

Detoxification and Healing Workbook  
"Embracing Holistic Change"

# Amity Wellness Handbook



*Amity Wellness*

[www.amitywellness.com](http://www.amitywellness.com)

"A Journey of A Thousand Miles starts with a  
single Step"

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# Welcome to Amity Wellness

Thank you for choosing Amity Wellness, and welcome to the transformative world of Cleansing and Detoxification.

No matter what your personal goals are during your stay with us, we are here to help you achieve them. Over the years, we have successfully guided thousands of individuals through our life-changing programs, and I am confident that you, too, will leave feeling revitalized, with greater health, joy, vitality, and a sense of lightness in both body and mind.

Amity Wellness is more than just a detox center—it's a home away from home. As a family-run retreat with only 12 guest rooms, we offer an intimate and nurturing environment where you can truly relax, unwind, and focus on your health. Our caring team of cleansing specialists treats every guest like family, guiding you through each step of your wellness journey with warmth, humor, and expertise.

For the past five consecutive years, Amity Wellness has been awarded the TripAdvisor Certificate of Excellence, reflecting our unwavering commitment to providing exceptional service and transformative wellness experiences.

But don't just take our word for it— we let our client reviews speak for themselves. People from around the world have experienced success through our cutting-edge detox protocols and wellness strategies. We are confident that not only will you feel motivated and rejuvenated, but you'll also achieve results you never thought possible.

This handbook was designed to supplement and enhance your program, and we hope you'll find the knowledge empowering and inspiring.

So take a deep breath, smile and let's begin your journey...

## Meet the visionaries behind Amity Wellness



Meet Michelle, the co-founder and the heart of Amity Wellness. Back in 2012, fueled by passion and unwavering commitment to transforming lives, she embarked on this remarkable journey. As a Health Coach, Nutritionist, and Detox Specialist, she designed Amity's transformational wellness programs.

While she returned to Europe in 2019 to start a family and further her studies, her dedication remains unwavering as she works closely with Palida and the Amity Wellness team of specialists.

Michelle's expertise is a harmonious blend of science and holistic healing. With a background in Anatomy and Physiology, Functional Diagnostic Nutrition, and Health and Detox Consultancy, with her postgraduate studies in Functional Medicine, the Human Microbiome, and Health and Social Care Management, she delves deep into the intricate workings of Integrative Wellness.

Michelle's holistic studies, include Somatic healing, Reiki, and Himalayan Singing Bowls. Her multifaceted diverse approach ensures that Amity Wellness offers a transformative and unique experience for all our guests.

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Meet Rob, the Co-founder, Business Manager and friendly face behind the scenes at Amity Wellness. With a degree in computer science, he excels in web development, marketing, administration, and reservations, constructing applications from the ground up. Rob's easygoing nature perfectly complements his knack for handling the day-to-day logistics of our reservations. His big heart infuses our business with passion and integrity, ensuring your experience is truly exceptional.

## Meet the Amity Wellness Manager Palida



Palida manages Amity with grace and professionalism, her superpower is her warm kindness, immense heart, and unwavering dedication to transforming lives. Palida has her BSc in Health Science and Physiotherapy and is a certified Detox Specialist.

Palida previously worked at the most prestigious international hospital in Phuket and has well over a decade's experience in supervising Wellness Programs. She completed a post graduate study in Management and has recently commenced training as an Ayurvedic Nutritionist. She loves to inspire people in her popular Detox talk and wellness demonstrations

## Meet the Wellness Consultants

### Elle (Aewon) (Wellness Program Co-ordinator)



Holding a BA in Hotel Management, Elle brings a wealth of experience to our retreat. Her journey overcoming bowel cancer has instilled in her a remarkable strength and positivity that shines through in all she does. A certified yoga instructor, Elle is not only passionate about healthy living but also loves to inspire others on their own health journey. With a decade of experience supervising wellness programs at holistic retreats, she is dedicated to ensuring your experience is nothing short of transformative.

### GiGi (Wellness Program Co-ordinator)



With a BSc in Hospitality & Tourism and a postgraduate degree in Traditional Thai Herbal Medicine, GiGi brings a unique blend of expertise to our team. Passionate about wellness and committed to helping others, she embodies compassion and care in all she does. GiGi is dedicated to growing her English skills to share her wealth of knowledge with our team and guests. With her warm heart and extensive background in holistic medicine, GiGi is here to support you on your journey to well-being.

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# Amity Management and Administration

## Lek ~ Operations/Accounting



Super Lek, our operations hero, holds a degree in accounting and oversees human resources, as well as all aspects of purchasing and accounting at Amity Wellness. With over a decade of experience as an accountant at Club Med in Phuket, Lek brings a wealth of expertise. However, it's her warm and nurturing energy that truly sets her apart, fostering comfort and tranquillity in our daily administrative operations.

Her patience and calm demeanour are invaluable assets to our team.

## Meet Nan (Administration/Logistics)



Nan, with her patient, and caring nature, boasts a Masters degree in Business Management, with prior studies at Essex Business School in the UK. Her exceptional organizational skills and diligence are truly remarkable. Nan's journey into a career with Amity was fuelled by her passion for helping people.

At Amity, her primary focus revolves around logistics, administration, program scheduling, coordinating independent therapies, managing payments, and ensuring excellent customer care.

## Meet Pao (Accounting and Administration)



Nan, with her patient, and caring nature, boasts a Masters degree in Business Management, with prior studies at Essex Business School in the UK. Her exceptional organizational skills and diligence are truly remarkable. Nan's journey into a career with Amity was fuelled by her passion for helping people.

At Amity, her primary focus revolves around logistics, administration, program scheduling, coordinating independent therapies, managing payments, and ensuring excellent customer care.

## Supa (Mama) ~Venus Owner



Meet Supa, affectionately known as "Mama" to the Amity family. She's not only Palida's Mum but also the proud owner of the Venus. As an astute entrepreneur, she wears many hats, managing a successful transport company and overseeing the very place where Amity thrives. With her infectious sense of humour, boundless kindness, and caring nature,

Mama's big heart is the cornerstone of our Amity community.

# Meet the Kitchen Team

## Pit ~ Head Raw Vegan Chef



As the head chef at Amity Wellness, Raw Chef Pit brings a perfect blend of culinary artistry and efficient management to the kitchen. With a degree in management, she ensures everything runs smoothly with grace and precision. Her vast experience in a prestigious raw vegan restaurant has deepened her expertise in crafting vibrant, living foods that nourish both body and soul. Passionate about raw vegan cuisine, she is dedicated to creating innovative new menus that will not only delight your taste buds but also support your wellness journey.

## Chef Koko (a.k.a. “Coco Chanel”)



With seven years of culinary experience, Chef Koko brings both skill and passion to the kitchen at Amity Wellness. His love for creating vibrant, nourishing dishes is matched only by his excitement to infuse new flavors into our raw vegan meal plans. Dedicated to innovation and taste, he carefully crafts each dish to be as delicious as it is nutritious, ensuring that every meal is an experience of wellness and indulgence. Get ready to savor his creative touch as he takes plant-based cuisine to the next level!

## Phorn ~Kitchen Assistant



With a love for learning and a deep curiosity about raw living foods, Phorn is an invaluable part of the Amity Wellness kitchen team. As a dedicated kitchen assistant, she supports our chefs with care and enthusiasm, always eager to expand her knowledge and refine her skills. Her passion for plant-based cuisine shines through in her work, ensuring that every dish is prepared with attention and love. With her commitment to growth and wellness, Phorn is an essential part of bringing our nourishing meals to life!

# Amity Wellness Location Overview

Our beautiful retreat is set back amongst local culture, but I promise, we are not far from these magical places:

- Sunrise Beach - approx. 950m walk
- Nai Harn beach - approx. 4km (daily beach shuttle included)
- Ya Nui beach - 3.8km (beach shuttle option)
- Phromthep Cape - approx. 6km

Nature is a powerful healer, and working in harmony with your body's natural circadian rhythms is essential for supporting the detoxification process.

We recommend starting your day with a self-guided walk to connect with nature at sunrise, just 950 meters away at friendship beach. Be sure to return to the retreat before the morning yoga classes commence at 7:15 a.m., so you can continue your day feeling grounded and refreshed. It's a beautiful thing to commit to waking up with the rest of nature to experience the natural and magical beauty of Phuket and it is never disappointing. Look at the stunning pictures our guests have taken at sunrise:

## Nai Harn beach ~ approx. 4.5km (daily beach shuttle included)



Nai Harn is voted as the most beautiful beach in Phuket. It's perfect for swimming (take care between May-Oct as waves can get rough) and boasts gorgeous orange skies at sunset. There are cute stalls close to the beach front. Nai Harn lake is great for walking if you want a little more exercise (approx. 2.2km per lap)

Why not take a stroll up the beach at sunset and return to Amity Wellness for a traditional herbal sauna before bed

## Ya Nui beach ~ 3.8km (beach shuttle option if the group prefer it to Nai Harn)



Ya Nui Beach in Phuket is a charming, secluded cove located between Phromthep Cape and Windmill Viewpoint. Its clear waters are perfect for snorkelling, with vibrant marine life close to shore, and kayaking is a great way to explore the nearby coastline during the high season. With its peaceful vibe and scenic views, Ya Nui Beach is a hidden gem for both relaxation and adventure.

