



Physical, psychological and spiritual Innovations that empower the body, the mind and the soul to detox, relax and rejuvenate

ZEN DETOXIFICATION

The Body, Mind and Soul

The Ayurvedic wellness consultation at Zen comprises a team of Ayurveda and Naturopathy Doctors, Yoga and Meditation teachers, Spa Therapists and the Diet and a Detox and Nutrition expert. This consultation enables recommendations for a customized program for each guest comprising specifics of food and nutrition, diet and detox, yoga, pranayama and meditation exercises, ayurvedic therapies as well as recreational activities for example cultural excursions, temple tours and Zen Harmony Diving and Snorkelling. The latter has unique detoxification potential as it incorporates controlled and effective breathing, meditative focus and gentle swimming exercises.

Toxification is a cyclical process and unless detox programs address all of the contributing factors that make up the toxic cycle, there is bound to be a resurgence. Since the toxins can be produced at any stage of the cycle, it is essential that every link in the body, mind and soul toxic chain be cleansed and rejuvenated in conjunction with the natural functions of the body that neutralize, transform or get rid of contaminants and toxins.

Compassion, care and love enhances feelings special and appreciated and it is this human interaction that can contribute experiencing physical, mental and spiritual wellness and harmony in life and living. This together with holistic wellness and integrated body, mind and soul detoxification innovations at Zen in combination with the pure hospitality of the Balinese culture is at the heart and soul of Zen.

Detoxification of the Body

A human being comprises of a physical, mental and spiritual body. The physical body is a combination of the five elements – space, air, fire, water and earth. The health of our physical body is affected by many factors including exposure to physical, chemical, biological, and radiological contaminants that enter our body through the food, water and air we consume. Over time these environmental contaminants build up in our body and can lead to ailments and chronic diseases.

Environmental chemical exposure is more and more pervasive.. Every day, we ingest these chemicals and our bodies cannot metabolize and clear all of them. Chemicals not metabolized are stored in the fat cells throughout our bodies where they continue to accumulate. As these chemicals build up they alter our metabolism, cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalances and damage brain chemistry. These chemicals accumulate in different parts of the body—at different rates and in different combinations—and are the cause many chronic ailments and diseases.

There are two main fluids in the human body, namely blood which nourishes and oxygenates all the cells and also contains the toxins that are exhaled in the lungs with every breath and the lymphatic system, which is the depository of the body's toxic waste, excreted through the kidneys. Toxicity or acidity is introduced into the body through the food we consume, the air we breathe, the water we drink. The cellular activity in the body as well all that comes in contact with our external body. Regular detox including fasting are important to remove the toxic waste deposits in essential to our health and wellbeing.

We need to undertake regular detoxification to rid our body of harmful toxins and in our increasingly polluted world, we must take precautionary measures to minimize the exposure to and ingestion of these contaminants.

Detoxification of the Mind

The mental body comprising the mind is the seat of feelings, emotions, desires, reasoning, knowledge and intellect. Every day our mind and soul are exposed to multiple anxiety problems in our stressful modern lifestyles as well as being confronted daily by notification of accidents, disasters, crime, human suffering, violence and destruction of nature. Such incessant news of violence and destruction results in, for example persistent anxiety, compulsive obsessive and stress disorders.

Detoxification of the mind entails mindful evaluation of our beliefs developed over a lifetime. These beliefs shape the way we think and act, they are the filter through which we see. From these beliefs and our personal life experiences, we become addicted to certain recurring thoughts that write the script of our lives . Regrettably, these thoughts are often self-limiting, denigrating or simply wrong-minded and keep us from living the life of contentment, happiness and progress we yearn for.

The replay of old thoughts and feelings preclude us from being in the present. We are simply replicating the past. This is such a wasteful way to spend our lives as we move from moment to moment—wanting for change—but not understanding how to achieve it. The continuous repetition of old thoughts and feelings rob us of our desires, experiences and possibilities of life..

