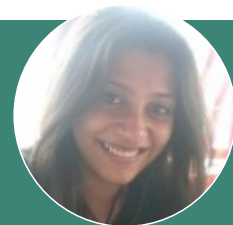




DETOX IN 10 DAYS

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Yoga Teacher
& Writer

"Every little cell in my body is healthy,
every little cell in my body is well,
Ooh! every little cell in my body is healthy,
every little cell in my body is well.
I'm so glad, every little cell,
every little cell in my body is well."

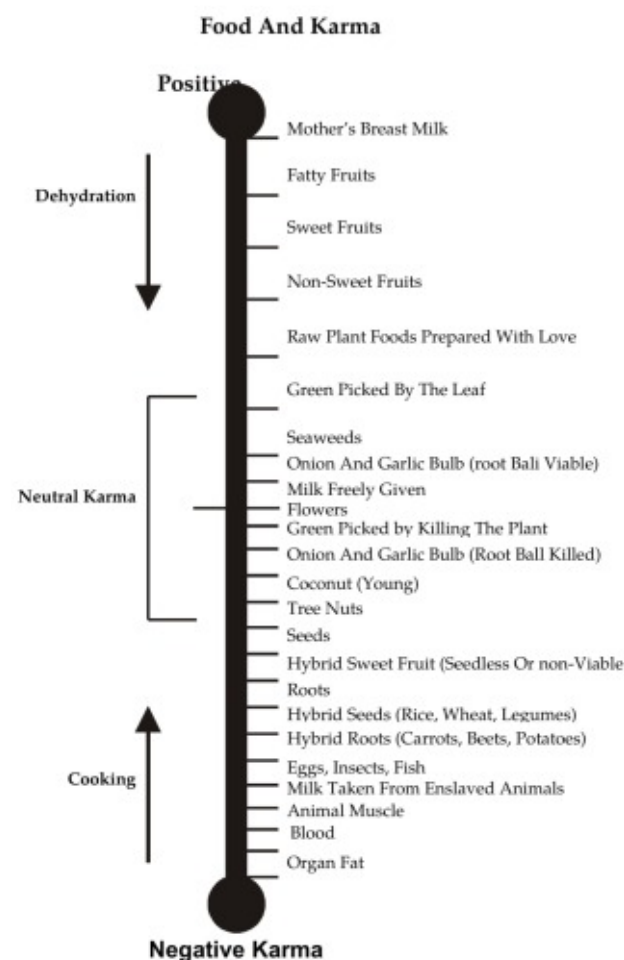
Understanding detox is one of the most important steps in making the right choice for your body amongst the vast variety of programmes now available in the market. Most of us believe that losing weight entails stringent diets that are meant to cause drastic transformations in our bodies. Diets do not necessarily result in fat loss and bear the question of sustenance. A detox on the other hand is much like servicing the various parts of your car. The more dirt gets washed, the more efficiently your car will work. Hormone production automatically falls into place and metabolism increases resulting in optimum fat loss.

At Prisim, our detox programme primarily focuses on holistic health through various therapies. Therefore, through our ten-day detox programme our members are subjected to various therapies in accordance with their body's requirements.

Let's try and understand what toxins really are before we delve deep into the subject. Heavy metals such as mercury and arsenic, that can enter your body through teeth fillings and medicines are extremely harmful for your body. Pollutants like pesticides, opportunistic such as candida, virus and bacteria, electromagnetic vibrations emanated from your phones and televisions, food toxins such as GMO foods, adulterated goods, processed and packaged foods- are some of the primary causes of toxicity increasing in your body. Emotional imbalances like anger, depression and resentment lead to formation of extreme illnesses in the body. Once the body eliminates stored poisons that accumulate in the blood stream, the cells of the body are nourished, thus enabling the immune system to strengthen, rebuild itself and protect the body from germs and viruses. Deficiency is essentially nothing but undernourished bodies that are not receiving balanced proportions of nutrients from food. If we overeat, the digestive tract is also getting overloaded causing allergies of all sorts.