## Phromthep Cape



Phromthep Cape, located just 6 km from Amity Wellness, is one of Phuket's most iconic viewpoints, offering panoramic views of the Andaman Sea. Famous for its stunning sunsets, the cape is a popular spot to watch the sky transform into vibrant hues of orange, pink, and purple. Visitors can also explore an impressive elephant shrine and a charming lighthouse that add to the cape's unique appeal. With its scenic beauty, cultural landmarks, and peaceful atmosphere, Phromthep Cape is a must-visit for nature lovers and sunset seekers.

We do a weekly morning viewpoint walk up to the windmill at Phromthep which boasts gorgeous views

## Bang Waad Reservoir/Dam nature trail



The Bang Wad Reservoir Dam Nature Trail in Phuket offers a serene and scenic walking or jogging experience around the island's largest freshwater reservoir. The 6.6-kilometer trail loops around the reservoir, surrounded by lush greenery and calm waters, making it perfect for those seeking a peaceful connection with nature. Along the way, you'll enjoy beautiful views of the lake, tropical forest, and nearby hills, making it a popular spot for both locals and visitors to unwind,

exercise, or simply take in the tranquil surroundings. It's a hidden oasis ideal for nature lovers and outdoor enthusiasts.

# The Power of Fasting and Detoxification



In today's fast-paced, high-stress world, finding balance is crucial. Taking time to rest, rejuvenate, and recharge has become more important than ever. Think of it like servicing a car, you clean the engine, replace the filters, and use premium fuel to ensure optimal performance. Our bodies need the same kind of care to function at their peak.

The human body is an extraordinary gift, capable of carrying us through a lifetime. But to maintain vibrant health and energy, we must support its natural detoxification processes. Over time, we accumulate toxins like waste buildup, fungal overgrowth, parasites, heavy metals, chemicals, excess hormones, bacteria, inflammation, visceral fat, and even negative thoughts. Cleansing helps clear these burdens, allowing us to restore vitality and regain our natural

energy.

Detoxifying is more than just a wellness routine; it's an essential practice to help our bodies thrive, empowering us to live life with renewed strength, clarity, and purpose.

## Can't Our Bodies Naturally Detoxify?

Yes, our bodies are naturally designed to detoxify, but with the impact of modern living, they often need a helping hand. Think about what happens when you start to feel sick—your appetite disappears. This is the body's way of telling you that fasting is one of its most powerful tools for healing. By taking a break from digestion, the body can focus its energy on something far more important: cleansing, repairing, and restoring your health.

Fasting can activate the release of growth hormone from the pituitary gland, which helps regenerate damaged cells and revitalize the body. It's a natural reset that boosts your system's ability to heal and restore balance. While the body is always working to eliminate toxins, modern life can overwhelm it. Poor diets, stress, environmental pollutants, and other factors can cause toxins to build up faster than the body can remove them.

When this happens, your body may store these toxins, leading to a cascade of issues—biochemical toxicity, inflammation, hormone imbalances, and even damage to your DNA. But that's where your detox journey comes in. By embracing fasting and cleansing, you're giving your body the opportunity to release what no longer serves you, allowing you to heal, restore, and experience renewed energy, clarity, and vitality.

This program is about more than just detoxifying—it's about empowering your body to thrive at its highest level. With each step, you'll unlock new levels of health, joy, and vitality, laying the foundation for a life of true well-being.

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## Can everyone Fast?

Yes, everyone fasts naturally during sleep, a crucial time when the body rests, repairs, and rejuvenates. However, fasting for extended periods requires a more Individualized approach. While fasting can be highly beneficial, it's not always a safe or suitable path for everyone, and the decision to fast should take into account multiple factors: your current health status, metabolic flexibility, visceral reserves, detox capacity, DNA, adrenal function, medications, experience with fasting, etc.

Think of it like asking whether anyone can climb a mountain. While it's possible in theory, the reality is much more complex. A sedentary person would need significant preparatory training before attempting such a climb. A beginner climber might still need to master essential mountaineering skills. Those with medical conditions, like asthma, will not be ideal candidates for high altitudes, and certain conditions might require preparatory medical clearance and full support from a medically trained guide. Similarly, the elderly or those with physical limitations might need to slow down the pace and make adaptations or smaller climbs.

I hope you can see where I'm going with the analogy of climbing a mountain. Just as climbing a mountain requires careful preparation, fasting does too. For some, the risks of fasting may be too high, and there may even be direct contraindications. Others might need additional training and preparation to improve their metabolic flexibility before embarking on a longer fast. Some may require medical clearance or medically supervised fasting to ensure they cleanse safely.

Just as with climbing a mountain, some individuals may need to start with smaller fasting goals and gradually work their way up. Others may require modifications or adjustments along the way, while experienced and well-prepared individuals may find the process relatively smooth.

This is why we have a comprehensive pre-screening process and a team of dedicated cleansing specialists to guide and support you throughout your detox journey. While it can sometimes be disappointing to hear that fasting may not be compatible with your current health status, we ask that you trust our professional judgment. Our policies are in place because we are committed to your safety and well-being, and we will not recommend a detox protocol that may bring short-term gratification but could lead to harmful consequences in the long run.

Fasting is an incredibly powerful tool for healing and transformation, but it must be approached with mindfulness and care. By ensuring that your detox is customized to your specific health needs, we can create a safe, effective, and truly transformative experience for you.

# Amity Wellness Programs Overview



At Amity Wellness, we offer six carefully curated cleansing programs, each varying in intensity to suit different needs and goals. While the levels of intensity differ, all programs are designed to deliver excellent results. Our programs provide nutritional requirements through the use of high-quality organic herbs, raw, and living foods.

Each wellness program includes, unless contraindicated, a comprehensive array of health-boosting elements: specially formulated cleansing shakes, botanical herbs, raw vegan living foods, fresh juices, smoothies, broths, fresh coconuts, premium water, and herbal teas. Participants also benefit from daily massage, colon cleansing, and sessions in the Inflammation Pod combined with Oxygen Therapy. You will also receive daily access to our traditional Thai sauna and can enjoy ice bath sessions three evenings per week. Additionally, each program features morning and afternoon group wellness activities, a daily beach shuttle, and full access to our facilities, which includes two swimming pools.

Before your arrival, your completed online registration form is pre-screened for direct contraindications. After arrival, our specialized wellness consultants will assist you in selecting the program that best aligns with your personal goals and individual health needs. Throughout your stay, they will also monitor your progress and make any necessary adjustments to your program to ensure optimal results.

Our programs are flexible and can begin on any day of the week. The minimum program duration is 4 days, with a maximum length of 21 days (with up to 10 days of fasting).

## Amity Wellness Full Fast Cleanse

The Amity Wellness Full Fast Cleanse is the most intense and powerful detoxification program we offer. It is designed specifically for experienced cleansers or individuals who have adequately prepared their bodies through a thorough pre-cleanse, either at the retreat or prior to their arrival.

This program includes daily cleansing shakes, organic detoxification and nutritional herbs, gut-healing supplements, prebiotics, probiotics, liver-cleansing supplements, chelation pills, coconut oil, chlorophyll, and spirulina. Participants will also benefit from daily colon cleansing and/or Inflammation Pod sessions, daily massages, and access to all Amity Wellness activities, talks, demonstrations, and full use of the retreat's facilities.



## Amity Wellness Juice Fast Cleanse

The Amity Wellness Juice cleanse is identical to the Full Fast detox program with the addition of three cold pressed juices and/or smoothies to provide additional energy and nutritional support.

The juice cleanse program includes daily cold pressed juices and/or smoothies, cleansing shakes, organic detoxification and nutritional herbs, gut healing supplements, prebiotics, Probiotics, Spirulina, liver cleansing supplements, chelation pills, Coconut oil, Chlorophyll powder, daily colon cleansing and/or Inflammation Pod Sessions, daily massage and all Amity Wellness activities, talks, demonstrations and facilities.



## Amity Wellness Intermittent Fasting

The Amity Wellness Intermittent Fast is a combination of our traditional raw vegan cleanse combined with the full fasting protocols. Every day you will fast for 16 hours and then consume one healthy smoothie and two raw vegan meals (choice of traditional Raw, Low Glycaemic, Candida, Thyroid or Low FODMAP) during an 8 hour period.

The IF program includes cleansing shakes, organic detoxification and nutritional herbs, Gut healing supplements, Spirulina, Prebiotics, Probiotics, liver cleansing supplements, chelation pills, Coconut oil, Chlorophyll powder, daily colon cleansing and/or a Inflammation Pod Sessions, daily massage and all Amity Wellness activities, talks, demonstrations and facilities.