Just like when you go on a detox diet to flush out the toxins from your body and cleanse your internal organs, it is also essential to flush mental contaminants that often go unnoticed, but they are just as essential to clean up, especially given the modern era of digital overload and the busy-ness of our lives

Whilst much more research is needed to understand mental contamination, individuals can set into motion simple steps such as making informed, healthy choices that support physical

and emotional well-being, engaging in meaningful daily occupational and recreational activities and building relationships that enhance recovery of self-worth and self-esteem.

Detoxification of the Soul

The spiritual body comprising our soul is the seat of senses, ethics, morals, purpose and principles of life, culture and religion. Our soul is the seat of our spirituality, connected to something bigger than us. It typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of feeling alive and interconnected.

Our soul is where we live. Our soul is what makes us who we are. Our soul is that place deep within us that propels us to greatness or settles us into a lifeless lull of routine living. Our souls also get weighted down, calcified, and poisoned daily with the wounds of our past, the pain of our losses, the weight of our stresses, and the neglect of our dreams. Our soul is what makes us happy, hopeful, loving, caring, sharing, understanding and resilient. A toxic soul may even lose the very essence of life and living.

We are often exposed to negative attitudes and thoughts that attach to the soul, for example we absorb annoyed feelings of others, the anxiety of someone not responding to us, the stress of the morning rush to work, the sadness of a social media story, the irritable attitude of our partner, the hurt of losing a friend, the disappointment of not getting the job and more. All this gets attached to feelings of life's failures and gets deposited in our soul. Negative energy that builds up within our soul can lead to discomfort, lack of sleep and bad dreams. Soul detoxification is important to regularly remove the build-up of contaminants and toxins, which if unchecked can overpower our spirit for life and living.

For many people spirituality is intricately linked to association with religion and prayers that enhance personal relationships; with a higher power in God as well as Nature at different stages of life, adapting to the individual's experiences through all stages of life being good and living successfully and with satisfaction.

We need to learn to live in the present moment to totally feel free, energetic, healthy, full of love, peace and harmony whilst overcoming our fears, worries, obsessions and negative emotions.

Zen Resort Body Detoxification Program

The practical and unique innovations, including physical, psychological and spiritual therapies, that empower Zen guests to embrace sustainable living: in harmony with themselves, their fellow beings and the world around them. Our holistic and strategic approach to detoxification and wellbeing includes Ayurveda, yoga, meditation, pranayama, naturopathy, nutritious cuisine, diet and detox as well as a range of Zen Innovations relevant to detoxification of the body, mind and soul .

Here we give examples of the juice, soft food, Panchakarma detox of the body at Zen Resort. This in combination with yoga, pranayama, meditation and spiritual sessions will be custom designed in consultation with our team of Ayurveda and Naturopathy Doctors, Yoga, Pranayama and Meditation

professionals as well as psychologists and emotional wellbeing experts. Zen Resort is blessed with a high energy sacred site where many guests experience self-healing

ZEN 3-DAYS DETOX PLAN



DETOX DAY-1

- 7:00 AM : Zen Green Berry Booster (A Strawberry and Spinach Protein Smoothie)
11:00 AM : Zen alkalaniser tea (an aromatic blend of ginger, lemon and turmeric)
0 1:00 PM : Zen Flush Smoothie (celery ,green apple, cucumber and aloevera)
04:00 PM : Zen Coconut cream and Vegetable Soup.
07:00 PM : Zen Ayurvedic Cleanse Smoothie.