At Prisim, our detox programme primarily focuses on holistic health through various therapies. Therefore, through our ten-day detox programme our members are subjected to various therapies in accordance with their body's requirements. Each day they undergo different therapies for four hours. Our therapists are specially trained to accommodate the programme in accordance with the requirements of each member. They are asked to consume raw foods specially prepared at our institute. Caffeinated drinks like tea, coffee, alcohol, all forms of refined sugar, iodised salt and all refined flours are eliminated from the diet.

Members are asked to refrain from consuming all forms of meat. This is because these animals are injected with all kinds of steroids and chemicals that enter the human body and create greater harm. When these animals are killed, the pain and negativity that they endure, in turn, enters our body and creates a lower vibration.



The primary goal to be achieved through a change in diet is to create an alkaline atmosphere in your body that will in turn enhance oxygenation and cell production.

Some of the treatments used during the detox programme include:

- 1) Ayurveda - Balancing the tridoshas- Vata, Pitta and Kapha is one of the most important goals of Ayurvedic health and healing. Through the treatments, we aim to target the following aspects:
 - All the dhatus or tissues of the body must perform their respective tasks with efficiency
 - All the srotas or channels of the body must be unblocked and free
 - The agni aspect or the fire element- that drives digestion and metabolism must be functional
 - The three malas- sweat, urine and feces- are adequately produced and eliminated
 - Mind and body are in harmony with one another which in turn creates a sense of physical and emotional wellbeing.
- 2) Chi session- A special 'Chi-Machine' is used as a therapeutic massager which helps relax the muscles and increases blood circulation. Because the massage with the 'Chi-Machine' is performed while you are reclining and relaxed, weight is removed from the spine bringing about a sense of extreme comfort and pleasure.

The Mid Position



The Goldfish Position



The Stretched Back Position



- 3) Reflexology Disc- A reflex disc is an automatic response to a stimulant. Stimulating a foot reflex results in electro chemical nerve impulses and has a direct effect on the associated body organ, gland or part.
- 4) Rebounder- A technique that keeps your immune system healthy and keeps infections at bay. It checks the lymphatic system works to its fullest potential thus ensuring bacteria and toxins are filtered out of the body system.



- 5) Colon Care- Lack of sufficient enzymes result in digestive disorders. The digestive tract is like a processing plant that breaks down components of food, for absorption from the intestines into the blood stream, and expels waste products from the body, if the body is healthy. A variety of disorders disrupt the digestive process. At Prisim, we help our members with all digestive disorders through hydro colon therapy. The colon requires a cleansing program for maintaining a healthy body. For this, a high fibre diet, including plenty of fruits (unless Candida is an issue), vegetables and whole grains, as well as a balanced fibre supplement are introduced. Hydrotherapy is water therapy. Colon hydrotherapy then, is water therapy in the colon. The most common form of colon hydrotherapy is the enema. It involves the infusion of water into the rectum.
- 6) Wheatgrass- Dr Birscher, called chlorophyll 'concentrated sun power' He said that chlorophyll increases the function of the heart and affects the vascular system, the uterus, intestines as well as the lungs. According to him nature uses chlorophyll as a body cleanser, rebuilders and neutraliser of toxins. It purifies the blood, reduces blood pressure and aids circulation. It has several properties that aid dental care and can also be used as a steriliser. At Prisim, we provide freshly grown wheatgrass for consumption at home and also provide fresh wheatgrass shots to be consumed during the detox programmes.
- 7) Healthy Diet- Most importantly, we focus on a healthy raw food diet. As stated by Hippocrates- the father of medicine, "Your food shall be your medicine and your medicine shall

be your food." Today more than ever, we must pay heed to his word. Malnutrition strikes the weakest part of the body and results in terminal illnesses such as cancer, heart problems and diabetes. We can allow our bodies to heal themselves, while returning to a more holistic way of living and particularly by eating living foods. We must be discerning in our food choices. The threat of pesticides, danger of animal products, soil demineralisation and genetic engineering can no longer be ignored.

