

THE PROGRAM

STAGE 01: DETOX EVALUATION. MIND. BODY. ENERGY.

Before embarking on the program, the RakSa team sits down with you for approximately an hour to find out more about your diet 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: DETOX 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 myofascial release, reflexology, cranial sacral and facial treatment. 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 detoxification process, you will be given dietary guidelines to follow. It will also 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, liver, kidneys, bowels and lungs.

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

30 DAY PLAN	\$445
60 DAY PLAN	\$795
90 DAY PLAN	\$1150

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



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RELEASE & RENEW

HOLISTIC DETOX PLAN AT RAKSA



Through Awareness Exercises,
Movement and a Fresh Diet,
Find a New You



We are constantly exposed to toxic substances without even knowing it. While some are part of our daily lifestyles—environmental toxins, poor nutrition, pharmaceuticals and drugs—others can be naturally produced by our bodily systems. Viruses, bacteria, and toxic metabolites that are produced by the body's normal metabolism or during times of emotional turmoil also accumulate in our organs and bloodstream.

OUR BODY'S "NATURAL" DETOXIFICATION SYSTEM

Our body has a sophisticated detoxification system that is designed to recycle, neutralize and excrete these toxins. But if the organism is overloaded with toxins, the detoxification organs cannot deal with them efficiently. Consequences vary from simple symptoms like constant fatigue, to more serious acute or chronic conditions.

That is why it is so important to continuously eliminate and discard what we no longer need, and recycle what can be transformed back into nourishment. At RakSa, our Detox package focuses on supporting the body's own natural detoxification system, replenishing it and nurturing it, instead of aggressively depleting it.

WARNING SIGNALS OR SYMPTOMS THAT SHOW TOXICITY IN THE BODY:

- Lack of energy and fatigue
- Digestion problems and weight gain
- Sleep problems like insomnia
- Frequent mood swings and hormonal imbalances
- Allergies and impaired immune function
- Joint pain
- Skin problems like rashes, eczema or others



WHY A HOLISTIC DETOX 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.

BENEFITS OF A RAKSA DETOX PROGRAM:

- Improved energy
- Better sleep patterns
- Elevated mood
- Improved digestion
- Increased concentration and clarity
- Clearer skin

Test Your Toxicity Level!

Interested in knowing your degree of toxicity? Just answer the following questions, add the points and turn over to the next page to read about your result. When answering the questions you should ask yourself if the symptoms mentioned occurred in the last few months.

Part 1

never = 0 sometimes = 1 often = 2

Do you feel irritable or nervous? 0 1 2

Do you suffer from mood swings or crying spells? 0 1 2

Do you feel anxious or have fears without justifiable reasons? 0 1 2

Are you experiencing a decrease in memory or concentration? 0 1 2

Do you suffer from headaches? 0 1 2

Do you have disturbed and restless sleep? 0 1 2

Do you suffer from skin problems such as increased sweating, rashes, acne or eczema? 0 1 2

Are you having excessive salivation, mucous production or discharges? 0 1 2

Do you suffer from sinusitis or ear infections? 0 1 2

Do you suffer from constipation, diarrhea or bloating? 0 1 2

Do you suffer from urinary tract infections? 0 1 2

Do you suffer from muscle or joint aches? 0 1 2

Do you have cravings for certain foods (bread, cheese, sweets, etc.)? 0 1 2

Part 1 Subtotal _____

Part 2

never = 0 sometimes = 2 often = 4

Do you feel stressed or exhausted? 0 2 4

Do you drink alcoholic beverages? 0 2 4

Do you eat in fast food restaurants? 0 2 4

Part 2 (continued)

never = 0 sometimes = 2 often = 4

Do you eat unbalanced diets, with excess meat, carbohydrates or sugars? 0 2 4

Do you suffer from arthritis? 0 2 4

Do you experience water retention (symptoms include swelling or tenderness, sometimes around the abdomen)? 0 2 4

Part 2 Subtotal _____

Part 3

no = 0 yes = 4

Do you have any food intolerances? 0 4

Do you smoke? 0 4

Do you suffer from any kind of allergies? 0 4

Have you been diagnosed with fibromyalgia? 0 4

Do you tend to gain weight easily? 0 4

Do you suffer from cellulite or obesity? 0 4

Are you exposed to toxic substances at work (i.e. chemicals, paint, roadway pollution)? 0 4

Part 3 Subtotal _____

Evaluation of your result

Total Points

Total points < 15 points

Congratulations, your body's detoxification system is working efficiently and you don't seem to show many symptoms of toxicity. Keep being proactive with your health.

Total points 15 - 60 points

There seems to be some unhealthy aspects in your life. There may be toxins accumulating in your body that are beginning to impede your body's natural process of detoxification. We recommend doing a 4-week detox at least twice a year.

Total points > 60 points

You are probably severely exposed to different toxins. Your body seems to be incapable of handling them on its own. You should think about supporting your body in dealing with this toxic burden. We recommend an extended 12-week detox program for at least 12 weeks to start.