The LifeCo PHUKET

WELL-BEING

WATER FASTING

PROGRAM

- Information Kit -

The LifeCo Phuket

www.thelifeco.com

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"The best of all medicines is resting and fasting."
Benjamin Franklin

1 WHAT IS **WATER FASTING?**

Fasting has been a common practice in many cultures, employed for physical, mental, and spiritual health. It is nature's way of allowing your body to cleanse and heal itself, and that rest is important to the success of the process.

When we stop eating all the Vital Force that has been used to convert food into energy and body tissue, is now being utilised to flush out toxins from your system and facilitate the natural healing of the body. Water fasting, also known as a water cleanse, is a type of fasting in which you consume only water for a set period of time. Many cleansing diets are referred to as fasts, but in water fasting, your calorie intake is zero.

The LifeCo Approach

The LifeCo employs a holistic approach to detoxification and fasting; cleansing you physically, mentally and emotionally.

In mind detoxification, meditation is the key component, we want you to reconnect with your own energy. Any type of meditation helps you center your essence. What about spiritual detoxification? Man is supposed to be reconnecting with nature. Due to modern urban living we have become more detached from our natural life styles. Spiritual detoxification is reconnecting with nature in order to refill ourselves with nature and its universal energy.

In body detoxification, we rest our organs. This philosophy comes from ancient sources such as traditional medicines, Chinese, Ayurvedic or Indian. If you disrupt the natural flow of your energy, you run the risk of causing damage to your organs. We allow time for the body to recover from the abuse it has suffered over the years. That is why detox is important, we learn how to be natural again, reminding us that we are at heart natural beings.

Professional Medical Team

The LifeCo Water Fasting process is carried out by a team of experts in their field. The program being offered to you is prepared by our professional doctors who have accumulated experiences on the water fasting procedures for more than 50 years aiming to achieve the best results. During this journey, you will be guided and monitored according to your metabolic needs by your assigned doctors, nurses and program coordinators.





Benefits of Water Fasting

Detoxifies The Body

Your body's detoxification process mainly depends on water. Water fasting results in autophagy with 8-10 hours so that the inside of cells are cleaned out and restored to high levels of functioning. Since all the stored glucose in the form of glycogen is used up within 72 hours, the body changes from glucose metabolism to a fat metabolism called, "ketosis". This natural response is also one of the reasons that wild animals remain so healthy. During ketosis, the body hunts down and consumes any non-viable tissue that is not necessary for healthy functioning like cysts, plaques in the arteries, tumors, etc.

There is no other way to accomplish these health benefits!

Provides Anti-Aging Effect

Remember: Aging is de-hydrating! During water fasting, you consume around 2-3 liters of water per day, so your system has no reason to spend energy on digestion, rather using the energy to heal. Increased water intake helps carry toxins from the body, leading to restoration of the cells and metabolism, thus rejuvenating the body from the inside out.

The anti-aging effects of water fasting are well known in science. Endothelial cells (cells that line all blood vessels) are the origin of all inflammation and chronic diseases. One of the major things that happen is beta-hydroxybutyrate (a ketone) causes the endothelial cells to regenerate. These cells are reborn and renewed so it completely shuts down the vascular aging.

Supports Weight Loss

During water fasting, you will not be eating or drinking anything besides water. When the body can not get energy from carbohydrates, it uses fats as the primary energy source. Your body will also switch to ketosis, just like in any ketogenic diet. This is how water fasting helps break down fats and supports weight loss.

Lowers the Risk of Chronic Diseases

Water is very important in maintaining a healthy body. Thus, water fasting has tremendous benefits on the body from the inside out. Water fasting helps to maintain the brain and other bodily functions. It reduces the risk of chronic diseases by lowering blood pressure, blood sugar, triglycerides and cholesterol.



2 ABOUT THE **PROGRAM**

Water fasting program can be attended for up to 41-day. We highly **recommend at least 21-day for Water Fasting Program**.

The reason we recommend a 21-day Water Fasting Program is that it is just the right duration to form a new habit and dissolve the old one, besides helping you cleanse your body effectively, lose excess weight and improve your fitness.

