sour Peach & Plum	
		Sour Cherry	
		Strawberry	

ALKALINE &

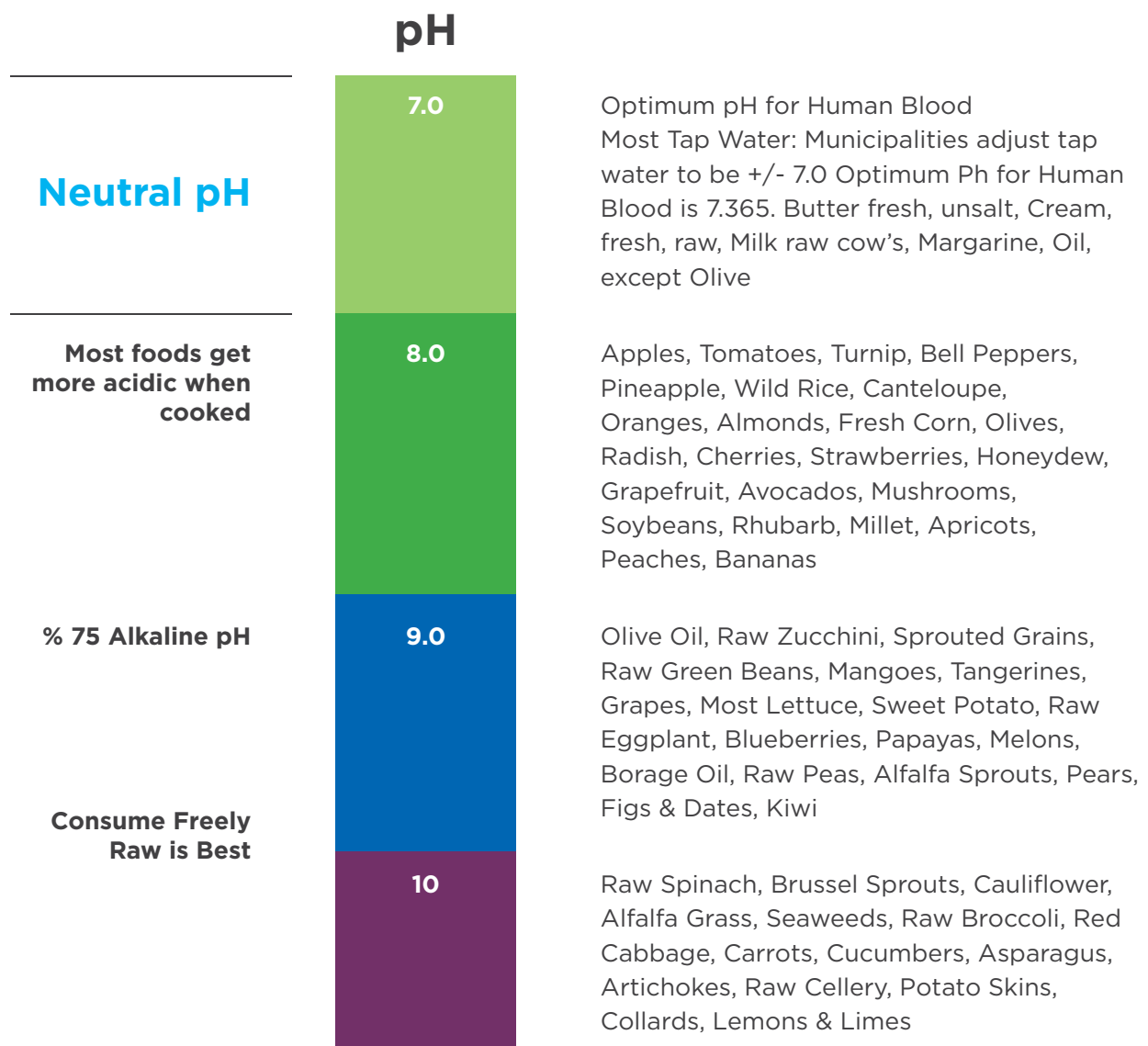
ACID-FORMING

CHART

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Foods and activities can be divided into two groups: alkaline - forming (pH higher than 7) and acid - forming (pH lower than 7). Try to fill your life with the alkaline - forming foods and activities from this general guide.



