

# BEFORE YOU JOIN THE PROGRAM

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# PRE-DETOX:

## TRY TO DO IT

at least 3 days before your program (More is better)

# Why?

- Alkalize and prepare your body for a deeper and easier cleansing.
- Reduce the healing symptoms of detoxing (Less headache, dizziness, low energy, and mood swings)
- Change your mind and get more accustomed to the idea of "A New You"

✓ YES



NO ✗



### HEALTHY LIQUID INTAKE WILL HELP TO REDUCE THE INFLAMMATION IN THE BODY

- Drink water as often as possible.
- Do not drink water 30 minutes before, during or after your meal.
- Drink it between meals for better digestion.
- Pay attention to Ph level of your water. (8 Ph or higher)
- You can drink all sorts of herbal and fruit teas instead.
- Drink at least 1 raw and organic fruit or vegetable juice a day while pre-cleansing; you may drink as much as you like.
- To balance the sugar intake, the fruit juices (especially carrot and orange) may need to be diluted.
- Green vegetable juices can be used freely.
- Vegetable soups and Vegetable mineral broth are fantastic source of electrolytes and minerals and may be taken often.
- Kefir drink is a would be great source of for probiotics. We advise you to drink one glass a day.

WATER IS A VERY CRITICAL COMPONENT OF THE CLEANSING PROCESS. START YOUR DAY BY DRINKING 2 GLASSES OF WATER

- You should stop or reduce the intake of coffee, black tea, energy drinks, alcohol and all other drinks with caffeine.
- Decaffeinated drinks and all kind of packaged – processed juices, sodas, soft drinks include plenty of additives – So please try to avoid them.

### CONTROLLING CAFFEIN INTAKE WILL BE TREMENDOUS HELP TO AVOID SYMPTOMS OF HEALING SUCH AS HEADACHE DURING CLEANSING

- Limit your consumption of meat and other animal products, including dairy products.
- Eat raw or cooked vegetables instead of animal products. (75% raw and 25%cooked is a good guideline for most people)
- If your digestion is very slow, you may need to eat some steamed or baked vegetables and try to keep your digestive system less occupied.
- Dinner should be completed before 19.00. After that, herbal tea and raw nuts can be consumed as appetizer.
- It is beneficial to avoid sugar or foods with added sugar.
- Try to replace sugar with organic honey, maple syrup, date syrup or coconut sugar.
- Do not eat any fried food or food cooked in oils.
- We recommend that you use avocado oil, pressed organic olive oil or flax seed oil when you want to use oil in cooking.
- Please try to avoid any kind of packaged food and drinks. Consider consuming certificated organic food instead.

# WHAT TO EAT?

## BREAKFAST

- Oat
- Tomato
- Cucumber
- Pepper
- Green Salad
- Olives
- Almond
- Dried Fruit
- Fresh Juice
- Herbal Tea
- Brown Bread

### Snacks

- Handful of unsalted and raw nuts, like almonds, hazelnuts or walnuts.
- Handful of dried fruits
- Fruit



### Snacks

- Avocado
- Cucumber
- Carrot
- Fruit

### Dark Green Salad

(Arugula, Parsley, Spinach, Cucumber, Tomato, Olives, Peppers, Lemon)

### Brown Rice

Legumes: lentils, chickpeas

Steamed Vegetables

Cucumber

Pepper

Green Salad

Olives

Almond

Dried Fruit

Fresh Juice

Herbal Tea

Brown Bread

## LUNCH

## DINNER

- Grilled Fish
- Dark Green Salad
- Vegetable Salad
- Vegetable Soup
- Quinoa or Buckwheat
- Steamed Vegetables



# WHAT TO BRING WITH YOU:

We want you to arrive at our centers relaxed and rested. We have therefore compiled some important information to help you prepare and make your journey easier.