Water Fasting

Liquid intake is one of the most important aspects of this program. At least 2-3 liters of water should be consumed per day. You will be served water and Himalayan Pink Salt twice per day.

You will be provided 7.4 pH hot or cold water. For longer stays soda water may be provided as well.

No herbal tea, detox soup or other liquids are allowed during this program.

Daily program:

08:00	WATER
09:30	YOGA & MEDITATION
09:30	WATER & HIMALAYAN PINK SALT
11:00	WATER
12:30	WATER
14:00	WATER
14:00	YOGA & MEDITATION
15:30	WATER & HIMALAYAN PINK SALT
17:00	WATER
18:30	WATER
19:00	MOVIE TIME
20:00	WATER
21:30	WATER



During the water fasting program, you will be supervised and monitored by our clinical staff and your program coordinator on a daily basis.

Your orthostatic blood pressure will be measured daily and your **blood glucose and blood ketone** will be measured every 3 days by our nursing team to make sure your program goes to plan and the water fast is done safely.

You will receive **Mineral IV**'s that are necessary for your cells to function properly. Administering this mixture of calcium, magnesium, a complex of vitamin B directly into the bloodstream, providing an immediate therapeutic response by correcting any existing deficiencies, hydrating your system and also helping throughout your detoxification period. The number of Mineral IV's depend on your body's response to the program but on average, 2 Mineral IV's are administered per week especially after 7-10 days.

With **Colon Hydrotherapy**, your colon will be cleansed with the aid of a professional nurse. This therapy not only helps you to purify the undissolved or undigested food remnants on the intestinal wall but also improves intestinal functions.

On a daily basis, you will receive **BEMER therapy** improving the restricted blood flow through micro-vessels, thereby assisting the body's own regenerative and self-healing process.

Breaking the Fast

"For each week of water-fasting, we strongly recommend two days of fast-breaking."

During the water fast, the body undergoes several biological changes. When you are coming out of a fast, introducing regular foods slowly and strategically will help you break a fast safely, without disrupting your digestive system. Overeating or ingesting certain foods too quickly may cause you to experience health problems such as nausea, stomachaches, or diarrhea.

In order to avoid potential problems in the liver and kidneys and ease the digestion process, the fast-breaking regimen is highly recommended.

Taking it slow and easy is not only kind to your body but allows you the opportunity to integrate your new-found clarity on your relationship to food.

Fast Breaking Plan:

7-day water fasting	+	2-day fast breaking
14-day water fasting	+	4-day fast breaking
21-day or more water fasting	+	6-day fast breaking

We suggest you start with melons!

As melons have high water content, about 90%, we use and serve them to provide proper hydration during the fast-breaking period. Melons are nutrient-dense and essential for maintaining good nutrition after water fasting. They have high supplies of vitamin A, vitamin B and B6 along with amino acids and antioxidants to nourish the body. Therefore, they will quickly help to hydrate and provide the body with energy and essential nutrients, so that you can get back to feeling "semi-normal".

As recommended, you should continue to consume sufficient quantities of water throughout the day, participation in one Yoga & Meditation class per day and joining the morning walk and/or swimming every day are also highly recommended. As is use of the Sonic Vibration machine to stimulate your muscles, circulatory and lymphatic system.



Refeeding Process

The process of reintroducing food into the body after 21+ days of water fasting can be difficult. This is the ideal time to introduce healthy intervals of 18 hours between first and last meals so that new habits are developed immediately. After the initial melon eating period, blended, raw soups can be eaten for 2-4 days and then salads and other delicious raw food.

What's Included in the Program

STANDARD SERVICES & THERAPIES

- Accommodation
- Doctor consultation
- Body composition analysis (before and after program)
- Sonic Vibration Therapy (daily)
- 'Angel of Water' - Colon Cleansing Therapy (daily)
- Biophoton Therapy (daily)
- Morning Yoga and Meditation Group Sessions
- Raw-vegan Food Preparation Workshops
- Use of Infrared Sauna and Steam Room
- Swimming Pools & Gym Access
- Educational Lectures – covering detox, integrative health & nutrition, and mental well-being by Dr. Lodi and other The LifeCo members
- Shuttle Service to/from the Beach Bar (1-2 km from center)
- Healthy Living and Nutrition Guideline Booklet (detailed info on health and nutrition to give you the toolkit for a healthier lifestyle).
- Post-Detox Guideline Booklet (advice and recipes for a smooth transition to life after detox)
- The LifeCo gift set