*Though lemons, limes and grapefruits are chemically acid, when they have been metabolized in the body they actually have an alkalizing effect.

**Though fruit has many good vitamins and minerals and is very rich in fiber, it is also filled with sugar.

You can get the same nutritional benefits from vegetables without the negative effects.



HEALTHY RAW- VEGAN MEALS

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& RECIPIES

WHEN YOU WAKE UP

Every morning start your day by drinking 2 glasses of water (preferably room temperature). The water you drink should have a pH level of at least 8.1. If you have a water ionizer, we recommend that you set the pH level to 9.5-10. If you don't have a machine, you can either use The LifeCo Alkalize drop or prefer to drink water with carbonate.

If you want to continue to lose weight, then you can take The LifeCo Kelp&Nettle capsules in the morning before your breakfast. It helps weight loss by accelerating the metabolism.

HEALTHY BREAKFAST ALTERNATIVES

FRESH VEGETABLE / FRUIT JUICE OR VEGETABLE FRUIT SALAD

If you like, you can drink 1 glass of fresh pressed fruit or vegetable juice (cucumber, celery, lemon) in the morning. Juicing is an effective way of nourishing your cells with vitamins and minerals without using energy from your digestive system. Choose fruits with low sugar content as much as possible such as apples, grapefruit, tomatoes, pomegranate and cucumber, and juice two or more fruits together. Oranges are acidic. To reduce sugar content, you can dilute the juice with 30-70% water. See suggested juice menu. Fruits should be eaten half an hour before meals or three hours after meals. Fruit eaten after other foods ferments while waiting to digest and also causes the other food to rot. Each type of fruit should be eaten separately.

TYPICAL TURKISH BREAKFAST

Including a little goat's cheese, plenty of tomatoes and cucumbers, olives with the salt rinsed off and toasted brown bread or wholegrains bread. Eggs are acid-forming, it's better to avoid or you can have them twice a week. It takes 72 hours to cleanse your blood of their effects! Cheese is a sticky food without fiber. To reduce its stickiness, it should be eaten with red pepper.



MUESLI WITH OATSMEAL OR RYE

An alternative is muesli with almond milk. Make your own muesli by using organic oats/rye add some fresh or dried fruits, fresh almonds, nuts, agave syrup and almond/rice milk. We do not recommend soya milk because it's a GMO product.



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TAHINI + AGAVE (ORGANIC HONEY, NATUREL CAROB MOLASSES)

Tahini is rich in Omega 3 and Omega 6, mix it with agave or organic honey and you will have a rich and tasty breakfast.