Protein is the most concentrated form of nourishment and requires the greatest amount of time for digestion. Protein consumed in excess contributes to toxic waste build-up in the body. Excessive protein can result in diseases as well. Protein is just as important as any other nutrient.

We propagate sun foods diet as well. Sun foods are raw plant foods grown under the influence of direct sunlight in a natural state. Sun foods are beneficial in improving digestion, managing weight, curing or preventing chronic degenerative disease, increased mental clarity and life extension, boosts the immune system, brings out creativity, clears emotional blockages and creates a happier and healthier life for you. This cuisine includes fruits, vegetables, seaweeds, nuts, sprouts and sprouted grains. Sprouts are full of enzymes and fibres. Greens on the other hand, are powerhouses grown in the earth.

8) Yoga- Yoga is a means to calm the mind, bringing the mind into a state of dhyana, paving the way to salvation. Patanjali, the father of yoga, explains yoga as an eightfold path which he has called Ashtanga Yoga.

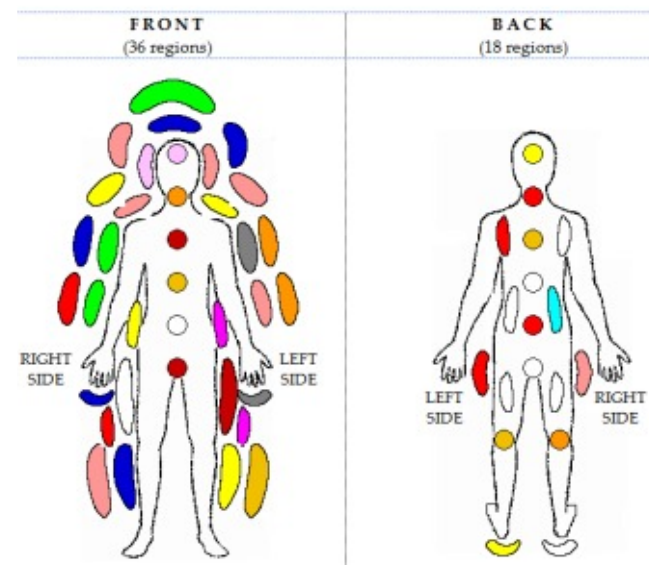
At Prisim, we focus on Asanas and Pranayama as therapies that enhance body performance and calm the mind. Practising asanas cleanse the body. They increase circulation of fresh blood through the body, purging it of diseases and toxins. They restore strength and stamina to the body. Pranayama works on the physical, sexual, mental, spiritual, intellectual and cosmic level. 'Prana' or 'breath,' is directly linked to the mind. Through the practise of Pranayama, the cells of the brain and the facial muscles remain soft and receptive and breath is drawn in or gently released.



9) Aromatherapy- Aromatherapy entails utilising the beneficial properties of a plant to treat common ailments, promote good health and emotional wellbeing. The captured living element of a plant is called the essence of the oil. Essential oils are extracted from different parts of the plant i.e., petals, seeds, bark, leaves, stalks, root, kernels and flowers. Owing to the smaller molecular structures, these oils penetrate the skin and fatty tissue easier than vegetable oils. These oils can be used while taking a bath, soaking your feet in water with the oil, blending it into your massage oil or via steam inhalation.

10) Practising Mindfulness- Mindfulness is one of the most important tools that must be utilised to discipline our mind. It is important to observe our thoughts and affirm positivity into our consciousness. It is equally important to be weary of the words we use, as words have a vibrational energy. The thoughts we think and the words we speak register in our cells as DNA. The act of crying serves to relieve the stress caused by an overabundance of chemicals created by a particular feeling. Never apologise for crying or shedding tears. We service our health as well as our emotions when we cry. At Prisim, we hold special therapy sessions termed as 'Emotional Catharsis' that cater to release of such pent-up emotions and pave the way for a lighter and healthier version of you.

