

# Love Your Health Program

## 4 Days 3 Nights Detox (Private and Group Only)

At Chestnut Hill Eco Resort, Hat Yai, Thailand.

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### Love Your Health

Love your health is to love your body, your mind, your soul. This is the doorway to love the world and humanity.

There are many potential health threats, including a vast number of man-made pollutants. There are innumerable toxins from environmental, social, and environmental pollutions. They are concealed in thousands of different forms, in relationship, media, foods and drinks, and even in the drugs we take to heal our sickness.

Our immune system constantly engaged in trying to defend the body against the various noxious substances to stabilize our health. But through constant bombardments, our body gradually accumulates of toxic substances. The toxic substances damage our metabolic system; our body then becomes more and more acidic which consequently undermine the balance of our health.

So, you are invited to take an opportunity joining in the cleansing activities of detoxifying your whole being: your body, mind and spirit. This activity involved cleansing your internal hygiene by flushing off the body inner toxins; plagues in the digestive tract, colon, liver and gallbladder. In fact, this flushing is only partial cleansing.

The detoxifying program here, we also have a Qigong and meditation instructor who can facilitate in mental toxin cleansing. This activity is truly the act of love and care for entire being.

So, should we have time for ourselves to do the act of love for our health? To do this act of love, need we expertise or doctor degree to look after our health?



Or need we wait till we fall sick to do it? Do can do it now. We provide the detoxifying service at the above venue.

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**The Detox Retreat Activities are with guideline hereunder:**

**Day 1:**

16.00 pm. Arrival and registration entry

17.00 – 18.00 pm. Free time

18:00 pm. Soft meal at the Cliff Terrace Kitchen (under the Lobby)

19.00 pm. Orientation, Introduction, and Enema Demonstration at the Activity Hall

**Day 2**

05.00 am. Enema in the room

06.00 am. PH Testing and Oil Pulling at Activity Hall (so please do not clean your mouth nor drink water before the PH testing in the morning)

06.30 am. Soft energizing exercise at Activity Hall

07.00 am. Alkaline water drink and Herbal drinks

08.30 am. Skip drinking any liquid

09.00 am. Take Litox and herbal laxative (at Activity Hall)

10.00 am. Free time/watch health documentary film

11.30 am. Skip drinking any liquid

12.00 am. Take Litox and Herbal drink

13.00 pm. Coconut Juice at Lae Pa Cafe



13.30 pm. Free time

15.00 pm. Drink alkaline water at Activity Hall

15.30 pm. Free time (Optional: watch documentary film/take massage/stroll about at Chestnut/to the village/stream)

16.30 pm. Collect Herbal water for Enema at Activity Hall

16.45 pm. Time for Enema in the room

19.00 pm. Free time – Meditation/discussion/any personal options

20.00 pm. Take Epsom Salt at Activity Hall

21.00 pm. Take Olive Oil and continue to rest at Activity Hall

21.30 pm. Bed time

### Day 3

05.30 am. Enema in the room

07.00 am. Oil Pulling at your room

07.30 am. Herbal Footbath, Face Mask at Niramaya Wellness Center

08.00 am. Drink 5 glasses of Herbal Tea

08.30 am. Skip drinking any liquid

09.00 am. Take Litox and herbal laxative (at Activity Hall)

10.00 am. Free time/watch health documentary film

11.30 am. Skip drinking any liquid

12.00 am. Take Litox and Herbal drink

13.00 pm. Fruit Juice at Lae Pa Cafe

13.30 am. Thai Acupressure Massage or Deep Tissue Therapy

15.30 am. Personal options: Health talks/documentary/stroll/ free time

16.30 pm. Collect Herbal water for Enema at Activity Hall

16.45 pm. Time for Enema in the room

19.00 pm. Free time – Meditation/discussion/any personal options

20.00 pm. Take Epsom Salt at Activity Hall

21.00 pm. Take Olive Oil and continue to rest at Activity Hall

21.30 pm. Bed time

23.59 pm. Onwards, do not drink any water or wash your mouth

#### Day 4

05.00 am. Enema in the room

07.00 am. PH Testing and Oil Pulling at Activity Hall (so please do not clean your mouth nor drink water before the PH testing in the morning)

07.30 am. Herbal Footbath, Face Mask at Niramaya Wellness Center

08.00 am. Drink 5 glasses of Herbal Tea

08.30 am. Take light meal (Soup)

09.00 am. Silent retreat

11.00 am. Enema in your room

12.00 pm. Soft Lunch at Cliff Terrace Kitchen

12.30 noon. Conclude the program. Take farewell photos

***This program subject to changes if it deems appropriate.***