

Mandala Spa & Villas

Boracay Island

Detox Retreats at Mandala Spa and Villas Boracay

A HEALING MECHANISM

The Detox works as a healing mechanism. It begins working at full potential after 24-36 hours without the intake of food. Our healing mechanism works best when we stop eating, ingesting, digesting, and metabolizing food.

Our bodies switch to detoxification mode and remove parasites, toxins, and potentially cancerous cells. The waste material is then dumped into the bloodstream for excretion through the liver, colon, lungs, and skin. The tired and weak feeling experienced during the first 3 or 4 days are due entirely to the presence of toxins and other waste matter ready and waiting to be expelled from your body, and not due to hunger or lack of food.

The Detox will remove large amounts of toxic and waste materials from your system and also promote the loss of so many kilos of putrefied matter and fat that it will enable your body to rebuild and rejuvenate itself, giving you more vitality and help prevent further illness.

Keep in mind that you will be taking nutritional supplementation to help support the bloodstream and nourish the cells of your body while on the Detox. These supplements do not require a lot of digestion and so do not interrupt the cleansing process.

TRANSFORMATIVE POWERS

There is something about going without food that has incredible, transformative powers. It seems to work on all levels of our being: the mental, emotional, spiritual, and the physical.

On the physical level, when we stop eating, our bodies scavenge the excess proteins that are responsible for so many of our health problems. This includes proteins that are stored in our livers and kidneys, and even in our cells. We're similar to camels, except that instead of storing large amounts of water to save our lives, we store proteins, which are killing us. Truly, these proteins are the cause of most of the dis-ease in this world.

Excess proteins not only acidify our bodies – because protein foods are acid-forming foods, they create mucus and congestion as well. This is one of the reasons why our livers and kidneys malfunction. Congestion is the primary cause of dis-ease on the physical level, and fasting removes congestion. When we fast, the stored proteins are attacked by our bodies and degraded into amino acids, then deaminated and oxidized, and used just as though we were still eating. Proper fasting never attacks the proteins we need, only the ones we don't need. Imagine, removing all this excess protein and everything else that is clogging up our systems! Fasting is not starvation until it reaches a certain point, and that point is usually between 40 to 60 days of having nothing but water.

Many studies have found that inharmonious thoughts and feelings are stored in many of the proteins that contribute towards dis-ease. This is why fasting can favorably alter consciousness – remove depression and habits of negative thinking. Talk about relief! Many people who have taken the Detox have described radical shifts in consciousness – from worry and stress to bliss consciousness; from depression and despair to optimism and joy. Hundreds of people have reported their pains disappearing while cleansing: blood pressure drops and illnesses heal. What do you suppose is happening to our bodies when we get relief so quickly like this? The Detox simply removes congestion – congestion of the mind, spirit, and body, healing you, and empowering you to lead a healthy, more joyful way of life.

HOW TO DETERMINE IF YOU NEED A DETOX

If you've been living on raw fruits and vegetables all your life, chances are you do not need the Detox. However, if you have any of the following, you are most likely in serious need of intestinal cleansing:

- Any dis-ease or malfunction of the body
- Constipation – less than 2 bowel movements daily
- Bad Breath
- Body odor
- Flatulence (gas)
- Dry and hard stools – they should be soft and break up when you flush
- Foul-smelling stools – unless you eat onions and garlic
- Off-colored stools – they should be light to dark brown

- Evacuations that take more than 30 seconds or require pushing or grunting – they should be quick and easy
- Discoloration in the bowel area of the iris (of the eyes), especially tiny dark spots in this area – these spots indicate serious bowel pockets of long-lasting congestion, and possibly *diverticulitis*: small pockets protruding beyond the colon wall – the most perfect environment for worms, parasites, and pathogenic bacteria, in which colon cancer often develops. The darker the spots in the iris, the longer they have been there and the more serious the condition.
- A history of taking antibiotics – they completely destroy the friendly intestinal flora
- Lack of energy
- Obesity
- Unusual thinness
- Poor complexion. Acne is a bowel problem. Teenagers who have acne need to detox as soon as possible, for their future health is at risk.