11) Aura Scan- An aura scan is done on the first day to see what are the problem areas within the physical body and the energy blockages within the chakras. A few sessions of aura cleansing are a part of the 10 day detox programme to remove these energy blocks and begin a flow of healing energy. Then on the last day of the detox, another aura scan is done to see what transformation has come about in these ten days and to gain some perspective on what further lifestyle changes need to be made.



12) Bath Salts- Soaking in a tub full of warm water makes one feel good, as it rids the body of toxins. At Prisim, these bath salts are prepared in house for the benefit of our members.

13) Reflexology- Reflexology is the healing science in which, by the application of pressure to nerve reflex centres, functions of distant parts of the body are normalised. It is a miraculous means to maintain the body in operating conditions. It utilises the thumb or forefinger to apply fine, deep pressure to appropriate reflex points in order to remove blockages in energy pathways and open the channels to facilitate a natural healing process.

It is very important to allow the body to release pent up emotions, mental habitual patterns that are detrimental to health, and release toxic patterns that have formed in the body. Most importantly, it is critical to develop a friendship with your body and attempt to understand it better so that you might find the right form of healing for your body. We hope to be able to heal one individual at a time and help make this world a better place to live in.

"These ten days have been the best days of my life. They have been a complete eye opener and mind opener. Every therapy has been a new experience. Even the reflexology is very different from other spas as it caters to each other's needs. I really don't know how people are not aware of it. Cooking has been great. I did a few turns and wish I could have done more. The Yoga was wonderful. I will surely continue it in future. The ozone bath tab and full body massage was excellent. The blind masseurs are wonderful and motivate you so much. Even though they have so called limitations, they continue working with a smile on their faces. We have no reason to grumble. The bath salts are awesome! Essential oils are amazing! I've been getting up early feeling fresh and awake with a smiling face. Prior to the detox I would sleep much longer and wake up feeling tired and worn out.

The initial days of the detox were a bit overwhelming. I had headaches as a result of giving up my masala chai. But from the third day onwards, I didn't miss anything. I felt the

raw food was so nutritious and tasty as well. The hydro colonics was amazing! I was really scared the first time. But the therapist was so good that she kept distracting me and tried making me feel comfortable. The second session onward, I felt very comfortable. The therapist was taking necessary precautions in order to look after my issues. Mentally, physically and in every way, I was very comfortable. The therapists were excellent in every way. I felt a wonderful connection with them. They make you feel they are there for you. The talks we had in the Emotional Catharsis were very beautiful. I really feel light. I've never done anything like this before. Talking one on one and sharing, made me feel nice. I'm so glad I could open up. At the end, I really felt nice.

- Urvi Mody
(Ten day detox member)

Prisim Healing Institute is an alternative health center that believes in healing one individual at a time.

We have various complementary therapies that help an individual to reach to their optimal health.

- 10 Day Detox Programme
- Brahma Satya Energy Healing
- Aura Scan & Analysis
- Aura Cleanse & Chakra Alignment
- Crystal Healing Workshops & Crystal Grid
- Yoga & Zumba
- Sujok & Acupuncture
- Sound Therapy
- Art Therapy & Zentangle
- Emotional Catharsis
- Fairy / Angel Card Reading
- Healing Meditations - Chakra Meditation, Naadabrahma etc.
- Numerology
- Hypnotherapy / Past Life Regression
- Clearing of Spaces
- Reconnective Healing & The Reconnection
- Heartlight Ascension
- Raw & Vegan Foods by Prana Kitchen



PRISIM

THE HEALING TEMPLE

an ALTERNATIVE THERAPIES CENTRE with a difference

Colon Hydro Therapy • Enema • Dietary Session • Raw Food Meals • Yoga • Reiki • Massages
Aura Scanning • Fairy Card Reading • 10 Days Detox Programme • Facials ••• and lots more....

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