

Atmanjai - for your radiant health and vitality

guide to cleansing guide to cleansing



Atmanjai
Detox • Yoga • Wellness

www.atmanjai.com

Atmanjai - for your radiant health and vitality

Dear Friends,

A healthy welcome to the amazing benefits of body cleansing and tissue re-generation at Atmanjai Healing Center, Phuket Island, Thailand.

Our programme has been completed by thousands of people, comfortably and simply. We are delighted by your interest in recovering zest and vitality, and pleased that we can offer you the opportunity to renew your body.

You will reap the consistent benefits of your programme such as; improved general health and weight loss, but more importantly for some will be the experience of feeling relaxed, happy, cheerful, and confident to a degree that you may not have enjoyed for many years.

There are some important distinctions that distinguish Atmanjai from other "Healing Center", and we want to share these with you:

Firstly: We are not a Fasting & Detox center, (in fact most "Healing Centers" are not). We offer proven Tissue Cleansing programmes to cleanse your body tissue so that physical, mental, emotional healing can take place.

Secondly: Atmanjai programmes are designed so that you can spend minimal time at our center, allowing you to explore and enjoy beautiful Phuket.

Thirdly: Atmanjai can be translated in two ways; "Loving Spirit" or "Victorious Soul". Our hope for you is that by undertaking this cleansing process, that you will enjoy physical benefits, and equally importantly, that you will restore yourself to feeling free to express yourself as the wonderful, loving human being that you are.

Fourthly: For special cases with chronic conditions, we can introduce you to skilled specialists and therapists, who are experienced in caring for guests who are undertaking a Cleansing Program.

For more information on:

- "What is Tissue Cleansing" see page 8*
- "What is Atmanjai" please see page 11*

Our role is to ensure that you are professionally and lovingly cared for while undertaking your programme. We will support you through any anxieties, concerns, and new experiences. We know already that you will progress through the cleansing programme with grace, ease and elegance, and that by participating fully you will leave Atmanjai with your expectations met.

Much Love and Warm Regards

The Atmanjai Team

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What is the Atmanjai Healing Center?

About Atmanjai

Atmanjai is a facility dedicated to providing a relaxed, comfortable environment for people to undertake professionally supported Tissue Cleansing programs. The center operates under the guidance of experienced western management, in concert with loving and caring Thai staff.

Accommodation

Because Atmanjai is located within the beautiful grounds of the Friendship Beach Resort, we can provide you a broad range of accommodation choices, all at very reasonable rates.

From standard rooms through to beautiful beach-front suites with Jacuzzi and beach-view bathrooms, your accommodation sits in an environment of stillness, peace and quiet, enhanced by our lush tropical gardens.

We limit the number of guests participating in Atmanjai programmes to a maximum of 12 persons at any one time. This ensures we always have accommodation available for you.

Local Phuket residents are welcome, and frequently participate in our programs while based at home. Whether you are staying with us or at home, you do need to about 2½ hours at the center each morning, and another hour in the evening. We do encourage you to spend as much time here as possible, as rest and relaxation are important parts of your cleansing process.

Note: Accommodation is not included in our program fees. This is to allow you the flexibility of selecting the accommodation category that best suits your needs and budget.

What is the Atmanjai Tissue Cleansing Program?

Our program has been proven as the most effective Tissue Cleansing process for more than 30 years. Thousands of people have regained vitality, energy, flexibility and peace of mind through the “Master Cleanse” detox program. We offer three programs of graduating levels of cleansing intensity.

- Program 1 – Atmanjai Raw Food Programme.
- Program 2 – Atmanjai Power Cleanse Programme.
- Program 3 – Atmanjai Master Cleanse Programme.

For a description of programmes see Page 5, or visit our website, Atmanjai.com.

The Benefits of Detoxing with Atmanjai

Atmanjai is the only beachfront Healing Center in Phuket, Thailand. Our typical guest will visit and stay with us to cleanse their body of accumulated physical, mental, and emotional toxins that are a consequence of modern stressed lifestyles.