ADDITIONAL STANDARD SERVICES & THERAPIES OF WATER FASTING PROGRAM:

- Initial Blood Tests
- Blood glucose and blood ketone level measurement (every 3 days)
- Orthostatic blood pressure measurement (daily)
- Mineral I.V. Therapy *
- Colon Hydrotherapy *
- BEMER Therapy (twice a day)
- Consultation with Tenzin Josh
- Reading Sessions & Lectures by Dr.Lodi
- A package of 3 complementary books:
  - ✔ The Science and Fine Art of Fasting - Herbet Shelton
  - ✔ The Fasting Cure - Upton Sinclair
  - ✔ Fasting for Health and Long Life - Hereward Carrington

*Application frequency depends on the duration of your program.

WEEKLY GROUP ACTIVITIES:

- Spine Healing Sessions
- Muay Thai Classes
- Tai Chi Classes
- Mandala Painting Sessions
- Rebirthing Breathing Workshops
- Tarot Card Reading Sessions

Note: May vary depending on the availability of instructors.

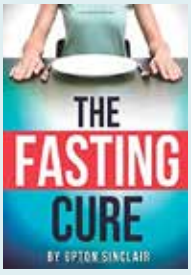




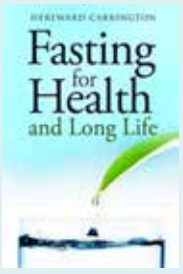
Complementary Books



Herbet **Shelton**



Upton **Sinclair**



Hereward **Carrington**

Complementary books of the program will be provided you upon arrival at the center.
If you prefer to obtain them before your arrival, you may order from:

www.amazon.com - www.bookdepository.com

3 ADDITIONAL **STANDARD SERVICES & THERAPIES**

Colon Hydrotherapy: Colon Hydrotherapy not only thoroughly cleanses the colon of undissolved or undigested food remnants on the intestinal wall but also improves the intestinal functions. This therapy is recommended at least once during the detox program and is seen by many as a mini detox in itself.

Mineral I.V.: Minerals are necessary for our cells to function properly. By administering them directly into the bloodstream, the nutrients can provide an immediate therapeutic response correcting any existing deficiencies. A mixture of calcium, potassium, magnesium hydrates your system and also helps throughout your detoxification period.

BEMER: Bemer is a modern therapy that improves the restricted blood flow through micro-vessels, thereby assisting the body's own regenerative and self-healing processes. In doing so, this scientifically proven and effective procedure supports the supply and waste disposal processes in tissue and organ cells. Electromagnetic fields are used to transmit special stimulation signals into the body.

Consultation with Tenzin Josh: He has trained for over 30 years including spending 15 years as a monk alongside the Dalai Lama in India. Initially, he was 3 years in meditation retreat in the mountains and then spent 12 years in the Dalai Lamas monastery studying in depth up to PHD level. He has practiced in all the major Buddhist traditions in India, Thailand, Burma and Sri Lanka translated various works from Tibetan to English. He has been leading and involved in over 100 retreats all over the world for the past 25 years bringing long term transformation to people's lives.

Recommended Therapies

Electro Lymphatic Therapy: ELT is a powerful system designed to bring nutrients in and waste out. It aids in cellular repair, and removes toxic material quickly and efficiently from your body. It stimulates the flow and drainage of our lymphatic system, known as the "waste system".

Exercise with Oxygen Therapy: EWOT administers a high flow rate of oxygen while exercising. Exercising while breathing supplemental oxygen may greatly increase the amount of oxygen in the blood plasma, i.e., the nearly colorless liquid carrying the red and white cells. This can be determined by testing the blood-oxygen levels in the arteries or veins. Quite often after 15 minutes of exercising with oxygen, there is a dramatic "pinking" of exerciser's skin. If this can be seen by simple observation, then it follows that the tiny capillaries, the blood vessels tinier than a strand of hair, are carrying extra oxygen not only to the skin's surface, but to all the cells in the body. Energy, vision and mental clarity may improve immediately.