## Amity Wellness Raw Cleanse

The Amity Wellness Raw Cleansing Program is a gentle yet highly effective detoxification option that combines raw and living vegan foods with nutritious juices or smoothies. This program includes daily cleansing shakes, chelation pills, prebiotics, probiotics, spirulina, liver-cleansing supplements, coconut oil, chlorophyll drinks, daily colon cleansing and/or Inflammation Pod sessions, daily massage, and access to all Amity Wellness activities, talks, demonstrations, and facilities.

Eating raw, vegan living foods during the cleanse provides numerous benefits, including a higher intake of vital enzymes, antioxidants, and phytonutrients, which are often lost during the cooking process. These nutrient-dense foods promote better digestion, improve nutrient absorption, boost energy levels, and support the body's natural detoxification pathways. Additionally, detoxing from inflammatory foods such as processed foods, refined sugars, and dairy can reduce systemic inflammation, support the immune system, and alleviate digestive discomfort, helping you achieve greater mental clarity and vitality.

The raw cleanse is versatile and can be used as a standalone cleanse, a reset, or as a pre- or post-cleanse to support your transition into or out of our Full Fast or Juice Cleanse programs. It is especially well-suited for individuals with adrenal issues looking for a reset, or other fatigue-related conditions, as well as those who wish to participate in personal training or additional fitness classes during their stay. This program provides a nourishing and balanced approach to detoxification



## Amity Wellness Low FODMAP's Raw

The Amity Wellness low FODMAP Raw cleansing program is exactly the same as our traditional Raw cleanse but using Lower FODMAP (Fermentable, Oligosaccharides, Disaccharides, Monosaccharides And Polyols) foods. This allows individuals already adhering to a Low FODMAP program to still be able to participate in the cleansing process.



The program also includes daily cleansing shakes, prebiotics, probiotics, chelation pills, spirulina, liver cleansing supplements, coconut oil, chlorophyll drinks, daily colon cleansing and/or Inflammation Pod Sessions, daily massage and all Amity Wellness activities, talks, demonstrations and facilities.

The raw cleanse can be used as a cleanse, reset or as a pre or post cleanse and is suitable for people who are suffering with more digestive issues. The raw cleanse program is also perfect for individuals wishing to participate in personal training or extra fitness classes.

## Amity Wellness Candida Raw

Our High-Fiber, Low-Glycaemic Raw Vegan Meal Plan is designed to help individuals regain control over candida overgrowth while supporting overall detoxification and gut health. This carefully crafted meal plan focuses on nutrient-dense raw vegan foods that are high in fibre, low in glycaemic load, and rich in cleansing properties, making it an ideal option for those looking to rebalance their gut flora.



The plan incorporates a variety of high-fibre cleansing drinks and herbal botanicals, which work synergistically to support the body's natural detoxification pathways and help remove excess candida. Fiber-rich ingredients promote healthy digestion, improve nutrient absorption, and facilitate the elimination of toxins, while low-glycaemic foods prevent blood sugar spikes that can contribute to candida overgrowth.

In addition to the raw vegan meals, this program includes powerful detox protocols such as daily cleansing shakes, chelation supplements, liver-supporting botanicals, and prebiotic and probiotic formulas to restore the balance of beneficial gut bacteria. These protocols are specifically designed to target candida overgrowth, reduce inflammation, and promote gut health, helping you regain control of your overall well-being.

This meal plan is not only effective for addressing candida but also supports sustainable weight management, improved digestion, and enhanced energy levels—all while nourishing the body with raw, living foods.

# Amity Wellness Cleansing Products

While cleansing, you will be consuming a variety of hand selected, freshly dried, natural wild crafted and organic herbal formulas, natural teas and plenty of water. Our products have been carefully selected to provide you with the most efficient absorption of nutrients and the highest quality available.



**Activated Charcoal:** Adsorbs bacteria, parasites, some heavy metals, fungus, viruses, drugs, chemicals - Anti-viral, Anti-bacterial, Anti-fungal, Detoxifying



**Fibre (Glucomannan - Flax - Psyllium):** Blend of soluble, insoluble fibre, absorbs 50 times own weight, powerful prebiotic, absorbs excess lipids, sugars, bile acids, flax supports hormone balance



**Herbal Nutrition:** Turmeric is a nutritional powerhouse with over 200 nutrients, including curcuminoids that are anti-inflammatory and antioxidants.



**Herbal Nutrition:** Fennel is a herb with digestion enhancing benefits - used to treat IBS, GI Inflammation - Prebiotic to balance good bacteria, provides high dose vitamin C, fibre, lots of nutrients and high concentrations of oils, phytonutrients and flavanoids that enhances absorption of Turmeric



**Bowel Cleanser: Amla,** also known as Amla (botanical Emblica Officinalis) has highest content of vitamin C in plant kingdom. It is a powerful gut healer, used to soothe GI tract, improve circulation, digestion and elimination, increase bowel movements - treat ulcers, liver congestion, gastric inflammation, digestive issues



**Bowel Cleanser: Baangra** - botanical name Eclipta Abla, herb for longevity and rejuvenation - used for liver cirrhosis as has hepatoprotective properties - antibacterial, anti-fungal, anti-viral



**Bowel Cleanser: Tibetan Harde** (Haritaki super fruit) - Botanical name Terminalia Chebula - increased frequency of bowel movement - softens stools - Anti-parasitic - anti bacterial (inhibits H.pylori, E.coli) - anti-fungal (candida overgrowth) - nutritional powerhouse



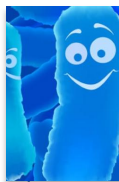
**Milk thistle (Silymarin)** is an anti-inflammatory and antioxidant that cleanses and strengthens the liver. Stimulates the liver's natural production of Glutathione by up to 35%. Used to treat non alcoholic fatty liver (often correlates to high visceral fat)



**Spirulina: Blue green algae** - One of the most nutrient dense foods on the planet. A concentrated source of complete protein providing 8 essential amino acids with a total of 68% protein. Detox heavy metals, prebiotic properties, anti hypertensive, anti-microbial. 2800% more beta carotene than carrots, 3900% more protein than spinach, 280% more antioxidants than blueberries.



**Chlorophyll** is the immune system of the plant blood. Powerful detoxifier to neutralise toxins and bind to heavy metals. Boosts circulation, detoxifies blood and boosts nutrient absorption. Loading with vitamins, minerals and antioxidants. Rich in oxygen and has the ability to bind with carcinogenic substances in the body



**Probiotics:** A serving of fermented food can deliver 10 trillion colony forming units of bacteria, whereas, a standard probiotic will often contain 10 billion. We use Synbiotics (combo of prebiotics and probiotics in combination) for targeted approach. Prebiotics include: Fiber blend, Fennel, Garlic. We use different strains of probiotics to target both the small intestinal tract and colon



**Coconut oil** soothes GI tract and works as a carrier for fat soluble vitamins, Calcium and Magnesium - Anti-microbial, Anti-bacterial, Anti-fungal, Anti-viral - Contains medium chain fatty acids that supports a healthy metabolism, digestive system and endocrine system - High source of healthy Saturated fat - Good for treating Candida overgrowth and fungal infections - Good for regulating hormones



**Coconut Water:** Fresh unripe young coconut water is touted as 'nature's life enhancer'. This powerful electrolyte contains an abundance of nutrients, vitamins, minerals, reducing sugars, fibre, phytonutrients and antioxidants that help to neutralize oxidative stress and free radicals



**Purified Water:** In your room, you will find a Refillable BPA free water bottle to use throughout your stay. All of the purified water provided in the dispensers around the retreat goes through a six step filtration process and currently sits between grade 0-3 (0- is the purest grade and 100 is the poorest grade).



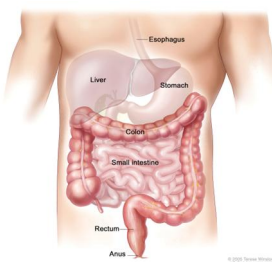
**Bone broth:** Designed to heal and repair the gut. Great source of protein, suitable for any clients wishing to retain higher muscle mass. Collagen, Glutamine, Proline, Glycine and Arginine is what helps to rebuild the damaged structures of the walls of the small intestinal tract. Rich source of minerals and natural electrolytes.