LUNCH

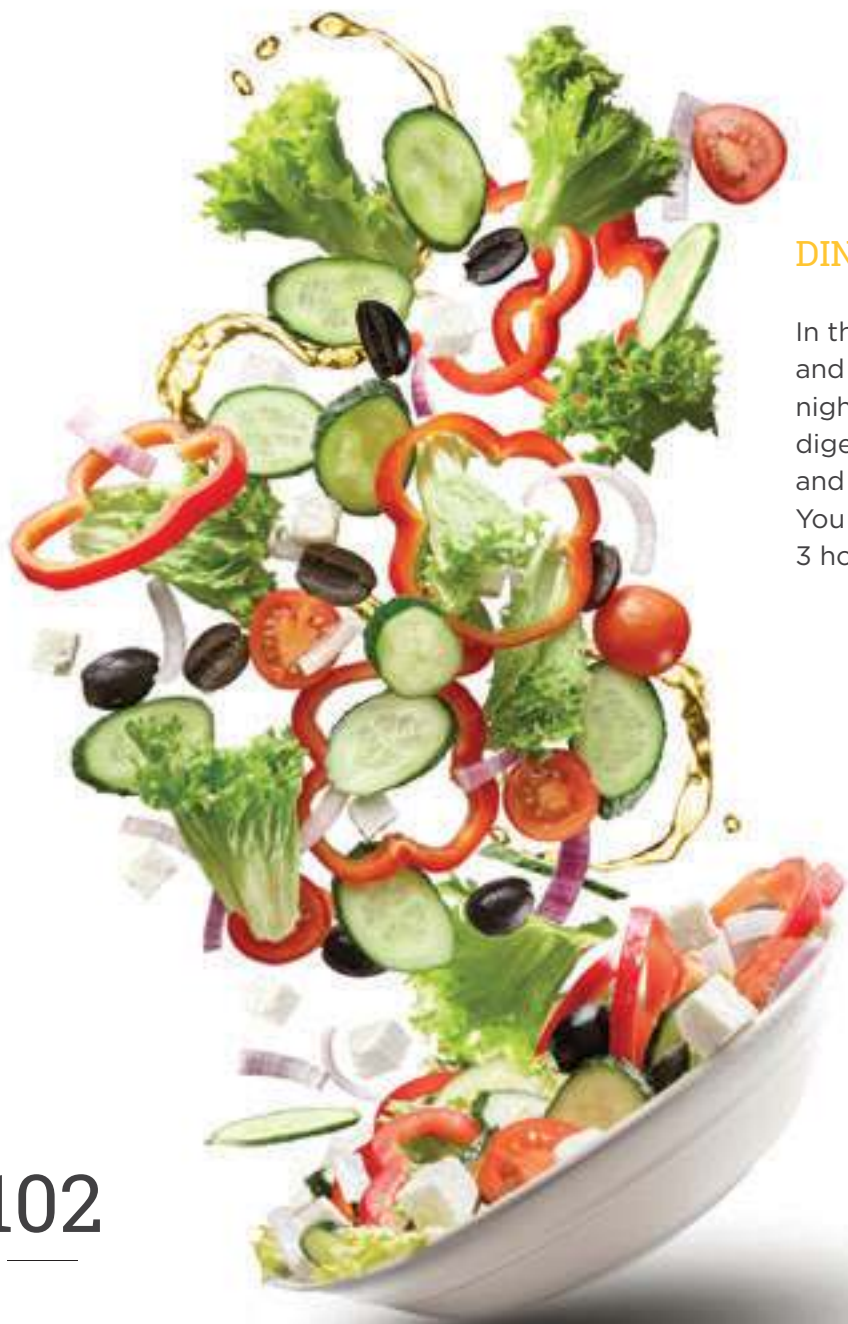
In lunch time the most important thing is the combination between foods. To have a good digestion and to get the maximal nutrition it is really important that you do the best and the healthiest combination. You can combine carbohydrates with vegetables, dairy proteins with vegetables, starchy carbs with vegetables but never should you combine dairy proteins with carbohydrates or starchy carbs.



SNACKS

Keep a container of nuts such as almonds, walnuts and hazelnuts, as well as dried fruits such as figs, apricots and prunes in your office, car or at home for snacking between meals. Be sure to eat nuts together with a fruit (for example walnuts and figs or almonds and apricots), and to not eat more than a handful. If you are trying to lose weight, you can soak the fruit in water to remove some of the sugar.

The nuts should be unsalted and not roasted. Almonds are the most alkaline-forming. Place a handful of almonds in water and soak overnight. This will make them easier to digest and make the nutrients easier for you to absorb. Drain the water off in the morning and eat throughout the day. This is a great source of protein and calcium.



DINNER

In the evening you should eat lightly and early to help your body detox at night and to not put stress on your digestive system. For example, salad and vegetables or vegetable soup. You should finish your dinner at least 3 hours before going to bed.

VEGETABLES

Broccoli, Cauliflower, Green beans, Zucchini, Cabbage, Red cabbage, Brussel sprouts, Eggplant, Peas, Fava beans, Leeks, Celery, Artichokes, Carrots.

GREENS

Generally choose dark greens. Eat greens twice a day with meals. Arugula (rocket), Spinach, Purslane, Chard, Romaine lettuce, Iceberg lettuce.

FRESH HERBS

Parsley, Basil, Dill, Mint.

PULSES

Lentils, Beans, Chickpeas

SALAD TOPPINGS

Red, green, yellow peppers
Olives, Tomatoes, Cucumber,
Onions-spring and red, Garlic (natural antibiotic), Lemon, Avocado.



DRIED SPICES

Mint, Thyme, Rosemary, Coriander, Red pepper, Cinnamon, Black pepper, Curry, Cumin, Fennel, Ginger



FRUITS

Pumpkin, Fresh and dried fruits.