***Note:** Recommended therapies are not included in standard services. If received, an extra fee will be charged.*



4 COST OF THE PROGRAM

7 - Day	14 - Day	21 - Day *(Recommended)*
Accommodation	Accommodation	Accommodation
Initial Blood Test	Initial Blood Test	Initial Blood Test
Package of 3 Books	Package of 3 Books	Package of 3 Books
Mineral I.V. *(as needed)*	Mineral I.V. *(as needed)*	Mineral I.V. *(as needed)*
2 x Colon Hydrotherapy	4 x Colon Hydrotherapy	5 x Colon Hydrotherapy
14 x BEMER Therapy	28 x BEMER Therapy	42 x BEMER Therapy
1 x Consultation with Tenzin Josh	2 x Consultation with Tenzin Josh	3 x Consultation with Tenzin Josh
Standard	**Standard**	**Standard**
62.370 THB	**121.610** THB	**190.130** THB

*These are the total prices after the **35% discount** is applied.*

**Breaking The Fast Daily Rate	
Standard	**8.600** THB
Deluxe	**10.600** THB

*Prices are in THB (Thai Baht) currency and include full program and accommodation.
**Breaking the fast period is determined according to the length of your program.
***You can change your reservation 14 days prior to your stay without any additional fee.





5 FAQ

- **Who can benefit from water fasting?**
  Everyone can benefit from water fasting. Either you are seeking a periodic cleans or suffer from different conditions; obesity, chronic disease, autoimmune disorders, food addictions, digestive disorders, mental and physical exhauster, depression etc.
- **How to prepare before joining the program?**
  You can follow the pre-detox guideline. However, the main things that you should take into account are as follows:
  - Try to avoid meat as best as you can; other animal products are off limits as well. Dairy products can also be consumed mindfully.
  - Try to convert 75% of your diet into raw or steamed vegetables. The other 25% should also exclude high acidic foods. If your digestion is weak, you may increase the amount of steamed or baked vegetables in your diet.
  - Eat your last meal by 19:00. After that, herbal tea and raw nuts can be consumed as snacks.
  - It is better to avoid sugar or foods with added sugar. Try to replace it with organic honey, maple syrup, date syrup or coconut sugar.
  - Avoid fried foods. If you use oil, use avocado oil, cold-pressed organic olive oil, or flaxseed oil if possible.
  - Please try to avoid any packaged food-drinks and consider the organic food certificated ones.
- **What's the length of the program?**
  The program can be applied as long as you want.
  However, we recommend 21-day water fast program, since serious chronic illnesses cases will require at least (2) 14-day of consecutive fasting periods, and each will require an extra 7 days as Post Fasting period.
- **How to start a Water Fasting Program?**
  Firstly, you will get your body weight, blood pressure, blood sugar and ketone levels measured at the clinic building. After your initial consultation, you will start your program.
- **What are the recommended therapies and activities?**
  Angel of Water (individual colon cleansing) is recommended during the program. If you do not feel up to it, you can skip it.
  Massage sessions and sonic table are recommended as they reduce stress and help your body relax.
  It is also recommended to participate in one Yoga & Meditation class per day to balance your mind and body.
  Going for a morning walk, swimming and/or relaxing at the beach every day are also important activities during your program.
- **I have a certain illness / a certain medication that I use regularly. Can I do water fasting?**
  Normally medications are not recommended during water fasting. Doctor will advise on what medication should be stopped or not.
- **Can I do water fasting if I have Diabetes?**
  Yes you can. Based on your individual situation, we can consult our doctor.
- **What if I have high blood pressure or high cholesterol?**
  Yes, you can. Based on your individual situation, we can consult our doctor.
- **Can I smoke in the premises? Is it forbidden to smoke in the water fasting or fast breaking period?**
  It is not recommended and you cannot smoke in the premises. Smoking is only allowed outside of the premises.
- **In which centers is the program implemented?**
  The LifeCo Water Fasting Program is implemented at our Bodrum and Phuket center.
- **Who cannot water fast?**
  Pregnant women, breastfeeding women, cachectic patients and under 18 years old.


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