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Guests undertaking programmes at Atmanjai are guided, educated, supported and supervised throughout the entire process.

Daily Yoga and Massage, and Meditation Classes are included in your programme and are significant contributors to the process of detoxing. Counselling and coaching are available for guests who wish to avail themselves of these services.

The results of Tissue Cleansing are phenomenal. We have observed countless people rediscover an energy and happiness that they haven't experienced in decades. It is truly an amazing experience to cleanse the body so that it can get back to doing what it was designed to do. The majority of our guests move from a place of poor health and emotional stagnation to a state of vigour and joyfulness within a 7 day programme.

We consider weight loss to be a secondary benefit of returning your body to a clean state. That being said, weight loss of around one kilo per day for males and half a kilo per day for women is a consistent result. If you are slim or underweight then you will not lose this amount of weight, and may find that you can gain weight after the programme as your body will be better able to metabolise nutrients you consume. To retain these results you may need to make some adjustment to the quality and quantity of your food intake post-cleanse. You will already know if you are one of these people!

The purpose of the Tissue Cleansing process is to remove built-up toxic substances that have accumulated in your body. This releases toxic load that your body has been compensating for, and allows each organ and tissue in your body to recommence its normal function – thus removing restrictions that have prevented you from experiencing, healing, energy, vitality, and excellent health.

These toxic accumulations have been collecting since childhood and also include "Toxic Emotions" that are residual from unhealed emotional hurts and wounds. We know of no more powerful therapy to heal and cleanse deep-seated emotions than our Tissue Cleansing programmes. Our process is simple, and we have an easy to follow system. Although you will not be consuming food on the Power Cleanse and Master Cleanse programmes, the organic herbal supplements, cleansers, and bulking agents ensure that you do not experience physical hunger during the cleanse.

Your level of commitment to following our programmes will be reflected in the results you achieve. Interestingly, another significant secondary benefit is the reduction and in many cases, remission of addictions such as; alcohol, caffeine, recreational and prescription drug dependency and tobacco. This happens without any conscious effort as your body returns to it's natural state of internal cleanliness and harmonious functionality.

We make no claims to cure sickness and disease, although in many instances that is precisely what happens. Conditions like high blood pressure, psoriasis, eczema, constipation, arthritis, chronic fatigue, MS, Candida, chronic allergies and many others health imbalances are often rectified. Associated with the improved levels of energy you experience, you may experience increased libido and a renewed interest in sexual activity. Men in particular are often pleased with these remarkable physical improvements.

Thai Garden Spa & Herbal Steam

Your program includes a daily choice of; relaxing Oil Massage, invigorating Traditional Thai Massage, or a full facial. Whichever you choose, we know that you will appreciate and feel the difference. Treatments can be conducted in a beachfront sala or in the privacy of your room.

Your skin is your body's largest eliminatory organ. During a Cleanse Programme, increased levels of toxins will be evacuated via your skin. Therefore we highly recommend that you participate in daily "Thai Herbal Steaming" during your programme to open the pores and accelerate the release of toxins. We provide complimentary transport to a local Spa where you will receive a complimentary herbal steam daily.

Yoga and Meditation

Your day at Atmanjai begins on the beachfront with a morning session of light exercise. Normally this is Yoga in the fresh sea air under our shaded, beachfront sala, although sometimes it could be a walk on the beach, stretch class, or water activities. This event commences every morning at 7.30am.

We do this morning activity to wake up your body, increase your flexibility, and follow the physical regime with a short meditation to recharge and integrate the Body Mind and Spirit.

Private Yoga classes are available upon request.

Atmanjai Daily Routine

On your first day you will visit the Phuket International Hospital to take your Pre-Cleanse Medical Check. Assuming that all is well, you can commence your programme the same day. During your time with us, don't be surprised to find yourself waking earlier, and going to bed earlier as your body re-aligns itself to its natural rhythm.