CARBOHYDRATES

Consume as little as possible Brown rice Wild rice Whole grain, rye bread Potatoes, Corn.

SWEETENERS

Agave - a natural sweetener that looks like honey
Organic honey Maple syrup
Stevia
OILS
Olive oil
The LifeCo Omega 3-6-9 Oil Blend (2 Tablespoons per day)
Coconut oil - may be used for cooking

NUTS and SEEDS

Always use unroasted nuts and seeds and soak overnight in water. This increases the nutritional value while making them easier to digest.
Almonds Walnuts Hazelnuts
Sunflower seeds Pumpkin seeds

COOKING TECHNIQUES

Steamed or stir-fried, eating raw (non-cooked)

RECOMMENDED EQUIPMENT

Steamer, Fruit juice press
Wheatgrass juicer - available from The LifeCo.

Sprouter - available from The LifeCo,
Greens juicer Blende.r



RAW-VEGAN

RECIPIES

JUICE RECIPIES

Nº: 1

DETOX SOUP (Vegetable Broth)

1 celery (with greens)
1 carrot (unpeeled)
1-2 leaf red and white cabbage
1 squash
2-3 cabbage leaves
1 green onion
1 unpeeled potato
1 red bell pepper
2 cloves garlic
1-2 rosemary roots
2-3 pieces of parsley root
3 liters of water

Spice Ingredients:

1 tbsp thym
1 tbsp rosemary
1 tbsp bitter pepper
Fresh ginger in finger thickness
1 tbsp lemon grass
1 tbsp sumac

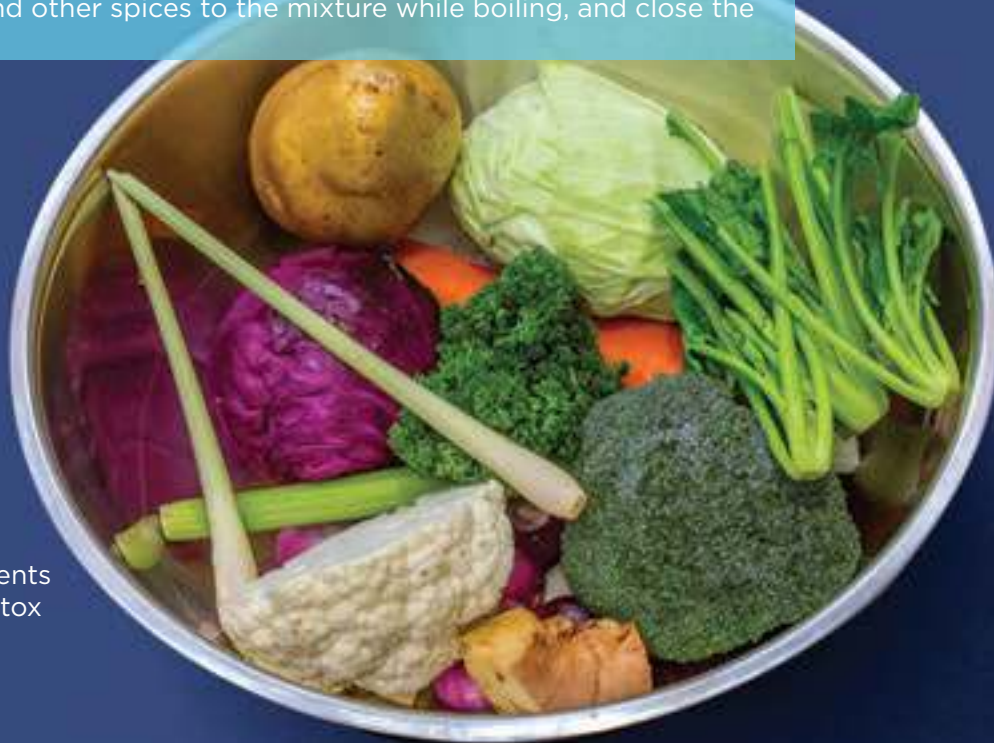
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Divide all vegetables into halves. Add carrots, potatoes, zucchini, peppers and all other vegetables in a pot and cook for 10 min - 15 min on a low heat with the lid closed. Then add the water and boil until the vegetables are well softened. Add the thyme, rosemary, sumac and other spices to the mixture while boiling, and close the lid.