DETOX DAY-2

- 07:00 AM : Zen Golden Glow Smoothie (spinach ,banana ,pineapple , coconut water)
11:00 AM : Zen Ginger Tea
01:00 PM : Zen Green Goodness Smoothie (a wholesome blend of Cucumber, Spinach, Avocado, Celery, Mint, Coconut Water, Lemon, and Green Apple)
04:00 PM : Zen chlorophyll fix (dark green juice) chopped kale ,ginger , a pinch of cinnamon powder ,spinach ,cucumber, mint)
07:00PM : Zen revitalizer (celery, wheat, grass, broccoli ,lemon juice ,ginger)

DETOX DAY-3

- 07:00 AM : ZEN Powerhouse Smoothie(banana, coconut milk, nuts blended with loads of Sunflower and Pumpkin Seeds)
11:00 AM : Ayurvedic Punch (Lemon Juice with Turmeric &Ginger)
01:00 PM : Wholesome Pumpkin Soup, with Freshly Tossed Green Salad.
04:00 PM : Zen Beetroot Bliss (A Blend of Dark Red Beet Juice)
07:00 PM : Special Zen Enriching Cabbage Soup along with an Assorted Salad.

Guidelines during the Detox

1. **Morning lemon juice:** This is an oldie but a goodie to kick start the digestion and cleanse the system
2. **Raw foods**
3. **Detox the mind**
4. **Drink water**
5. **Body brushing**

6. **Chew:** Aim to chew each mouthful of food 10 to 12 times before swallowing. Bringing mindfulness to mealtimes improves digestion, allowing you to feel a sense of fullness without a need to overeat.

Don't detox if you are pregnant, breastfeeding, elderly, have high blood pressure, are underweight or against your health practitioner's recommendation. If you are concerned about your health, book an appointment with your DOCTOR who will advise a correct treatment plan.

At least 1 Day Prior the Detox

AVOID

- Animal products
- Processed sugar, high fructose corn syrup, Artificial sweeteners
- Processed foods (such as pasta, bread, soy products, pre-packaged salads, soups and dressing)
- Coffee and black tea (suggestion: switch to caffeinated green tea at least a week before juice detox and stop drinking caffeinated green tea all together at least two days before juice detox)
- Alcohol, Soda, Dairy
- Raw fish, Fried foods, Overeating
- Dehydration, eating before bed, over salting your food (no table salt)
- Eating poorly combined foods when you know they stress your system (fruit with protein or starch with grains, for example)
- Stress, lack of sleep, sedentary lifestyle, people who drain your energy (as much as possible)

What to Expect When You're Fasting

Tiredness, moodiness, anger, weakness, light headedness, insomnia, skin breakouts, irritability are among the more common ones. If you have a recurrent health issue (i.e. eczema, acne, sinus issues), be warned that may get worse before it gets better. It's important to be patient and breathe through these periods, call on a friend or chat with someone who is going through the same thing. You might find that a lot of emotional stuff surfaces, too. Just take deep breaths and know that these moments shall pass. By the end of the three days, you will be feeling incredible. Journaling every day helps, too.

Tips for Removing Toxins

1. Bashpasveda – Steam Bath

This is my favorite kind, far better than a Swedish sauna, because it penetrates deeper into the skin's layers and targets organs to detox from the inside out. Plus, there is no blasting steam, just a nice dry, comfortable heat.

2. Ayurvedic Massage

This is a wonderful way to move toxins out of the body. Not only does it feels great, it will help you sleep better, too.

3. Exercise – Nature Walks, Swimming, Yoga, Meditation, Pranayama

As mentioned before, do this at a pace that suits your body's energy levels during the juice fast. Gentle walks or yoga are great for the low energy days. If you feel up to it, do your normal exercise routine if that means a run or hitting the gym. Working up a sweat is also a great way to get toxins out of the body.

4. Sun

Direct sunlight on our bodies gives us energy, and that really important vitamin, vitamin D, which boosts our immune system and helps prevent cancer. Sunlight also triggers our body to produce 200 anti-microbial that kill off bad bacteria, fungi, parasites and viruses. Try to get at least 15 minutes to half an hour of sunshine a day, as the best way to get vitamin D into your body is on

skin without sunscreen. (Try to avoid peak UV periods if you're concerned about sunburn.) Roll up your sleeves or expose a leg or two!