Listed below are some key components of some of our programmes.

*** Cleansing Drink**

The cleansing drink consists of two parts to be mixed separately and consumed in succession.

Part One is a combination of water, psyllium and bentonite clay. You will shake this well and drink quickly as the mixture thickens if left standing.

Psyllium: is a natural fiber that serves three purposes, providing bulk to allay any feelings of hunger; providing the bowel substance to work with, and being an effective "pusher" and gentle scrubber of the bowel wall.

Bentonite clay: is very useful in absorbing toxic substances. It can absorb 40 times its own weight in toxic substances. It acts like a sponge mopping up undesirable debris.

Part Two is a combination of water, honey, and apple cider vinegar.

Apple Cider Vinegar; is very high in potassium and is good to relieve any mucus or catarrhal conditions. It helps provide needed nutrients to muscle tissue.

*** Power Supplements**

The Power Supplements are an organic herbal compound in capsule form. They are designed to provide nutrients and deliver components that will soften and liquefy compacted fecal waste. Our own formula, this helps most to bring down the bowel mucous lining. It is a powerful digestant substance and loosens the lining.

*** Master Supplements**

The Master Supplements include the following:

Silymarin Tablets: an extract of Milk Thistle that promotes cleansing of the liver.

Cod Liver Oil: provides lubrication and helps work with the liver in cleansing. It provides vitamins A and D which are needed for good elimination.

Sea Kelp Tablets: quicken the thyroid gland and speed up metabolism while bringing heat to the body, causing the blood to circulate more deeply.

Liquid Chlorophyll: a rich source of vitamins, minerals and enzymes that help in the cleansing process. It is soothing and reduces inflammation, swelling and pain. It disinfects and cleanses. *"When you are green inside, you are clean inside".*

Niacin: Vitamin B-3 in tablet form. Can produce a hot, red flush and is used to push the blood deep into under-active tissues so that we can strengthen them with vital nutrients.

The Master Programme also includes:

Flaxseed Tea: flaxseeds are an excellent bulk maker. Flaxseed Tea is a useful bowel lubricant.

Liquid Calcium: some would say that mineral needs are even more important than vitamin needs since the human body cannot make minerals. It is evident that keeping a mineral balance in every tissue, fluid, cell and organ in the human body is a key to maintaining health. It is a highly absorbable; easily assimilated formula that contributes to sustaining bone, muscle, connective tissues, hair, skin, and nails, as well as assisting in conditions of anxiety, nervousness, muscular tension or cramping, and feelings of pressure.

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Your typical daily routine is outlined below.

TIME	ITEM	RAW	POWER	MASTER
07:00	Cleansing Drink	✓	✓	✓
07:30	Yoga	✓	✓	✓
08:10	Meditation	✓	✓	✓
08:30	Power Supplements	✗	✓	✓
	Master Supplements	✗	✗	✓
	Flaxseed Tea	✗	✗	✓
	Liquid Calcium	✗	✗	✓
09:00	Fruit Salad	✓	✗	✗
	Morning Colema	✓	✓	✓
10:00	Cleansing Drink	✗	✓	✓
11:30	Power Supplements	✗	✓	✓
	Master Supplements	✗	✗	✓
1:00	Cleansing Drink	✗	✓	✓
	Vegetable Salad	✓	✗	✗
2:30	Power Supplements	✗	✓	✓
	Master Supplements	✗	✗	✓
3:00	Massage	✓	✓	✓
4:00	Cleansing Drink	✗	✓	✓
5:00	Evening Colema	✗	✓	✓
6:00	Steam	✓	✓	✓
6:00	Vegetable Salad	✓	✗	✗
	Power Supplements	✗	✓	✓
	Master Supplements	✗	✗	✓
	Flaxseed Tea	✗	✗	✓
7:00	Meditation	✓	✓	✓
7:30	Cleansing Drink	✓	✓	✓
9:00	Liquid Calcium	✗	✗	✓
	Cod Liver Oil	✗	✗	✓
10:00	Sweet Dreams	✓	✓	✓

What is Tissue Cleansing?