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Program	Colon Cleanse (optional)	Daily Massage	Daily Inflammation Pod + O2	Full Access Group Activities	Daily Infrared Sauna	Cleansing / Nutritional Supplements	Raw / Vegan Foods	Notes
Full Fast	✓	✓	✓	✓	✓	✓	✗	- Suitable for experienced cleansers - Pre-cleansing required - Not suitable if you have very low blood pressure, Diabetes, Thyroid issues, Adrenal fatigue, severe nutritional deficiencies, heavy medications or Hypoglycaemia - Not suitable if you wish to participate in more intense exercise during your stay
Juice Fast	✓	✓	✓	✓	✓	✓	✗	- Pre-cleansing required - Identical to Full Fast + 3 juices/smoothies - Not suitable if you have very low blood pressure, Diabetes, Thyroid issues, Adrenal fatigue, severe nutritional deficiencies, heavy medications or Hypoglycaemia - Not suitable if you wish to participate in more intense exercise during your stay
Intermittent Fast	✓	✓	✓	✓	✓	✓	✓	- 16hr fasting, 8hr feeding window - Suitable for people wishing to experience fasting for the first time - Suitable for people with high visceral fat or Insulin Resistance
Thyroid Intermittent Fast	✓	✓	✓	✓	✓	✓	✓	- 16hr fasting, 8hr feeding window - Suitable for people with thyroid issues wishing to add fasting protocols - Excludes raw Goitrogenic vegetables - Supports conversion of thyroid hormones
Thyroid Raw Cleanse	✓	✓	✓	✓	✓	✓	✓	- Nurture, nourish, support the body/mind - Support thyroid function - Suitable if you wish to exercise more intensely or want a good reset
Classic Raw	✓	✓	✓	✓	✓	✓	✓	- Nurture, nourish, support the body/mind - Classic Raw Vegan delights - Suitable if you need a good reset or wish to exercise more intensely
Candida Raw	✓	✓	✓	✓	✓	✓	✓	- Nurture, nourish, support the body/mind - Low glycaemic Raw vegan delights - Good if you wish to reduce sugar cravings - Suitable if you need a good reset or wish to exercise more intensely

# Amity Wellness Colon Cleansing

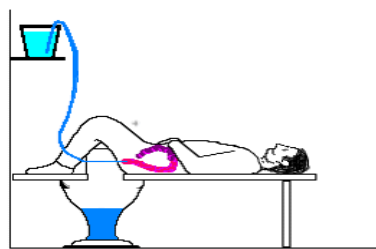


Colon cleansing (or FAR infrared with oxygen therapy if you have contra-indications) is included on every program that we offer to accelerate the process of removing toxic residue from the colon. The process is self-administered in our specially built colon cleanse rooms but complete instructions and guidance is given by our specialised detox consultants prior to commencing your session.

Our colon cleansing is a very gentle gravity fed system that allows pure water, or the flavour of your choice to flow directly into the colon to break down, extract and eliminate impacted faeces and wastes via natural defecation.

## Colon Cleanse Instructions

### Beginner Instructions



1/ Decide if you wish to examine what comes out (recommended after third day onwards for the curious). If you are feeling brave, lift the green Colema board and place the sieve in the toilet.

2/ Place the black Colema tip securely on the orange tube

3/ Lay down on the Colema board with your head resting on the towel and your feet either side of the toilet

4/ Lubricate the tip and the entrance to the anus, take a deep breath and insert the black tip gently into the anus. Place the tip at least one inch into the anus so that it doesn't fall out. The tip will remain in the anus from the start until the finish of each Colema.

5/ Lie back and open the valve (turn to vertical position) located half way along the tube, the flow is very gentle don't worry ☺

6/ Allow the solution to flow into the colon, if the pressure feels too much or you experience any pain or discomfort you can simply stop the valve and expel the waste simply by relaxing. Turn the valve on again when you feel ready, when the pressure inside the colon increases the anus will open up and evacuate waste, there is no need to push or strain. The black tip will remain inside throughout the whole procedure and continue to administer water into the anus while the tap is turned on, this creates a continuous flow that allows the waste to be gently forced out and eliminated.

7/ You can massage the abdomen as you expel the waste, beginning at the right hip, moving up to the right rib cage, over to the left and down towards the left hip following the exit route of the colon.

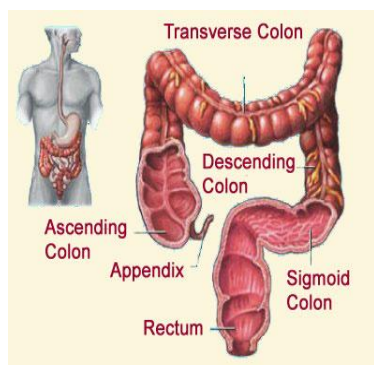
8/ Bubbles will move down the clear tube when the Colema is completed

9/ Remove the black tip and sterilize with the anti-bacterial gel provided, hand back in to the Colema reception on the way out for the second stage of sterilization in our machine

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## Advanced Instructions



Turn the valve to a vertical position (on), allow the colon to fill up until you get the sensation that you need to push or eliminate the waste, instead, turn the valve back to a horizontal position (off) and hold the solution in for as long as possible whilst lightly massaging the abdomen (it may only be a couple of minutes) then gently release the waste by fully relaxing. Massage the colon firmly in a clockwise direction as you eliminate the waste then begin the process again and continue trying to increase the duration of the hold gradually each time.

Holding the solution inside the colon is only possible if there is space to hold it in which is why this technique is only recommended after the initial few days.

## Colon Cleanse Menu

**Water:** All of the purified water at our retreat goes through a highly specialized six step filtration process and currently sits between grade 0-5 (0- is the purest grade available and 100 is the poorest grade).

**Coffee:** A special type of organic coffee designed for detoxification and specifically colon cleansing. The detox coffee excites the walls of the colon stimulating natural peristalsis and enhances elimination of waste.

**Vitamin C:** is nature's most potent antioxidant helping to boost the body's immune system and assisting in the fight against free radicals, toxins, synthetic drugs, chemicals and pathogens.

**Garlic:** (not recommended for FODMAP sensitivity) – this ancient herb is a powerful anti-bacterial, anti-parasitic, anti-microbial, anti-fungal, antioxidant prebiotic. All of these properties can help to naturally cleanse the colon of toxins, pathogens, parasites and fungal overgrowth.

**Chlorophyll:** A powerful detoxifier, it is thought to bind to carcinogens and slow the rate at which harmful bacteria reproduce. Chlorophyll may also be able to assist in lowering inflammation and promote healing.

# Inflammation Pod and Oxygen Therapy



The Inflammation pod is designed to reduce **systemic Inflammation, fluid retention and cellulite**. It not only rapidly reduces centimetres but has more therapeutic properties to target **bloating, gas, pain, parasites, poor circulation, toxin release, menstruation cramps, fatigue** and much more.

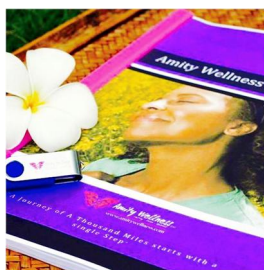
Seventy five percent of our body is comprised of water, protein, fat and other substances - all-needing to function properly to sustain life. When living things absorb Far Infrared Red (FIR) at 8-10 micron wavelength, it causes a vibrating movement of molecules in living tissue, which produces an increase in heat energy, which then activates cells and enhances the metabolism.

The FIR waves heat the body with a wavelength that matches the heat leaving the body (8-10 microns). This heat penetrates deeply into our body elevating the body's surface temperature, locally increasing circulation, reducing pain and increasing the body tissue's regenerative ability.

Far Infrared Waves (FIR) is very effective to remove toxins, which are often at the core of many health problems. Toxic waste can be encapsulated by clusters of water into the body, blocking blood circulation and impairing cellular energy. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released.

Our FIR dome targets your abdominal area and internal organs and is used in combination with oxygen therapy. The infrared dome will help you increase blood circulation and release toxins, while the oxygen therapy will promote relaxation, stimulate the body's healing process, strengthen heart and lungs, relieve muscle stiffness, reduce fatigue and improve sleeping problems helping the body to return to a state of balance and well being.

## Your Amity Wellness Digital Library



We wanted to deliver a heap of important information in the most convenient form possible to help you on your journey.

The Digital Library is a great resource to help you on your way; it contains handouts from all of our educational talks and demonstrations, raw food and health recipes, articles written by our consultants, health e-books and a copy of the Amity handbook in digital format.

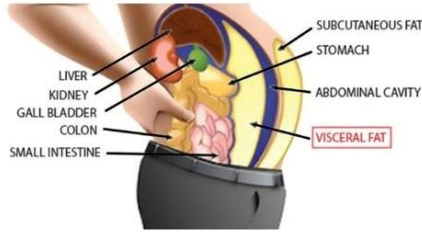
We encourage you to attend as many talks and demonstrations as possible and use the highly qualified detox consultants to answer any questions that you might have. You could also consider booking a private consultation with one of our independent nutritionists if you want a tailor made and personalised meal plan.

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# Understanding Visceral Fat (OMRON)

DEXA (DUAL-ENERGY X-RAY ABSORPTIOMETRY) SCAN IS CONSIDERED THE GOLD STANDARD FOR MEASURING VISCERAL FAT ACCURATELY. DEXA SCAN PROVIDES A HIGHLY ACCURATE AND DETAILED ANALYSIS OF OVERALL BODY COMPOSITION & IS AVAILABLE IN HOSPITALS



## WHAT IS VISCERAL FAT?

Visceral fat is stored around the internal organs in the abdomen. While a small amount is necessary to cushion and protect these organs, excess visceral fat can be harmful and inflammatory. Factors that contribute to its buildup include stress, elevated cortisol levels, hormonal imbalances, fat-soluble toxins, and insulin resistance.

## UNDERSTANDING RESULTS WITH THE AMITY BODY COMPOSITION ANALYSER

Omron body composition scales use bioelectrical impedance analysis (BIA). A small electrical current is sent through the body, and the scale measures the resistance of tissues. Using this data, along with factors like height, weight, age, and gender, the scale interprets estimated visceral fat levels around internal organs.