Soup sauce

150 ml of lemon juice
25 ml fresh ginger juice
1 tbsp cumin
1 tbsp chili powder
1 tbsp sumac
1 tbsp thyme
1 tea spoon black pepper
1 tea spoon turmeric
2 cloves garlic

With the help of the hand blender, mix all the ingredients in a bowl. Pour over the detox soup mixture and serve.





Nº: 2

IMMUNE BOOST JUICE

3 apples, 1 lemon, 1 grapefruit, 1 piece of ginger. With the help of juicer, squeeze all ingredients. This Juice strengthens the immune system while boosting your energy.

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Nº: 3

ALKALIZE JUICE

4 cucumbers
1-4 celery root
1 lemon
1 piece of ginger

With the help of juicer, squeeze all ingredients. This juice cleanses the blood, regulates the blood sugar, alkalizes your body by increasing the oxygen level.



MEAL RECIPIES

Nº: 1

KETOGENIC CONJAK SPAGHETTI

Ingredients:

- 20 gr mushroom
- 20 gr broccoli
- 20 gr cauliflower
- 25 gr coconut cream
- 1 g salt
- 1 gr black pepper
- 1 package konjak spaghetti

Put the vegetables in a pan and cook with little olive oil or coconut oil. Once the vegetables are slightly softened, put the coconut cream, pepper and continue to cook a little more. Add konjak spaghetti and cook for another minute and serve.

Nº: 2

KINOA VEGETABLE PATTY

Ingredients:

- 250 gr peas
- 500 gr kinoa
- ½ teaspoon salt
- 2 teaspoons chili pepper
- 1 tablespoon cumin
- 1 clove garlic
- 1/5 tea spoon carbide
- 20 gr onion

Mix peas and kinoa in a food processor. Then take the mixing bowl, put other materials and knead well with your hand. Make roasts with 50 g each and fry in coconut oil. It is served with mixed greens and sauce.

Kaju Base:

- 500 gr kaju (soaked)
- 100 ml of water
- 2 probiotic

Sauce:

- 20 gr kaju base
- 5 gr tahin
- Salt



Mix the ingredients and place in a glass container. Cover the glass container with a stretch film, open 2 or 3 holes, wait 2 days at room temperature and place in the refrigerator.

NOTE: If desired, tomato sauce can be served in the city.

Nº: 3

AVOKADO SUSHI

Ingredients:

For PATE:

90 gr wet walnut
10 gr celery
10 gr green onion
1 g salt
1 tea spoon apple circus
10 gr red onion
½ teaspoon gluten free soy sauce

How it is done: Let's mix all the ingredients in the food process and get a small-grained mixture.

1 avocado

Split the avocado into 2 and cut it into thin slices. Cover it with a stretch film and turn it upside down, put the pate we prepared in it, compress it with a stretch film, and roll it. Serve with gluten free soy sauce and ginger pickles.



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DESERT RECIPIE

Nº: 1

CHERRY SORBE

Ingredients:

150 gr frozen sour cherry
15 gr agave syrup

All the ingredients are mixed in the blender as fast as they come to the ice cream. Ready to serve.



MOST POPULAR THE LIFE CO PRODUCTS

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Organic Coconut Oil

- It gives energy to the body fast, it can not be stored, so you do not gain weight.
- Helps to balance sugar and insulin
- Moisturizes and brightens your hair and your skin
- Helps to treat herpes, mushrooms, psoriasis, eczema, varicose veins.



Organic Agave Syrup

It is obtained from Agave cactus and is 100% organic.

- Low calorie
- It can be used as sweetener in all kinds of cakes, sweets and hot - cold drinks.
- The most healthy sugar alterants known.
- Low glyceimic index is suitable for diabetics.



Avocado Oil

The avocado oil obtained by cold pressing process from avocado fruit is rich in energy, fat, protein and vitamin E.