The Doctor of the Future

WILL GIVE NO MEDICINE

But will interest his patients
in the care of the human frame, in diet,
and in the cause and prevention
of dis-ease.

Thomas Alva Edison

The Pre-Cleanse

Before a Tissue Cleansing programme it is essential to "Pre-Cleanse".

"Pre-Cleansing" involves a gradual process of reducing and removing certain foods from your consumption. This moves you from an "acid" food intake, to an "Alkaline" food intake and increases the supply of electrolytes required for your body to undertake the programme comfortably and effectively.

Entering one of our programmes without preparing your body can result in rapid toxin elimination which consequently can result in some discomfort including headaches.

As you reduce your intake of "acid" foods, your energy levels may change, and you could feel less ambitious, less stressed, less active, less anxious, and possibly a little weak. You may also be more imaginative, and experience more calm.

During the Pre-Cleanse you may experience a little nausea depending on the level of toxicity in your body. This is more likely if you are a heavy smoker, a regular coffee drinker, or a frequent consumer of chocolates, candy, or alcohol. Conversely, if you already have a good diet, you may find yourself feeling quite a sense of vitality and increased levels of happiness and creativity.

In the Pre-Cleanse you will eliminate all meat, dairy, and eggs, (natural unflavored Yogurt is OK).

Stage 1: Continue to consume fish, brown rice and vegetables.

Stage 2: Eliminate all fish, legumes (beans), bread, and flour products, (including noodles and cakes).

Stage 3: Only consume whole grains such as brown rice, rye or oats, vegetables (both cooked and raw), fruits and fruit & vegetable juices. Eliminate all salt, sugar, spicy sauces, honey, coffee, cigarettes and other drugs and alcohol.

The longer you Pre-Cleanse, the better results you will achieve at Atmanjai. You can start the Pre-Cleanse at any time, but need to be at Stage 3 between three to seven days before commencing your Atmanjai programme. This means you need to only eat vegetables, salads, fruit, and fresh vegetable & fruit juices. You can eat all fruits and vegetables and their juice, with the exception of potato. Try to focus on consuming greens such as spinach and broccoli, and apples.

Suggested Breakfast

Fruit, fruit, fruit! Bananas are a great source for carbohydrates, and Apples for pectin which supports moisture retention in the bowel wall. Papaya, oranges, pineapple, and pears are also good. Only eat one or two fruits at a time.

Suggested Lunch & Dinner

Salads with olive oil dressings and vegetable soups. Consume as much fresh vegetable & fruit juice as you like, but do not combine fruit and vegetable juices. Ensure there is no sugar added.

During the Pre-Cleanse, drink as much water as you comfortably can, don't consume carbonated drinks and juices that come in boxes. Boxed juices are usually UHT treated, and much less beneficial than fresh juices, but passable if you are really pushed for convenience. Be aware that these drinks are left with little or no enzymes after processing. In the tropics a humble coconut offers a meal in a moment.

Usually, the "pre-fast" runs over a period of two weeks but if you are a vegetarian, as little time as three days will suffice.

If you cannot manage a completely raw food Pre-Cleanse, attempt a diet of 20% cooked and 80% raw items. For example, drink water and eat some fruit such as banana, papaya, or mango. Treat yourself to a cooked breakfast or brunch mid-morning, (rice and vegetables or porridge oats).

In the afternoon and evening take juices and salad, and try not to eat any more cooked food. Snacking on nuts, prunes and currants is fine if you need to have something in your mouth. A salad or a litre of fresh vegetable juice will help get you through any hungry periods during the day.

A Psyllium Husk drink once or twice a day provides bulk to ward off hunger pangs. The results you achieve in your Tissue Cleanse Programme will reflect the level of commitment you make to the Pre-Cleanse procedure.

