

Integrative Detox Programme

Why detox?

Unfortunately, in today's times, our exposure to toxins has increased exponentially. Heavy metals, bacteria, drugs, pollution, pesticides and microbial toxins are ubiquitous. When the body becomes overwhelmed with large amounts of toxins, these become stored within the body, clogging the digestive and the lymphatic systems and contributing to dis-ease.

Conditions which may benefit from our Integrative Detox include:

- Low energy
- Hormone imbalances
- Digestive conditions
- Poor immune function
- Problematic skin i.e. acne, eczema and psoriasis
- Poor nutrient absorption
- Painful joints
- Low energy and vitality
- Poor memory and concentration
- Headaches and migraines

What's included in the programme?

- 1 x Initial Detoxification Assessment
- 5 x Colonic Hydrotherapy sessions
- 5 x Advanced Manual Lymphatic Drainage (AMLD)
- 1 x liver/gallbladder flush protocol
- 1 x Nutritional Consultation with our resident Nutritional Chef
- 1 x detox tea
- 1 x liver detox homeopathic remedy
- 1 x follow up Detoxification Assessment
- Unlimited email support through the duration of the programme

Total price: £1000 (worth £1250)

NB: Please speak to your clinician for additional Naturopathic Consultations, Colonic Hydrotherapy and Advanced Manual Lymphatic Drainage treatments.