\*FULL FASTING IS NOT RECOMMENDED WITH LOW VISCERAL RESERVE <2

\*HIGH VISCERAL FAT = HIGHER RISK OF INSULIN RESISTANCE, METABOLIC SYNDROME, TYPE 2 DIABETES, FATTY LIVER, HEART DISEASE, DYSLIPIDEMIA

## A HIGH WAIST TO HIP RATIO INDICATES A HIGHER AMOUNT OF VISCERAL FAT AND A GREATER RISK OF INSULIN RESISTANCE

To find your waist-to-hip ratio, measure the smallest part of your waist with a tape measure. Now measure the biggest part of your hips (where you buttocks stick out the most). Divide your waist measurement by your hip measurement. The ratio should be less than 0.9 (for men) or 0.85 (for women)



## What causes high Visceral Fat?

### FAT SOLUBLE TOXINS

Fat-soluble toxins can be stored in fat cells, including visceral fat, as the body's protective mechanism. This includes; heavy metals, pesticides, herbicides, insecticides, preservatives, pollutants, plastics, and chemicals from cosmetics, cleaning products, and processed foods. When the body struggles to metabolize and eliminate these toxins, it stores them in fat tissue, particularly around vital organs, increasing visceral fat.





## COMPROMISED DETOX PATHWAYS

Toxins overwhelm the liver and other detox organs, reducing the body's ability to detoxify and to metabolize fat effectively. Compromised detoxification pathways, such as liver overload, poor gut health, constipation, kidney dysfunction, or a sluggish lymphatic system, can lead to a greater accumulation of toxins in the body, which in turn promotes visceral fat storage as the body retains fat to safely store these unprocessed toxins.

As you shed fat, the toxins stored in fat tissue are released into your bloodstream. Your body facilitates this metabolic process, provided its detoxification abilities can manage it. Strengthening and supporting the main detox pathways is the first step to assist in managing the initial toxic load that may arise during the early stages of utilizing stored fat for energy.



## THE FOUR MAIN CATEGORIES OF STRESS



### MENTAL/EMOTIONAL STRESS (ACTUAL OR PERCEIVED)

Trauma, Excess travel, Circumstances/events, Work, lack of sleep, pressure, relationships, financial, bereavements, illness, anxiety, fear, worry, depression, low self esteem, anger, frustration, blame, grief, fatigue, isolation, lack of purpose

### PHYSICAL/BIOCHEMICAL STRESS

Injury, Over exercising, Sedentary, inflammatory conditions, gastrointestinal issues, insomnia, surgeries, chronic disease, wear and tear, poor posture



### CHEMICAL/MECHANICAL STRESS

Hormonal imbalances (puberty, pregnancy, PMS, Menopause), addictions, medications, toxins, chronic illness, poor dietary choices/inflammatory foods, lifestyle choices, metabolic disorders, infections, parasites, excess stimulants (coffee, alcohol, sugar)

### ENERGETICAL STRESS

Electromagnetic pollution; cell phones, tablets, laptops, microwaves, television. Negative people, complaining, gossip, criticism, perfectionism



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Cortisol, the stress hormone, significantly influences the accumulation of visceral fat. During stress, cortisol levels rise, prompting the body to store fat, particularly around the abdomen. This hormone encourages increased appetite and cravings for high-calorie foods while promoting fat cell development and inhibiting fat breakdown. Over time, elevated cortisol contributes to visceral fat buildup, which is associated with health issues like insulin resistance, cardiovascular disease, and inflammation.

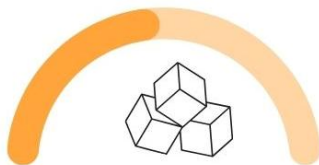
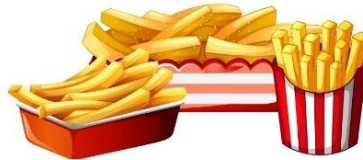
## INSULIN RESISTANCE



Insulin resistance is often associated with obesity, and particularly visceral fat accumulation. When you eat carbohydrates, it's converted to glucose and the pancreas then releases insulin to transport that glucose into the cells. If you're consuming lots of carbohydrates, especially refined carbohydrates and sugars, you're going to release lots of insulin.

Over time, the cells can actually get numb to high amounts of insulin, developing an insulin block/resistance. If the pancreas can no longer keep up with the increased demand for insulin, blood sugar levels can rise to the point of developing type 2 diabetes.

Furthermore, elevated insulin levels signals the presence of sufficient glucose in the blood, conveying to the body, "We don't actually need fat for energy, so cease breaking it down."



Are you  
predominately a  
SUGAR burner or a  
FAT burner?



The human brain has the flexibility to utilize two primary energy sources: Glucose, derived from carbohydrates, and Ketones, from stored fatty acids



In today's fast-paced world, the widespread accessibility and around the clock consumption of convenience food activates the body's sugar-burning energy system.

When you stop eating, blood sugar levels begin to decline and after a period of time this triggers a shift to switch over to a fat burning energy system.

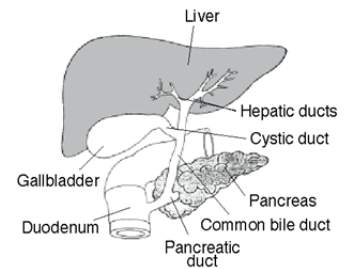
Continuous snacking, overconsumption of carbs and sugar, and chronic stress without sufficient breaks results in a reliance on a single energy system, which overtime can lead to metabolic inflexibility.

## Amity Wellness Quick Tip: Make your own Liver Flush



### Healthy Liver Flush Ingredients:

- Juice half lemon or lime or other citrus fruit
- Two thirds of cup of virgin olive oil
- 1 or 2 cloves of garlic
- A small piece of fresh root ginger (optional)



## Understanding the Healing Crisis

Although the final outcome of cleansing can be increased energy and greater vitality, the journey to this destination is not always smooth. As toxins are broken down and released and parasites and candida die off, waste products pour into the system, if these wastes and toxins are pouring into the blood stream quicker than the body can purge them, we may experience a **'healing crisis'**.

### What is a healing crisis?

The correct term for a healing crisis is **'The Herxheimer Reaction'** and it can be a life changing experience. To support the elimination of toxins and wastes that are pouring into the blood stream, the body will step it up a notch and start cleansing at a deeper level if necessary.

During this stage you may experience any of the following:

**Fever:** the body will raise the temperature to eliminate toxins via the largest organ (the skin)

**Diarrhoea:** the body can eliminate toxins quickly via the bowels

**Vomiting:** A rapid way for the body to eject harmful toxins

**Chesty cough:** a perfect way for the body to lift mucus and toxicity off the lungs

**Skin Rash:** The body uses the largest organ for elimination



During a healing crisis you may experience other symptoms such as: **cramps, headaches, skin eruptions, sleep disturbances, dizziness, increased thirst, aches and pains, loss of appetite** (not a bad thing), **fatigue, rashes, body odour, bad breath, irritability, head or chest cold or flu like symptoms.**

## What else to expect?

Our personal history of illness, abuse, emotional trauma or injury is carried in our bodies, if this was treated or suppressed with medication, the residues of the trauma will still be present and might resurface to be eliminated (they usually manifest in a much milder form), so for example if you suffered from sinus infections as a child and treated it each time with antibiotics or cold and flu tablets, a healing crisis may involve a sinus infection.

## How long does a healing crisis last?

Although the healing crisis may be a rough ride, fortunately it is short lived, usually lasting anywhere from a few hours up to one or two days but a person with chronic disease or illness may go through cycles of healing crises, each one improving the overall health of the body.

## Is there anything I can take to help during my cleanse?

Always communicate with the detox consultants to let them know if you are struggling with cleansing reactions as they can help you to decide whether to change to a milder program.

During your cleanse, you should get plenty of rest and make sure you drink your coconut water and plenty of fluids including your broth, especially if you are feeling nauseous. If you have loose stools or diarrhoea and nausea or vomiting then take some additional electrolytes, which can be found in your herbal first aid box.



Your Colema and massage will help to eliminate the toxins and the daily sauna will speed up elimination of toxins via the skin. If you are weak or tired, consider ordering a juice, it will provide your body with some enzymes, energy and nutrients to assist in this deep level of cleansing. If you find it too intense and wish to modify the fasting program or take it down to a milder level of cleansing, speak to one of the detox consultants.

## Remember...

Keep a positive mental attitude, **the purifying process is in motion** and the body is in a deep state of healing, it is a sign of progress. It is a temporary period of discomfort that promotes a deep level of detoxification, if releasing this level of toxicity from the body is an unpleasant experience then imagine how damaging the toxins would be if they remained inside. Usually after a healing crisis, you will feel energised and full of vitality.

# Parasites That You Might Meet

By far, the greatest variety of parasites afflicting people on a Western diet comes from animal foods. These parasites feed on excessive toxicity (constipation) in the colon; particularly cooked starch and decaying cooked animal foods. We also pick up parasites from contaminated food, water, and animals and via the skin.