Because it is not always convenient to Pre-Cleanse in your home environment, we offer a Raw Food Cleanse that is suitable as a Pre-Cleanse and as a transition to a normal diet Post-Cleanse.

Your Cleansing Commitment

Excellent results can be achieved in only seven days, and we encourage you to consider a ten day programme. In a ten day period your blood supply is completely renewed. For best transition allow one or two days at each end of the programme to acclimatize and be best prepared.

While on our Power Cleanse or Master Cleanse programmes your only intake will be herbs, cleansers and water. During this simple and easy process you will be guided and supervised by experienced staff members who have "Cleansed" previously.

Transitioning after the Cleanse

Anybody can Cleanse, but to transition after a Cleanse properly takes knowledge, will power and wisdom. It is very important for you to proceed gradually.

Take acidophilus tablets orally for a week, (we will supply these to you). The second step is to eat food! You may think you'll want to eat lots, but in fact you will not eat much at all. Perhaps an apple, or some slices of papaya will more than likely fill you.

When you start to eat, you most need to resist temptation!!! Eat only fruits all that day. The following day you can begin to eat small portions of salads, stay away from processed dressings, drink as much vegetable juice as you like. Stay on raw-foods as long as possible, this will continue the weight loss and detox. Remember, **AS SOON AS YOU EAT ANY COOKED FOOD THE CLEANSE AND DETOX IS OVER!**

When you consume cooked food again, try to have vegetables and soups as the cooked part of your diet. Stay on this regime as long as possible (at least a week) before progressively introducing whole grains like brown rice and cereals. To gain maximum benefit from your Cleanse, avoid all bakery and dairy products, processed foods, alcohol, and tobacco.

If you experience cravings, investigate why you are craving. What is the link between the emotion and the food? Believing you will feel better if you treat yourself with any food is normally an indication that there are emotions controlling your diet.

HUNGER VS NUTRITION

After your programme, you will be more acutely aware of your body's requirements for optimal health. When your body signals to you, "I am hungry", what will you eat?

Many food intakes will satisfy hunger pangs, but most are not nutritious. In fact you may not even be hungry. Your body could be dehydrated and you are so accustomed to misreading signals from your body that you have gotten into a habit of eating when you should simply have a glass of room temperature water. That is why oftentimes after you eat, within a short period of time the body is again signaling, "I am hungry", because either you misread the signal and should have drunk water, or what you consumed did not provide the nutrients required.

When you nurture your body it is with "live foods", fresh raw fruits and vegetables, and their juices. When you feed your body, it is with "dead foods", processed dairy products, animal carcasses, and cooked items with limited nutritional value.

Your body operates like your computer – Garbage in, garbage out!

What is the Atmanjai Way of Healing?

Atmanjai is a combination of Sanskrit and Thai words, translated to English it can have two meanings; Loving Joy and Victorious Soul. Atmanjai provides programmes for our guests to cleanse their body. Our environment and the cleansing process support guests to further cleanse themselves of residual emotional hurts.

All of this prepares a clean physical and emotional platform for individuals to make a choice if they so desire, to consider embracing a new approach, attitude and experience of life.

The Way of Atmanjai is to move towards living in a state of Loving Joy. This is a way of experiencing life that embraces Unconditional Love and Acceptance as a way to self-liberation and expanding global consciousness.

Atmanjai provides services to support your Health and Wellbeing, your Spiritual and Personal Development, and the power to totally heal your Mind, Body and Spirit.

Our Cleansing Program is rooted in the teachings of Dr Bernard Jensen, the Philosophy of Atmanjai draws from the teachings of various masters, Holistic Principals of Healing, and embraces techniques from Meditation and Yoga as a way to expand our individual consciousness.

The Atmanjai Purpose

To expand consciousness.

The Atmanjai Vision

All people living consciously and in harmony.

The Atmanjai Mission

To provide education, processes, products, services and an environment to deliver world-best Tissue Cleansing Programmes.