- ✓ The dress code at TheLifeCo Wellbeing is geared toward comfortable and practical attire.
- ✓ However, please bear in mind that your body is sensitive to weather changes during fasting. So please prepare accordingly.
- ✓ If you are coming to TheLifeCo Wellbeing Phuket center in wet season (between mid April-October), bring your rain coat and some warm clothing.
- ✓ Please remember to bring comfortable clothing for yoga, beach walks and exercise classes etc. Similarly, we advise you to bring your indoor and outdoor sports shoes, slippers, swimsuit and hat.
- ✓ Regardless of the season, bring your sunscreen cream with you.
- ✓ Add a diary and some books you have been waiting to read.
- ✓ And, please don't forget to take your recent medical reports as well as sufficient quantities of medications that need to be taken regularly, or a prescription from your family doctor.



# DURING YOUR DETOX:

You may face different paths as part of your detox and cleansing journey. We line up some of the "healing symptoms" you may observe in your body during this journey, which 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 their body. Please do not hesitate to share the symptoms you notice with our detox team. We have encountered many different healing symptoms multiple times and we are ready to share our knowledge and experience and provide you with more information.

Even if you don't experience any of these symptoms, this does not mean that your detox journey is not on track. You could test your detox journey's effectiveness by looking at your tongue in the mirror. The white/yellowish layer on your tongue will show that you are going through a cleansing! We wish you a fabulous detox experience...



## Fatigue, weakness

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

## Headache

Having a headache caused by caffeine withdrawal is an expected symptom. The discomfort starts from the sinus area, above the eyebrows, and continues through the back of the head. Generally, it occurs within the first 2 days.

Drinking generous amount of water and sweating in the sauna and steam room, a head massage given with mint oil, colema, a biophoton session, a hot shower and a bit of positive thinking may cut down your pain. It may last for a day or two, however it becomes less problematic and disappears in no time.

## Dizziness

Dizziness is a common symptom that can occur in the mornings. Get up slowly from the bed, avoid sudden movements and heavy physical activities. Have a rest and drink detox soup with some Himalayan salt in it.

## Blood Pressure

If you are on medication, continue to take it. There have been cases where people have found out from their doctors that they do not need to take their high blood pressure medication any longer as a result of 7 days of cleansing. During the cleanse your blood pressure may change as your body changes. This is not a cause of concern in most cases.

# OTHER TERMS AND CONDITIONS TO BE CONSIDERED

In places like TheLifeCo centers, where the focus is on rest and relaxation, consideration of others and a certain degree of order are essential for the good of the community and the success of your treatment. The following general terms and conditions apply to all contracts for treatments that take place in TheLifeCo centers and to all other services rendered to guests/patients by TheLifeCo centers.

- Guests/patients admitted to the clinic for the first time are requested to present a valid passport/ID as well as a valid credit card on arrival.
- The minimum age for treatment at TheLifeCo is 18 years. In exceptional cases, young people aged 16 years or over can be treated if they are accompanied by a parent or a legal guardian and if this has been discussed with our management and doctors in advance.
- If a guest/patient is absent from TheLifeCo Wellbeing centers overnight or wishes to stay away from the clinic for a number of days, permission from the TheLifeCo's attending doctor or detox expert is required.
- TheLifeCo Management cannot accept any liability for lost valuables, in particular jewelery, documents or cash. The clinic recommends that patients/guests use the built-in safe in their room.
- Guests/patients use the parking garage and parking spaces at their own risk.
- A strict ban on smoking and on the consumption of alcohol is enforced at TheLifeCo both throughout the clinic premises and in guests/patients' rooms, as well as on the walking tours. Guests/patients have responsibility for ensuring that this ban is also observed in their room by third parties. There is a smokers' area next to the Clinic building.
- Your sense of smell is extremely sensitive during fasting: artificial perfumes (all of which nowadays comprise synthetic fragrance molecules) can be extremely disturbing when fasting. For this reason, we ask you to avoid using perfume if possible during group activities in the recreation rooms or gyms as well as on walks.
- Pets are not allowed at TheLifeCo Wellbeing Bodrum and Phuket centers.

Please read these conditions regarding your stay at TheLifeCo carefully. By sending you a confirmation of reservation, we assume that you accept these terms. We ask you to sign a corresponding agreement upon your arrival.