- A good cell protector and antioxidant, helping strengthen the immune system.
- Contains plenty of lye, which forms a protective layer. This layer helps prevent damage to hair and skin by preventing moisture loss.
- Vitamin E, naturally found in the skin and it helps to protect the skin against aging sun rays, smoke and dirty air.
- Thanks to abundant amount of vitamins it contained, the cells are renewed,
- It neutralizes toxic substances in the body and destroys harmful substances which cause aging.



Artichoke & Thistle Extract

- Regular work of liver enzymes is important for general body health.
- Because of the use of oils, alcohol and medicines, the tired liver needs artichoke and thistle to regenerate.
- The “silymarin” ingredient in the content of the thistle plant, helps the liver repair itself and remove toxins from the body.
- Ingredients called “cynarin” and “silymarin”, which can be found in the content of the artichoke, help to excrete nicotine, alcohol and fat from the body, accumulating in the liver and gall bladder.
- Rosemary; thanks to its anti-infective nature, it protects the liver against infections.



Organic Coconut Flour

Thanks to its rich fiber and magnesium, it supports blood sugar level, digestive system and weight control.

- It has a fine structure and easy fermentability.
- Abundant fiber content swells up to 10 times with water and gives a feeling of fullness. With low glycemic index; prevents blood sugar from suddenly falling, hunger crisis takes precedence.
- Supports the digestive system; 35% dietary fiber prevents constipation, gluten ingrowth and bloating and other digestive problems.
- The manganese content of the thyroid glands increases the metabolism rate by ensuring continuous functioning

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Organic Coconut Milk

Contains iron, potassium, magnesium, phosphorus, copper, sodium, calcium, selenium minerals and B-C vitamins.

- Helps to solve digestive problems such as indigestion, ulcer, reflux, etc..
- It does not contain lactose, so people with lactose allergy can use it safely.
- Rich iron content helps to resolve problems like anemia, weakness, fatigue, hair loss caused by iron deficiency.
- Supports the immune system against viruses and bacterials thanks to its Lauric Acid.



Coconut Sugar

The LifeCo coconut sugar; It is a tropical fruit juice that is completely natural, pure and untreated.

- Does not contain GMO (genetically modified organism)
- There is an intestinal fiber, which slows the absorption of glucose and has a low glycemic index.
- It does not burn at low temperature like other sugars.

Psyllium Husks Powder



For our intestines to work properly and regularly, and to detoxify our body from toxic waste (detox), we need 25-35 grams of fiber a day.

- Provides plenty of fiber to support the regular operation of the intestines.
- Fibers can help the weight loss process because the stomach swells to create a feeling of toughness.
- It meets the fiber requirement that is missing especially in low carbohydrate diets.

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EnzymeCo

You can bring back your child's energy

- If we have reduced energy due to the lack of enzymes, it helps to recover and prevent digestive problems.

It is recommended to be used with foods that trigger conditions such as gas, reflux, bloating and indigestion.

- It also strengthens the metabolism, keeps the body healthy and vigorous.

Probiotic Mix



Bad eating habits, chlorinated water, stress and antibiotics destroy good bacteria and upset the gastrointestinal balance by supporting bad bacteria. When the proportion of good bacteria decreases to bad bacteria, gas, bloating, constipation and toxicity develops in the intestine. 'Probiotics' help to improve the level of friendly bacteria in our digestive system and help keep the proportion of harmful bacteria in balance.

- To strengthen the immunity,
- Fight against yeast and yeast infections,
- To reduce digestive system disorders,
- To reduce the adverse effects of antibiotics,
- It helps improve lactose intolerance and gluten allergy.

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Turmeric Extract



Support your immune system with Turmeric, one of the most beneficial 10 healings in the world Keep your flu and colds away from you!

- Apart from the antioxidant properties that rejuvenate the body, turmeric has anti-inflammatory properties. It is recommended as supportive therapy in joint rheumatism and joint aches.
- It has been proven that turmeric prevents cancerous cell formation and destroys cancerous cells that are formed.
- Apart from high turmeric flavor, Propolis and Olive leaf in its content supports the treatment of any microbial disease in which bacteria, viruses and fungi are effective.

WHAT TO READ - WATCH - FOLLOW?