The Atmanjai Core Values

Love

Gratitude

Motivation

Compassion

Adaptability

Tranquility

Abundance

Ecology

Spirituality

Growth & Learning

More About Cleansing & Detoxing

Why do we Cleanse and Detox our Bodies?

Today more and more people are living far removed from nature, from natural foods, from peace and quiet. We live in sprawling polluted cities, moving through life at a hectic pace, our food comes in packets, it is homogenized, pasteurized, irradiated, processed, and far from what humans were designed to consume. "Fresh food", when found, has usually been subjected to pesticides, chemicals and genetic mutations.

We have available to us more information, more conveniently than ever before in recorded history, yet we lack the basic wisdom to live our lives in a simple, uncomplicated manner. We work under incredible stress, under fluorescent lights, staring at screens, in polluted or "conditioned" air, with mercury in our teeth. We try to escape this stress and hide from our spiritual disconnection in unsupportive behaviour like drinking and drugs. Our bodies are deprived of sleep, our souls are deprived of love, and we keep thinking that if we can get a promotion, get a new car, find the right partner, achieve enough, produce enough, have enough and consume enough, that eventually we will be happy.

These factors all contribute to increasing illness, sickness, disease and growing old long before our time, in an era when we have so much technology and knowledge to address these issues. Modern medicine and pharmaceuticals give the illusion of being able to cure many diseases. However there are still many chronic health imbalances that we are unable to address chemically.

AIDS, heart disease, diabetes, and cancer are the major killers of our time. We believe these are all preventable, and prevention is better than cure.

How frequently do you experience exhaustion or fatigue, stress, insomnia, anxiety, relationship issues, low self esteem, lack of clarity, addictions, being emotionally reactive, being easily angered, worried, fearful, guilty or restless?

All of these behaviours and feelings are contributors to dis-ease. If you feel confused, lost, or are looking for support in finding or rediscovering your life direction you need to consider Cleansing yourself fully in order to allow new possibilities into your life.

- Do you want to feel complete again after a broken relationship?
- Would you like physical healing from an accident, or other body symptoms?
- Do you want to experience total wellbeing?
- Would you like enhanced performance levels in your work?
- Do you want to stay younger, have a longer life, and be happier?
- Would you like to live your life to the fullest potential?

If you answered yes to any of these questions, then Atmanjai can definitely support you in achieving these goals.

The Physiology of Detoxification

Today's world is incredibly complex. Yet a return to simple basic concepts can help us to regain control over our health, emotions, finances, and other areas where we are experiencing challenges.

Just as your car will become dirty on the outside if not cleaned, and inefficient on the inside if not maintained or serviced, so too the human body becomes less efficient if given incorrect fuel, and not cleaned or tuned. Basically, eating cooked foods will "silt up" your system. This residue is the result of cooked food you consume not being digested fully, and the remnants of this incomplete process spread throughout your body. This residue can cause blockages in the electrical circuitry of the body. Acclaimed chemist and lymphologist Dr. C. Samuel West, writes in his book "The Golden Seven Plus One" of how the primary obstruction in the body of a person consuming a typical western diet, is protein trapped in the fluid between the cells. He states that, "If the blood proteins cannot be removed from the spaces around the cells by the lymphatic system, they can cause our death within just a few hours." The Tissue Cleansing process we use at Atmanjai, supports detoxification by the removal of these obstructions from the lymph fluid, (intercellular fluid) and releasing them from your body. As the body is lightened of obstructions, your health improves accordingly.

Surgeons know that blood almost immediately thickens from eating heavy foods. This increases the dangers of surgery, and this is one of the main reasons why surgery is normally scheduled after a patient has fasted on water only for at least 8 hours. Fasting and then eating raw plant food thins the blood dramatically. After eating food, blood quality is changed almost immediately. Dr. Michael Klaper, in his video, A Diet for All Reasons, shows an example of thick, heavy blood drawn from a person on the standard cooked meat and pasteurized milk diet.