There are different types of parasites and worms and when they over breed or you get the wrong type they start to rob you of your nutrients leaving you feeling lethargic and fatigued. Other symptoms include brittle hair or nails, dark circles under eyes, dry skin, discoloured teeth, skin issues, weak bones, and reoccurring illness. This is because your body suffers a vitamin deficiency and your immune system becomes weak.

## Roundworms



Roundworms can grow from between 6 to 16 inches in length, in the small intestines. They are probably the most familiar parasite in humans and follow as a result of the ingestion of *Ascaris* eggs that have contaminated foods or soil. A female may produce up to 240,000 eggs per day, which are passed with the faeces and an adult round worm will live for 1-2 years.

## Pinworms



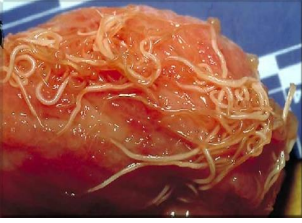
Pinworms generally live in the large intestine and cecum. This common occurring worm is acquired through contaminated food, water, and house dust, toilet seats, cloths, carpets as well as human-to-human contact. Female worms crawl down the intestines and pass out of the anus to lay their eggs around the anal region at night. Itching around the anal or vaginal areas are the most common pinworm symptoms.

## Hookworms



Hookworms penetrate the skin and migrate through the liver and the lungs, attaching to the mucosa of the small intestine where they mature. Hookworms deplete the body of nutrients, and a major effect is severe chronic iron-deficiency anaemia. They average 8-13 millimetres in length and are reputedly long-lived, with a lifetime that may span up to 10 years.

## Whipworms



After ingestion (soil-contaminated hands or food), the eggs hatch in the small intestine and mature in the colon. The worms live in the cecum and ascending colon and grow to as large as 4-30cm. Female worms in the cecum shed between 3,000 and 20,000 eggs per day. Infection with whipworm may be in apparent unless noticed when passed in the faeces, or, on occasion, crawling up into the throat and trying to exit through the mouth or nose. The life span of the adults is about 1 year.

## Fish Tapeworm



The fish tapeworm is a broad, long worm, often growing to lengths of 3-30 feet at maturity. The adult is ivory or greyish-yellow in colour and can live in humans for 20 years. You can be infected by eating raw, lightly cooked, under-processed freshwater or certain migratory species of salmon, perch, pike, pickerel, and turbot. The popularity of eating raw fish dishes, such as Japanese sushi and sashimi, helps to spread this disease.

## Other interesting things to look for....

### Candida

It is possible to see Candida impacted into your faecal matter, it looks a little like a white mould or cottage cheese like particles clinging to your stools. Candida albicans is a natural fungus that lives in the mouth, intestinal system, urinary tract, skin, nails and vagina. Yeast and Sugar are like steroids for Candida, it makes the fungal infection thrive and multiply. Candida symptoms include **poor memory, headaches, depression, mood swings, joint pain, digestive problems, carbohydrate cravings, fungal infections, eczema, athlete's foot, thrush to insomnia.**



### Gallstones



Gallstones look like small stones or gravel, but are not as hard, they vary from as small as a grain of sand to a couple of cm or more and are usually green in colour. They are made of cholesterol (a fat) but also include calcium salts (similar to chalk) and solids from red blood cells.

# Your Last Day at Amity Wellness

On your last full day you will meet individually with one of our detox consultants for your **“Final Measurements”**. You’ll have an opportunity to ask any final questions you may have about transitioning out of your cleanse. We’ll also schedule you for your “final Colema” at this time (pure water Colema, followed by a probiotic implant to replace healthy bacteria).



In order to maximize your fasting experience, we encourage you to do your “final Colema” (followed by FOOD!) the morning after your last full day, at no additional cost. So if you have completed a 7 day fast, you can plan on breaking your fast on the morning of your 8<sup>th</sup> day. You’ll be feeling great and ready to leave Amity Wellness by mid-morning. If you’re limited by time constraints, however, you may choose to do your final Colema and break your fast in the evening of your last full day (e.g. day 7 of a 7 day fast).

## Breaking Your Fast Correctly



After your final Colema, you’ll enjoy a plate of fresh low glycaemic fruit, salad or smoothie prepared by our kitchen. Chew slowly and enjoy the nutritional abundance and amazing tastes nature provides. Some people are tempted to return to their old eating habits right away or indulge in a particular craving, but **you’ll get the most out of your fasting experience if you break your fast correctly.**

But what to eat after this initial meal? When you break your fast it is very important to introduce foods gradually back into your regular diet (very much like the pre-fast in reverse order). This is a great way to discover which foods work with your body and which ones work against you leaving you feeling bloated or lethargic (it’s a good idea to keep a food log for the first week). It’s also an ideal way to discover if you have food allergies or intolerances to any specific food groups. We recommend that you order from our raw takeaway menu if you have a long journey home.

A minimum requirement post fast is to stay on raw or alkalising foods for at least 3 days and we suggest that you eat small portions frequently throughout the day (every 3 hours). This, combined with regular exercise will help to accelerate your metabolic rate and help you maintain all the benefits of the fasting program. You’ve just worked very hard to complete your fasting program, so you’ll want to break your fast the right way.

# What is Your Health Code?

Everyday someone is living the dream and making a decision to better him or herself and get healthier, why not let it be you? You have to have the courage to ignite powerful lasting change!

Your most important promises are to yourself, you will either find a way or you will find an excuse. You have to have a set of guidelines or rituals that remind you of your commitments and allow you to make things happen. Changing your life starts by raising your standards, this is where true healing and vitality begins.

Once you create your health code, make it a must, memorise every word and practice it with consistency everyday to train your mind to create new positive habits. Want it, live it, feel it, create it! A person with weak desires achieves very little so aim high. Many people have great ideas and thoughts but it's the ones who develop a plan and commit to it with conviction that achieve success.

Your health code is a vision for the quality of your life, a quest to restore true health and vitality. By implementing some powerful detoxification protocols, eliminating addictive foods, adding stress management techniques, upgrading your lifestyle choices and re-evaluating your desires you can create the momentum to achieve massive change!

When creating your Health code you must be precise, vague wants don't work! Affirm what you must do every day to stay healthy and to achieve your goals. Just as we have values and morals that we commit to that help us to be good people, we must have a health code that we commit to that helps us to be healthy.

Think about what food upgrades you will implement every day, what exercise or movement you will do, what actions will you take if you feel stressed, what time will you go to sleep, what will your morning ritual be, how much water will you drink, what addictive foods will you eliminate or replace, what supplements will you add, what activities will you make time for, what days will you go food shopping, what foods will you buy, what will you choose to eat at restaurants, what scheduled toxic evening will you have, what will be your alcohol consumption be?

Think about as much as you can, do a massive self-assessment. Successful people are organized, be prepared and know exactly what you will eat, drink and do the following day.

Congratulate yourself for taking responsibility of your health, take a deep breath and smile, today someone is making a decision to better him or herself and get healthier, it is you!

# What to Eat

The most important things that need to enter your mouth is a good supply of natural water, vitamins, minerals, enzymes, antioxidants, phyto-nutrients, fibre and other essential nutrients. We are able to meet this criterion when our diet consists of an adequate amount of RAW, NATURAL and WHOLE LIVING foods.

In modern society many people are overfed and undernourished. We have more 'food' available to us than ever before yet more disease and illnesses often caused by nutritional deficiencies. We have to remember that when we get hungry, our body is telling us that it needs nutrients. Processed foods and junk foods are empty calories and provide no nutrition and no matter how much you eat, it will not properly satisfy your hunger because your body will still be sending out hunger pains asking for the nutrition that it needs. This explains why people can really 'pig out' and overeat when eating junk foods.

After your cleanse, try to consume as many natural foods as possible, this should include plenty of fresh vegetables, salads, low glycemic fruits, organic nut yogurt, seaweeds, herbs, spices, super foods, soups, broths, nuts, seeds, juices and shakes.



## Top Tips for Eating Real Foods

1. If you can't pronounce the ingredients, don't eat it.
2. If it didn't exist 10,000 years ago, don't eat it.
3. If your Grandmother didn't eat it, neither should you.
4. If it comes in a tin, jar, can, packet or has a label on, don't eat it.
5. If your dog or pet won't eat it, neither should you.

### Why choose Alkaline Foods?

Every food that you eat will either have an acid, neutral or alkaline pH level.

If you have ever experienced a 'Hang over' then you will be fully aware of how it feels to consume a large quantity of highly acidic liquids. Processed foods, junk foods, sugar and other highly acid foods that are lacking in nutrition will have an acidifying effect on your overall pH level, this can leave you feeling like you have a permanent hangover.

Disease, bacteria, parasites and fungus can only survive in a highly acidic environment so it crucial to make our body as alkaline as possible. When the body is highly alkaline, you will feel the opposite of how you feel when you have a hangover, full of energy, with crystal clear thinking and a heightened immunesystem. We recommend trying to work up to a diet of 80% alkaline with only 20% acidity.

