

## THE PROGRAM

### STAGE 01: ADDICTION EVALUATION. MIND. BODY. ENERGY.

Before embarking on the program, the RakSa team sits down with you for about an hour to find out more about your diet and lifestyle habits, living conditions, fitness traits and more. A questionnaire will be given to you prior to the evaluation to give RakSa leaders keen insight into your daily life. In addition, we will perform a holistic physical evaluation to give us a better understanding of where your body stands.

### STAGE 02: ADDICTION OR SUBSTANCE ABUSE RECOVERY PLAN

After your evaluation, you will receive a copy of your program with a treatment schedule that is custom created for your body and lifestyle. Treatments may include bodywork like Feldenkrais, acupuncture, reflexology, and hypnotherapy. At this point you can ask questions, make suggestions and work one-on-one with your RakSa leaders to ensure the program is suitable to your expectations and timeline needs.

### STAGE 03: MIND

As part of the program, you will be given a set of awareness exercises including daily affirmations and creative activities. We will also support you with resources for journaling your RakSa Detox journey, so you can document the feelings that arise, the thoughts that emerge, and the physical sensations and reactions that collide. We'll be there to witness and help.

### STAGE 04: DIETARY GUIDELINES

To complement the mind and body process, you will be given dietary guidelines to follow. Apart from food, it will include herbal, homeopathic and natural supplements to help aid you in cleansing your system. All foods and supplements are chosen for detoxification of your lymphatic system, your liver, your kidneys, your bowel and your lungs to help clear obstructions that lead to substance abuse and addiction.

### STAGE 05: MOVEMENT

RakSa's heritage of helping people with wellness is deeply rooted in holistic movement. Part of your journey will include regular movement classes like yoga, Feldenkrais, and tai chi to help you achieve the right balance for you.

#### PACKAGE PRICE

<b>30 DAY PLAN</b>	\$445
<b>60 DAY PLAN</b>	\$795
<b>90 DAY PLAN</b>	\$1150

Package price includes movement classes and weekly treatments. Herbal and Homeopathic remedies are additional.



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# BALANCE

## HOLISTIC ADDICTION SUPPORT PLAN AT RAKSA



Through Awareness Exercises,  
Movement and a Fresh Diet, Find a  
Balanced You!



When our bodies experience an imbalance or blockage, whether mental, physical, or spiritual, we often find ourselves turning to cravings and atypical behaviors to relieve feelings of despair. This can lead to a prevailing desire for substances to relieve distress, which eventually leads to addiction and abuse. By gently adjusting and making gradual changes to your diet and lifestyle habits, the dire need for substances decreases so you can move toward recovery.

## HOW YOUR DIET PLAYS A ROLE

A diet that promotes addiction and substance abuse is generally too heavy, containing great excesses of such items as salts, meats, fats, chemicals, and synthetic hydrogenated oils. These toxins accumulate in your body, accompanied by depression, anger, pain and inflammation. Because intoxicants and stimulants temporarily relieve these symptoms of the body and mind, you start to build an addiction.

## COMMON ADDICTIONS

A plethora of intoxicants and other substances can become addictive; among the more prevalent are alcohol, marijuana, cocaine, heroin, amphetamines and prescription drugs. Even the most commonly abused stimulants such as tobacco, coffee, and refined sugar can present withdrawals, equal to those of more dangerous drugs. Addictions also arise from any behavioral habits of extremes—too much or too little of something—which force us away from moderation and balance. Once addictions become rooted, the whole being degenerates, and various mental, physical and spiritual disorders arise.



## RAKSA'S PLAN TO RECOVERY

For those who are struggling from addictions or need support in recovery from substance abuse or behaviors that compromise the integrity of their lives, we provide a personalized support package that is designed to assist you in fighting an addiction relapse after seeking professional attention.

## WHY A RAKSA HOLISTIC ADDICTION SUPPORT PLAN?

At RakSa we approach you as a whole: your mind, body, and energy. Our program may integrate various healing modalities that are offered by leading holistic practitioners at RakSa. We will address your mind with awareness exercises like daily affirmation and journaling; your energy with whole, clean and balanced food intake as well as herbal and homeopathic supplements; and your body with regular holistic movement classes like yoga, Feldenkrais, and tai chi. With such an approach, you will learn to maintain a constant positive attitude and enjoyment that will extend beyond the program.

## WARNING SIGNALS OR SYMPTOMS OF SUBSTANCE ABUSE:

- Repressed emotions such as frustration, anger, impatience, aggression, violence and anxiety
- Lack of motivation
- Lack of mental focus, forgetfulness
- Anxiety
- Depression
- Eating disorders
- Fatigue
- Headaches and migraines
- Insomnia
- Pain and stiffness
- Weight gain or loss

## BENEFITS OF AN ADDICTION SUPPORT PROGRAM:

- Gain power and control over your life
- Feel more joy and pleasure
- Find peace and balance in your heart
- Sleep deeply and restfully every night
- Stop and even reverse accelerated aging
- Restore emotional stability
- Feel the thrill of being healthy