The average human has approximately 4.5 litres (1.2 gallons) of blood. Each person has four times as much lymph fluid as blood. Your lymph fluid bathes every cell. Because blood feeds and draws waste from the lymph fluid directly, the process of detoxification begins as soon as the blood is thinner than the lymph fluid, allowing trapped toxicity in the lymph to diffuse back into the blood to be detoxified. The principle of diffusion is; things move from areas of greater concentration to areas of lesser concentration.

Clean light foods support the blood to become clean and light, which consequently supports the lymph to be clean and light.

If you have the discipline, three years on a diet of only raw plant foods will purify your body; moving it from a solid, rigid, weakened condition to a relatively elastic, fluid, and energetic state. Yoga, exercise and massage speed up this process by stimulating the circulation of blood and lymphatic fluid. You can accelerate this process by undertaking our Tissue Cleansing Programs.

The Effects of Cleansing and Detoxing

On a Cleanse Programme, the lymph is relieved of undigested proteins, toxins, chemicals and other undesirable items, and these substances are able to flow into the

blood. Immediately, these toxins can be throughout your entire circulatory system before the body filters them out as waste. This is the cause of sudden cold or hot flushes, fevers, diarrhea, rashes, desires for poor foods, tastes of old medicines, mucus discharges and symptoms from past illnesses (a healing crisis), that some people experience while they are detoxifying.

Interestingly, these physical eliminations can also carry with them emotional releases such as anxiety, depression, anger, fear and other emotional feelings. Do not be surprised if this happens, it is a healthy sign if you are releasing poisonous substances and emotions out of your body. Do not worry about this unexpected benefit; embrace this as part of the process. Other signs of effective detoxification may include: bad breath, coughs, cold symptoms, drowsiness, headaches, momentary aches, nausea, unclear thinking and weight loss.

While detoxing, the body makes use of all eliminative organs: the bowels, mouth, sinuses, skin, and kidneys, resulting in releases from those areas. The urine, in general, is an excellent reflection of the blood; urine is purified blood. Turbidity in the urine is indicative of toxicity being released from the blood. Clear urine is a sign that the blood is clean at that moment.

Healing Through Cleansing & Detoxification

The body is a self-sustaining, regenerating organism which wears out due to high levels of toxicity.

Toxicity results from a poor diet, negative thinking and disempowering beliefs. Many major diseases and illnesses are diet related. Detoxification through herbs, colemas and a raw plant-food diet is the swiftest and most natural path back to perfect physical health. If you ignore your diet, you cannot expect to receive the maximum benefit of other therapies.

There isn't a magic pill to overcome the abuse your body has been subjected too, but our process does deliver results that are almost magical. Many of our guests have said that detoxification has been one of greatest events of their life.

As your body is cleansed and returns to a more natural state, you will find that desires for foods or drinks that are unhealthy seem to minimize, and that you have renewed strength and energy with which to undertake the steps back to physical health and vitality.

Your body heals itself naturally through detoxification. Hering's Law of Cure states that all diseases retrace their history during the healing process. Specifically, the following pattern occurs:

1. Healing begins deep within and works its way out.
2. Healing occurs from the head down.
3. Symptoms occur in the reverse order from the way they developed.

The process of detoxification is non-linear and travels in circles and waves that heal you in cycles according to Hering's Law.

According to your previous dietary, exercise, and thinking habits, it is quite possible that you may feel worse before you feel better, as toxicity is released from the body.

If you have been consuming the Standard American Diet (SAD), a powerful detoxification experience may occur. If you have been on a vegetarian or vegan diet and eating organic food, the detoxification experience will be more mild.

It takes years for your tissue to be encumbered by improper materials and takes years to eliminate these materials. Indications are that it takes one month on a 100% Raw Plantfood Diet to reverse one year of toxic diet. So a 45 year old person requires 45 months to detoxify their body on a 100% Raw Plantfood Diet. An Atmanjai Tissue Cleanse will generate these results far more swiftly.