THE LIFECO RECOMMENDS;

BOOK

- Living Foods for Optimum Health - Brian Clement
- 8 Antiaging Secrets - Hormones ! - Dr. Joel Fuhrmann
- China Study - Colin Campbell
- You Can Heal Your Life - Louise Hay
- Until the Last Toxin - Ersin Pamuksüzer & Selda Terek Bilecen
- Detox - Daniel Reed

WEB

hungryforchange.tv
drmercola.com - natural health info from a medical doctor
doctoroz.com
crazysexcancer.com - the lifestyle of a woman who had a rare kind of cancer and survived
foodmatters.tv
forksoverknives.com
fatsickandnearlydead.com
earthing.com - about grounding
rawfoodrecipes.com

SOCIAL MEDIA

(facebook, instagram pages)

LifeStyle

MindBodyGreen
DavidWolfe
KrisCarr
Yoga Inspiration

Mindfulness

Eckhart Tolle
Collectively Conscious
Power of Positivity

Healthy Recipes

EatingWell
DeliciouslyElla
Fitness_Bianca

DOCUMENTARY - MUST SEE

watchdocumentaries.com

1. Healing Appetite
2. That Sugar Film
3. Biology of Belief - Bruce Lipton
4. Inconvenient Truth - Al Gore / Global Warming
5. Planet Earth - Earth, sea, sky, animals
6. Sicko - American health industry
7. Meatrix - about dairy and meat
8. Food Inc
9. Heal Your Body - Louise Hay
10. What the bleep do we know - Quantum physics
11. EFT - Mind Detox method
12. Messages From Water - An extraordinary experiment about water 30 min.
13. Happiness - Finding happiness
14. Food Matters - Raw food versus medicine. You are what you eat
15. Simply Raw - Reversing diabetes in 30 days
16. Supersize Me - Vegaterian journalist eats 3 meals a day from McDonalds for 1 month
19. Secret - You can get anything you want in life. The Law of Attraction.
21. One - We are all a part of big one thing
22. Eating - Dairy and meat products
23. Men from Mars Women from Venus
24. Raw Made Easy
25. Genetic Roulette
26. What the health

I am - <https://www.youtube.com/watch?v=iYtfnONazTU> / a transformation story of a film director who got cancer

POPULAR CLASSIC MOVIES WITH A MESSAGE

Sliding Doors - coincidences
Groundhog Day - changing your routine
Captain Fantastic



AWARD WINNING

WELL-BEING

CENTER

THE LIFEKO

The LifeCo, which has been nominated as the best in its field each year with its service and healthy living products on international platforms and constantly topping brand value with valuable awards;

2012 “Gold Category” BID Quality Award

“World Quality Commitment” award, which was defined as the world’s greatest quality award and awarded by the Business Initiative Directions (BID).



2014 “Platinum Category” BID Quality Award

The LifeCo also received full marks from customers such as customer satisfaction, customer relations, leadership, prestige, innovation and development, technology. At the ceremony held in Paris; The LifeCo General Manager Figen Tunçsav received the award from BID President Jose E. Prieto. Tunçsav emphasized that human health is important to The LifeCo, so they will not compromise quality and customer satisfaction.



2016 “Best Healthy Living Product” Category Best Product Award

The “Watsons Beauty and Personal Care Awards”, in which the “best of” beauty and personal care products were identified, were awarded with The LifeCo Organic Coconut Oil.



2018 “Best SPA & Wellness 2018” Category

It is entitled to receive the “LTG SPA & Wellness” award, which is organized by Luxury Travel Guide and is the best in the field with a total of 550.000 participants nominated every year.

2017 “International Health Tourism and SPA” Category “Best Regional Enterprise” Award

“Excellence in Quality Awards” awarded by an important jury from England, Belgium and Switzerland, known as the Excellence in Quality and Management Award.



2018 “ Top 50 HealthCare Companies” Award

The LifeCo has been awarded one of the top healthcare companies for its efforts in dealing with chronic diseases through natural therapies and treatments.



2018 “ Best Detox Programme” Award

The LifeCo has once again been recognized by World Spa Awards with its signature “Master Detox Programme” at the award ceremony which is held at Maldives.



WELL - BEING

*Renew your
Body, Mind and Soul...*



BODRUM | ANTALYA | PHUKET | AJMAN