In general, animal foods - meat, eggs, dairy - processed and refined foods, yeast products, fermented foods, grains, artificial sweeteners, fruit, and sugars are acidifying, as are alcohol, coffee, chocolate, black tea, and sodas.

# Hormones

Hormones are chemical messengers that tell the body what to do and are responsible for controlling your weight, metabolism, sleep patterns, stress levels, infection resistance, Sex drive, Mood, Heart Rate, Blood Pressure and Blood Sugar. Did you know that fat cells are actually an Endocrine organ that produces their own hormones?

The interdependency among hormones is very important and when one hormone falls out of balance, others soon follow. Any kind of deficiency or excess with hormone levels can create a cascade of problems.

Let's look at four very important hormones that affect your weight and metabolism:

**Insulin:** When you consume sugar or starch, there will be an increase in blood sugar (Glucose) which can be very dangerous, to reduce blood sugar levels Insulin is released by the Pancreas which stores a small percentage in the liver and muscles and as triglycerides and fatty acids. Insulin is our fat storing hormone.

**Glucagon:** When blood sugar levels drop too low, Glucagon is released by the pancreas to convert stored Glycogen into glucose for energy and to release fat store. Glucagon is a fat releasing hormone.

**Leptin:** Leptin is produced by the fat cells and sends a message to the brain that you are full which suppresses the appetite.

**Grehlin:** Grehlin sends a message to the brain to tell the body that you are hungry and to increase the appetite.

In a perfect world, when you have too much fat, the appetite should get suppressed and you should eat less and when you have too little fat the appetite should increase and you should eat more, unfortunately factors such as Stress, Obesity, Alcohol, External hormones, toxins, sleep deprivation, food sensitivities, high Fructose Corn syrup, sugar and stimulants can disrupt the hormone balance.

Excessively high blood sugar levels resulting in constantly high Insulin levels and high fat levels resulting in constantly high Leptin levels combined with hidden internal and external stressors can eventually lead to Insulin and Leptin resistance. Insulin Resistance can result in a Diabetic state and Leptin resistance can result in being overweight but still hungry with an increased appetite.

# Raw Foods

Think about it, we are the only species that actually cooks our foods. If you can, commit to spending one month raw, and experience radiant energy. Or, try spending one day a week eating raw foods, and allow your body to enjoy a “mini-detox” each week. As long as you are eating 100% raw foods, your body will continue to cleanse. After your fast, try to stay on raw foods as long as possible to continue the hard work you have done.

The period immediately after fasting is the BEST possible time for exploring a raw foods diet, as you have eliminated or reduced your cravings for overly salty, sweet or fatty foods. It takes time, but your taste buds WILL adjust. The less salty and sugary foods you eat, the less your body will crave. Soon, you will be satisfied with the natural sweetness of fruits, and a sugared soda drink will become unappealing. Yes, we promise - but it will take time.

A 100% raw food diet requires a big commitment, but for most of us who are eating an average western diet high in processed and fast foods, any increase in fresh, raw foods will immensely benefit your health. Try making simple changes such as eating a fruit smoothie for breakfast instead of cereal or bagels. Eating a salad for lunch will give you more energy than a hamburger, soda and fries. By eating a raw breakfast, you give your body a few extra hours to continue the cleansing work it has begun while you are sleeping overnight.

The question we should really ask is not why choose raw foods but why choose cooked foods. Cooking food destroys 100% of the enzymes in the food, it causes fats to become rancid, it coagulates proteins, caramelizes sugars and causes up to a 50% loss in vitamins and minerals, so make sure even if you don't commit to fully raw, that you aim to get a minimum of 40% of your daily food from Raw foods.



## Organic Foods

Why is buying Organic foods necessary? Well, your food is only as nutritious as the soil it is grown in and if the soil is nutritionally depleted and laden with harmful insecticides, pesticides, poisons, toxins, antibiotics, growth hormones and chemical fertilisers then your fruits and vegetables could actually be harmful and toxic.

Buying Organic produce will guarantee that chemicals have not been used and often Organic produce can contain up to 50% more vitamins and essential minerals such as Iron and Zinc which actually help to strengthen your immune system.

Don't worry if everything you buy is not organic, start by purchasing what you can and always peel and wash you non organic vegetables to remove as much of the harmful toxins as possible (a drop of apple cider vinegar or Bicarbonate soda mixed with water in a spray bottle is perfect).

## Super foods

Broccoli, spinach, blueberries etc. are very nutrient dense but there are a group of foods called Super foods that are generally superior because they can be rapidly absorbed and assimilated, they can be used to treat certain ailments and medical conditions, enhance immunity, boost nutrition and supercharge energy levels.

Most super foods are well known in their native countries and have been used for generations to holistically treat medical conditions.

Well-known super foods include Aloe Vera and Algae's (Chlorella, blue-green algae and Spirulina) but the last decade has introduced Wheatgrass, Goji berries, Maca, Ashwagandha, Bee pollen, Raw Cacao, Suma, CamuCamu, Coconut oil, Hemp and Noni.



Raw foods are full of vitality with a very high vibrational level but super foods are even higher and introducing them into your smoothies or foods with certainly supercharge you and put a spring in your step.

# Eating a High Fibre Diet



Someone who has less than 2- 3 bowel movements per day would be considered constipated. When someone is constipated, bacteria and other harmful matter are able to get reabsorbed back into the bloodstream. Causes can include: poor diet (low fibre or water intake), stress, inactivity, medications, parasites, low friendly bacteria, previous laxative abuse, magnesium deficiency, colitis, underactive thyroid or liver congestion.

One key to maintaining a healthy diet is to make sure you get enough fibre on a daily basis. There are two types of fibre, soluble fibre that means it dissolves in water and insoluble that does not. An average diet contains 75% insoluble fibre: 25% soluble fibre (Both soluble and insoluble fibre are undigested. They are therefore not absorbed into the bloodstream. Instead of being used for energy, fibre is excreted from our bodies).

Soluble fibre such as psyllium husk forms a gel when mixed with liquid, while insoluble fibre does not. Insoluble fibre passes through our intestines largely intact. Soluble fibre is found in brown rice, oatmeal, peas, barley, quinoa and soy. You can also find soluble fibre in vegetables such as carrots, yams, sweet potatoes, turnips, pumpkins and mushrooms. Papayas are also a particularly good source of soluble fibre, with the added bonus that they are a digestive aid that relieves flatulence and indigestion, it also slows down the absorption of Glucose from the Intestines into the bloodstream and improves blood sugar balance and helps to improve Cholesterol

Insoluble fibre is typically found in flax seeds and vegetables including carrots, celery, green beans and potato skins. Constipation, straining at a bowel movement, abdominal pain or hard stools can be signs of fibre deficiency. It is important to include five or more servings of fresh vegetables each day to make sure you are getting enough fibre.

# Personal Growth ~ Your Mind, Your Emotions, Your Energy (Grace Burton)

Here at Amity Wellness you are embarking on a journey to your physical well-being. You are eliminating toxins from your body, shedding unwanted weight and clearing disease. Whilst undergoing your physical transformation, you may experience what is called a Healing Crisis. This is not limited to feeling some of the physical stresses of detoxing such as headaches, nauseous-ness and fatigue; but a Healing Crisis can occur just as readily with your mental, emotional and spiritual counterparts, as a great majority of our physical issues stem from emotional and mental concerns. Therefore during your time here at Amity Wellness, it serves as the perfect opportunity to elevate your entire being to a new and magnificent level.

The following pages offer you some guidance to support your development to be the best person you can be and create the life you really want to live.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves: "Who am I to be brilliant, gorgeous, talented, or fabulous?" Actually, who are you not to be? You are a child of the Universe. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. We were born to make manifest the glory of the light of the Universe that is within us. Not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

**By Marianne Williamson**

Your amazing mind... a place where your thoughts are, so too are your dreams, your stresses and your intellect. Your mind is powerful beyond measure and can create and destroy. It can elevate you with its optimism or deflate and hinder you with pessimism and self-doubt.

**Control your mind, don't let it control you!**

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## Elevate Above Mental Stress

In this modern world which each of us has contributed to and created, involves for most of us many pressures and strains. Earning a living to pay the bills, job satisfaction, lack of quality time and space to breathe, relationship pressures and anxieties of all types with family, friends, colleagues and romances.

Our minds can be filled with worry and doubt. Our egos can drive our ambition to the point of not being able to enjoy fully the rewards and blessings of simply being alive. With such a crowded and strained mind it can undoubtedly cause mental stress and therefore physical stress. Another serious byproduct of mental stress is not having any room left in your mind to allow inspiration in, and with that, the positivity that will drive you to create the life of your dreams. There is little room for focusing and working on your aspirations if your thoughts are filled with stresses.

Here are four simple yet effective ways to create relief from the mental stress in your life. Be sure to allocate time for some of them daily or weekly.

