



Pre-detox

Pre-detox is a preliminary stage of a minimum of 3 days before starting the detox program. During this period, hard to digest and allergenic foods are eliminated.

- Eliminate prepackaged up food and beverages containing food additives, preservatives, and other chemical constituents.
- Eliminate caffeinated beverages, such as: coffee, black tea, and cola.
- Eliminate acidic foods, like meat and dairy products.
- If you need animal protein, you can eat saltwater fish.

If you follow these advices, you will be better prepared for a sequential detoxification. In this way, you can eliminate any headaches, dizziness, or queasiness during detoxification.

During the preliminary stage, you should drink at least 3 liters of water every day (alkaline water is preferred, ionized at pH 9,5). If you cannot find this type of water, add a tablespoon of baking soda to 1,5 liters of water (with a pH over 8).

- You should start your day by drinking two big glasses of water at room temperature.
- Avoid drinking water during meals. The ideal situation is to drink water half an hour before each meal or one hour after each meal.
- Breakfast can consist of fresh fruit or vegetable juice.
- Salads, soups, beans dishes, lentils and approved cereals (quinoa, buckwheat, brown rice, millet, amaranth) are recommended for lunch and dinner.
- As a dressing for salads, you can use cold pressed olive oil, flax oil, pumpkin seeds, or sesame. For seasoning, you can use any type of spice, vinegar, Himalayan salt, or pepper.
- If you feel the need for a hot drink, you can have herbal tea anytime you wish.
- The less bread you eat, the better. If you need to eat bread, eat only 2-3 slices of gluten-free toasted bread a day.

Other mentions:

- In the first two days we will book the meeting with our doctor (specialized in Diabetes, Nutrition and Metabolic Diseases) and we will do the body analysis before you will serve the first juice.
- We have a relaxation area, with steam bath, infrared sauna and Turkish bath. We recommend the infrared sauna each day, two sessions of 30 minutes each.
- We kindly ask all our guests to keep silence while inside the relaxation area. Please do not use you mobile phone in the relaxation area.
- If you wish to leave earlier from the center, we can prepare the juices in advance (this would be the case if you want to leave before 8 pm)
- We will make an appointment for Angel of Water daily (for Master Detox Program), according to our booking schedule.
- Enjoy our library. We have many books available for you, in order to gain more knowledge about detox/changing your lifestyle/nutrition habits.
- Our reception team will offer you a bracelet for your locker room, where you can find: a bathrobe, towels, slippers and pesthemal for the Turkish bath.
- We recommend you bring special clothing for our activities (morning walk in nature, meditation, etc) and a swimming suit for the sauna.
- We recommend to bring your blood tests with you (if done in the last 2 months). You can do the blood test in our center, as well, during your first day. For example, for Ozone Therapy the thyroid tests are mandatory.