

# Raw Detox Program

The Raw Detox Program is designed to reboot your system, clean out all of the nasty's, so your liver and endocrine system can return to a calorie burning machine. There are many reasons why this is really very important to your health. One of the main benefits from a detox is to provide a clean canvas, wipe the slate clean, and eradicate those harmful chemicals left to clog up your filtering system. So, how do we achieve this? While the detox system is very simple, make no mistake it is also very powerful. We recommend you prepare yourself mentally; this will change your life!

## What is a Raw Detox?

The Raw Detox program consists of live plant foods, such as fresh fruit and vegetables, sprouts, seeds, nuts. Whilst also drinking plenty of water, coconut water and herbal tea. High Frequency foods are those that are left in their natural state, unadulterated, live foods full of photon light, unprocessed, no chemical or genetic alterations. As energetic beings our body and all of its magnificent parts operate on their own frequencies and interact with the frequencies we introduce to them. High frequency live foods 'speak' to the body in the language designed for it.

Introducing high frequency foods allows the body to experience higher energy levels, a more conscious state of awareness, more balanced energy and greater satisfaction from our food. Consuming more foods in their raw state and less processed has enormous health benefits.



The Raw Food Detox Program includes three main meals, which are Breakfast, Lunch and Dinner. The Detox consists of a 5 day, 14 day and ideally 21 day total cleanse. All of these meals are prepared with the very best quality live produce, in season, sourced from local growers and brought straight from the farms to you. All of our produce has the best frequency gained from the sun, as it is super fresh!

The Detox program also includes 2 freshly cold-pressed juices that maintain the highest level of antioxidants at a higher frequency and in the best nutritional combination.