**Exercise:** Start doing a form of exercise that you enjoy when you are under stress. This helps the body to excrete adrenaline and cortisol, which are released by adrenal glands. The secretion of these glands causes the feeling of stress. It also activates pituitary and hypothalamus glands which secrete “feel good” hormones called endorphins. These also have the capacity to reduce pains and improve the “well-being” sense.

**Meditation:** There are many meditation techniques and beliefs. Emptying the mind to the point of nothingness can be very testing for most, so a helpful technique is not to try to think of nothing, but to focus upon one thing and meditate upon it. Firstly it is always valuable to sit still and pay attention to your breath for a moment. Lighting a candle and focussing on the flame is one method to assist with letting stressful thoughts disappear. Another example is to close your eyes and see yourself flying through a warm, blue sky, in all directions with nothing standing in your way.

**Distraction:** Why obsess over things you cannot change at any present moment? Divert your attention to something else by watching a movie, taking the dog for a walk, being thoughtful by doing something kind for someone else. Giving of yourself is a wonderful and powerful way to take your mind off of any troubles whilst serving as an opportunity to tap into your selfless and compassionate side.

**Yoga:** The ancient combination of stretching, breathing and meditating works as a stress relaxant, calming your nerves and relieving tension and anxiety. Yoga therapy is revered by millions as for its ability to leave you with a peaceful and calm state of mind.

**Aromatherapy:** Pure essential oils from medicinal plants enter the body through the skin and via the nasal membranes, producing many beneficial effects. An aromatic bath or massage with these essential oils helps us to unwind, melting away stresses and strains upon inhalation. Your heart rate, stress level and blood pressure reduce as a result. Calming essential oils include chamomile, lavender and geranium, enhancing general well-being.

# Changing Your Mind – Affirmations & Positive Self-Talk

Most of us are masters at the art of feeding and listening to that little voice inside your mind that says 'I'm not good enough', 'I'm not loved or appreciated enough', 'My life is so difficult', 'No matter how hard I work, I never get what I want/deserve' – the list goes on and on and on...

If you want to improve your life, you must first start with creating a positive sense of self and this involves changing the negative and repetitive patterns of the mind. Personal growth and creating the life you want often requires a shift in attitude and strengthening of positive thoughts which replace useless, negative self-talk. Positive thinking is linked to greater health, increased happiness and longevity.

Affirmations are a brilliant way to achieve this. Personally affirm that what you want to be/to have in your life is already true in the present tense. Properly constructed and appropriate daily positive affirmations are an important ingredient in correcting bad attitudes and negative thinking. Say your affirmations silently or aloud. Repeat them as often as you can.

## Creating the Life You Want – Intention & Visualization

With a clear mind and positive attitude about yourself and the world around you (see above topics on Mental Stress and Affirmations), you will have available to you space in your mind and the energy that comes with positivity to put some power into what you intend to create for yourself and to visualize it happening. Everything in life begins with an intention; one has to intend to do something before steps are actioned to make it occur. Intention coupled with visualization directs the subconscious mind to take the appropriate steps in turning your dreams into a reality.

If you don't visualize what you want to be, what you want to create or the life you intend for yourself, how on earth will it transpire? As often as you can, take the time to let your mind wander into day dreaming mode, seeing yourself with your goals already achieved, whatever they may be. Be thankful for the many simple blessings you already have in your life and for the opportunity to manifest more.

### Bad Habits and Addictions

Over time many obvious reasons to validate our bad habits or addictions have been established, but what is truly the cause for excessive behaviour in a manner that does not befit our highest good and potential? Here are two underlying reasons to consider in your attempts to move past your undesirable attachments and behaviours.

### Lack of Self-Worth

Holding onto addictive behaviours can be your psyche's way of telling yourself that because you aren't perfect you aren't worthy, and if you don't feel worthy of all that is good then you will create a problem to confirm your positioning.

## Unnecessary Humbling of Oneself

Who would you be without your addictions or bad habits? If you could clear them instantly and without drama, what would be left? Someone pretty marvellous, light, free and inspirational. Sometimes we can create a subconscious pattern that doesn't want to let our light truly shine. Why shouldn't you be magnificent in every way? By letting your light shine, you inspire and give permission for others to do also.

Both the Lack of Self Worth and the Unnecessary Humbling of Oneself are ego driven matters. Ego is not only defined by arrogance, self-worship and absorption, the ego is also the mind that tells you that you are not good enough and you don't deserve to be. **START TELLING YOURSELF THAT YOU ARE.**

## Your Emotions Forgiveness and Release

When you forgive someone you are not condoning their actions, but you are releasing yourself from the perpetuating roles of abuser and victim in your life and are freeing yourself from the outworn and destructive energy. Holding on to the pain and anger is only hurting you after all.

From a higher view it is important to realise that you are totally responsible for EVERYTHING that happens in your life. At some level you have chosen every experience to aid you in remembering more about who you really are - a divine being of love! In every experience, even the most painful ones, there is a higher reason. Look for what you have learnt about you from the experience and how you could be more the 'real you' in the future.

It is also important to consider exactly what you are forgiving, which is ultimately that you are forgiving someone for not being what you wanted them to be in a way that was satisfactory to your own expectations or needs.

In affirming that you are releasing the past you are setting yourself and others free from the roles you have been playing in each other's lives. You will find that this changes the scene dramatically.

## Letter Writing to Forgive & Release

A powerful and well-known method to forgive yourself and others is the simple act of letter writing. Transferring the events and feelings attached to those events from your mind and heart onto paper and then burning it, is extremely cathartic and symbolic of letting go.

1. Write a letter to the person/people you would like to forgive –

"I forgive \_\_\_\_\_ for not being the way I wanted you to be. I forgive you and I set you free with electric violet light. And, I forgive myself for feeling \_\_\_\_\_. I release the ghost of that past to go to the divine light and all the energies that have been accumulated through that, to go to the divine light where it belongs.

I release you and myself with light, love and healing.'

2. Roll letter, light with flame and while burning, say –

"With this flame I release myself from all those things which hold me back from my highest potential for good/love/happiness/prosperity etcetc...So be it!"

Intention is far more powerful than we understand. To forgive yourself, or others or a situation, send out from your heart the pure intention to let go and move on.

## Self-Love

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection."

- Siddhartha Gautama Buddha

Unless you have been living under a rock you would have heard that it is not possible to TRULY unconditionally love others unless you love yourself. This is not an ego based self-love that is displayed through selfishness or self-absorption, but unconditionally loving yourself for all that you are and all that you perceive that you are not. Nurturing and appreciating yourself so that you can grow and allowing yourself to be the best version of yourself so that your energy lifts. When your energy is high you lift others and can assist and love them with compassion and empathy. For what is the point to self-love if it is not shared?

So how can you start loving yourself? Firstly, being here at Amity Wellness cleansing your body and giving it the kindness and attention it deserves is a wonderful start. Showing your physical being respect and care is self-loving, you can do this by feeding it nourishing foods, consuming in moderation, having a balanced lifestyle, exercising and giving your mind time to rest. Here are some other things you can work on to achieve self-love –

Forgive Yourself, Trust Yourself, Eliminate Self-criticism, Be Kind & Positive, Acknowledge Your Efforts, Let Go of Worry, Be Truthful to Yourself & Others, Express Gratitude, Have Fun, Build Confidence

## Stop Comparing Yourself to Others

In reading the above list you may be thinking "If only it were that easy!". This is where self-awareness comes in. To be self-aware means that you are observant of your feelings, thoughts and your actions, even if these are of the negative type. Without self-awareness, it is difficult to catch yourself living out these feelings, thoughts and actions; therefore you are not in control. When you aren't observant and in control of what you observe, you cannot change anything. Remember that practice makes perfect and be patient and kind to yourself when embarking on the journey to self-love.

## Your Soul, Your Energy

Some people in this world have trouble digesting the realities of spiritual energy. Soul, spirits, ghosts, auras, energy fields, chakras and the like are cast off as escapist airy fairy subjects with no proven truth or value. In fact everything is energy or holds a vibration, dense or fine. You, nature, buildings and our food. Energy is scientifically proven and understood and with the leaps forward in quantum research, we also see how these energies can and do effect each other.

For those that have a little trouble in believing that there is more than meets the eye around you and what is reflecting back to you in the mirror, consider this – Your mind has thoughts, yet you cannot feel them, or hold them in your hand like a pen, yet you have them constantly. Does that make them unreal? You have strong feelings and emotions, yet you can't throw them in the garbage bin for disposal if you don't like them, and have the garbage truck take them out of your life forever. Does that make them unreal? Of course it doesn't.

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Everything is energy, including ourselves and this energy within us and around us is in a constant flux of change. The energy of your spirit, your soul, your real essence, your inner light that is unadulterated by your earthly experiences is working with you constantly. Try to let it shine through regardless of any world weariness; it is the strength that sees you through and allows you to grow from your experiences. It gives you the capacity for love, compassion, empathy and devotion. It IS YOU even without your physical vehicle, as timeless, ageless, pure energy.

### Daily five minute Gratitude Journal

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

I'm grateful for...

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

What would make today great?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Daily affirmation. I am ...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 Amazing things that happened today...

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

How could I have made today better?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

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