Panchakarma: The Ayurvedic Science of Detoxification and Rejuvenation



Ayurveda, which literally means the knowledge of life is the traditional healing science of India. Viewing disease as the natural end result of living out of harmony with our environment, Ayurveda emphasizes re-establishing harmony and balance as the means of recreating a state of optimal health in our bodies and minds. While Ayurvedic methods utilize many therapies including herbs, diet, aromatherapy, colour therapy, mantras, yoga, meditation and general lifestyle counselling, the most profound of all treatments is that of Pancha Karma.

Panchakarma is the traditional form of detoxification of the body and mind that facilitates rejuvenation. It has been utilized for thousands of years as a method of staying healthy, young and vital.

Panchakarma is unlike any other detoxification program because it is fundamentally designed to remove a different form of toxin. While many toxins exist in our environment which accumulate and harm our bodies, Ayurvedic Pancha Karma addresses a special toxin called ama which is formed within our own bodies.

What is Ama?

Ama is the by-product of inadequate digestion. It has the qualities of stickiness and heaviness. In our bodies it clogs our systems and damages our tissues. It is among the most damaging of forces in our bodies and contributes to disease. Here is an analogy to help you understand how ama is formed. Imagine that there is a fire inside your stomach. Think of a campfire. If the fire is weak, it cannot burn up the wood put on it. Instead, the wood smoulders and begins to smoke. In the end, charred bits are left and the wood is not efficiently turned into ash. Poor digestive fire, or digestive strength, leads to food being improperly digested. This results in gas, bloating, burning indigestion, or constipation. In addition, a residue of this poorly digested food accumulates in your digestive tract and overflows into your bodily systems. This residue is called ama.

Ayurveda links the occurrence of ama in the body and a weak digestive system to the cause of such chronic conditions such as candida, chronic fatigue syndrome, migraine headaches, chronic respiratory disease and many other conditions. The process of Pancha Karma removes ama and clears the way for the body to re-establish an internal state of balance and harmony.

Ama may be present in the body if there is a coating on the tongue. A normal tongue appears pink throughout, but as ama accumulates in the digestive system, the tongue may appear with a white, yellow, green or grey film over it. In addition, in some cases the body and breath develop a strong odour and the stool becomes dense and sinks to the bottom of the toilet. (According to Ayurveda, the normal stool should float). If you have any of these signs, panchakarma treatment may be indicated.

The *Ama* Elimination Process

Before you undertake the process of Panchakarma, you should visit an Ayurveda expert who will determine your body constitution and current state of *doshas*. After identifying the cause of *ama* production in your body, he will be able to pick the tissues, channels and organs that need to be addressed through Panchakarma and accordingly devise the right detox program specific to your needs.

An ideal Panchakarma detox program consists of three phases – Purvakarma, Pradhankarma and Paschatkarma – which are described below.

- **Purvakarma**- Snehana, Abhyanga and Swedana
These pre-treatment techniques serve to prepare the body for the ama elimination process.
- **Snehana (oleation)** is the first step of Purvakarma and it consists of saturating the body with medicated oils in order to loosen ama and move it from deeper tissues into the gastrointestinal tract, from where it can be more easily cleansed. External oleation is called Abhyanga, which means complete body massage with medicated oils. Once the massage is completed, *Swedana* (steaming) is performed in order to dilate the channels and foster easy removal of *ama*.
- **Pradhankarma** – Vamana, Virechana, Basti, etc.
After Purvakarma, the *ama* moves into the gastrointestinal tract. Here, some main Panchakarma therapies such as *Vamana* (emesis), *Nasya* (nose cleaning), Virechan (purgation), and *Basti* (enema) can be used to remove *ama* through the body's normal channels of elimination.
- **Paschatkarma – Rejuvenation**
With the body clear of toxins and ama, it is much like a clean slate. Now the internal energy of the body can be rebuilt. The rebuilding process strengthens the digestive system and the immune system and entails taking additional special foods and herbs. These herbs are designed to enhance the strength of immune system and are revered for extending life. The end result of Pancha Karma is an optimally functioning digestive system and renewed internal energy. After receiving Pancha Karma the mind is light and clear, the body is pure and the energy is high. For many it is a life-changing experience.