

# Sample Day at the Health Retreat

## Juice Fasting Day



|                  |                                     |  |
|------------------|-------------------------------------|--|
| 7:00 a.m.        | Yoga Class                          | Enjoy a gentle work out in a peaceful setting.   |
| 8:00 a.m.        | Check-Up                            | Check your weight and blood pressure every morning to celebrate the progress.  |
| 8:30 a.m.        | Isotonic Drink                      | Wow! Guest's call the Isotonic the blast of the day!   |
| 9:00 a.m.        | Water                               | Dilute the toxins and cleanse your kidneys.  |
| 9:30 a.m.        | Liver Drink and Liver Rinse Tablets | This juice blend will cleanse your liver and gallbladder even more thoroughly.   |
| 10:00 a.m.       | Sharing Time                        | Grab a box of tissues and join us downstairs for a time of love, laughter and tears as we share lessons of life.                                 |
| 10:45 a.m.       | Wheatgrass and Lavoy Wine           | Get a nutritional bomb and drink our custom-made wine which has absolutely no alcohol.   |
| 11:00 a.m.       | Brisk Walk and Deep Breathing       | Boost your immune system and get your blood moving faster.   |
| 12:00 a.m.       | Health Lecture                      | Be sure to have a pen close by as you'll want to jot down all that you learn during lecture time.  |
| 1:00 p.m.        | Parasite Juice and Parasite Formula | As you go to the bathroom, see whether somebody waves at you!  |
| 1:15 p.m.        | Water                               | Re-hydrate your body some more!  |
| 1:30 p.m.        | Afternoon Nap                       | Snooze and get refreshed.  |
| 2:30 p.m.        | Liver Detoxifier                    | As you see this day we focus on liver. Enjoy another delicious juice!  |
| 3:00 p.m.        | Afternoon Stroll                    | Feeling adventurous? Hike along the seashore in a beautiful park, do a gentle work out in the gym or just sit by the ocean and enjoy the breeze. |
| 4:00 p.m.        | Health Video                        | Awaken your mind to the possibilities of natural wellness and tips on raw food prep.   |
| 5:00 p.m.        | Treat Juice and Parasite Formula    | Carrot, ginger and apple juice, definitely one of guests' favorite!  |
| 6, 7 and 8 p.m.  | Steam Bath                          | Notice your skin become baby-soft as you enjoy the warmth of the steam bath and cold of contrast showers.  |
| 8 a.m. to 9 p.m. | Spa Services and Treatments         | Pamper yourself and get cleansed even deeper.  |
| 9:00 p.m.        | Lights Out                          | The day is done, you need your sleep. Good night. (No pillow fights, please!)  |