All living organisms instinctively strive to remove obstructions to achieve and maintain perfect health. When you start removing obstructions from your body, radiant health appears. Obstructions are the residues from a lifetime of improper foods and negative thoughts. Illnesses are caused by obstructions. Symptoms are caused by the body's attempt to detoxify obstructions. Death is caused by a suppression of detoxification.

Detoxification occurs naturally when we follow the principals of right living. Right living in these times is a learnt skill. We need to re-learn the right principles of diet, of exercise, and of right-thinking. In doing so, detoxification is a constant process, not an exercise in restriction. It is an "unwinding" process – so seek the best way to unwind your self out of old habits.

Success philosopher and author, Og Mandino, used to say "You are not a human being, you are a human becoming."

You are constantly becoming something different. The human body constantly recreates itself out of the air, water, food and thoughts you ingest. 98% of the atoms in the body are completely replaced in two years, and it takes seven years to replace every single atom in your body. So in just a few years you can completely reconstruct your entire body from brand new high-quality materials! It is never too late for anyone. You can regenerate too!

"Remember, (after or during your fast) as soon as anything cooked enters your mouth, detoxification stops immediately. Symptoms of detoxification will stop almost instantly upon eating cooked food, as the blood is thickened and the lymph's waste elimination halted."

The Mucous Lining

Your entire digestive tract and breathing apparatus is lined with a very sensitive, naturally transparent membrane. This mucous lining becomes irritated on a diet of cooked foods. Any irritation of this delicate lining causes sensitivities or allergies. The mucous membrane is always trying to diffuse (the movement of particles from an area of greater concentrations to an area of lesser concentration) impacted mucus and cooked-food residue up from the colon, intestines and stomach to the less impacted areas of the digestive tract, such as the throat, mouth (tongue) and sinuses through the simple process of diffusion.

This is why Professor Ehret called the tongue the "magic mirror" because as soon as the body has a chance to diffuse toxins out of the lower digestive organs (through fasting or sleeping) it will do so and mucus will migrate up through the stomach lining, esophagus lining into the mouth, then the tongue will become coated.

Coatings on the tongue become key indicators as to how much constipated mucus has accumulated in the digestive organs.

Constipated mucoid-plaque in the colon is the product of decades of eating improper foods. To achieve excellent health, mucoid plaque has to be flushed out of the colon by raw foods, colonics, and fasting. Even if bowel movements are regular, mucoid plaque can still be present, clinging to the colon walls.

Parasites

By far, the greatest variety of parasites that afflict people on western diets come from animal foods. Almost every variety of commercial meat available is loaded with parasitic worms which are also present in tainted water sources.

These parasites feed on excessive toxicity (constipation) in the colon, particularly cooked starch and decaying cooked animal foods. In that way they are somewhat beneficial; they help detoxify the colon by breaking down substances the body cannot deal with. However, when the body becomes so weakened from a toxic lifestyle that parasites breach the digestive tract and enter organs of the body, major problems arise. Liver flukes, pancreatic flukes, eggs in the brain tissue, eggs in the liver (occasionally mistaken as liver cancer), all have their role in the manifestation of the major diseases.

The way to eliminate parasites is to stop taking the animal products of all kinds. Only pure or distilled water should be introduced into the body. Adopt a Raw Food Diet and be attentive to sending "hot" foods through the digestive tract regularly such as: garlic, onions, hot peppers and ginger, will eliminate parasites. These foods may be mixed in juices or eaten whole with raw plant fats, such as walnuts. Black walnut hulls have been used as a treatment for ringworms for thousands of years.

Colon hydrotherapy will also help flush parasites out of the system. We have seen people who have passed worms in excess of 1 foot (0.3 meters) in length and naturally, upon passing them, they experienced a subsidence of disease symptoms. When freshly picked, raw plant foods have excellent microbes and bacteria for our digestive tract. They do not typically have harmful parasites on them, unless picked near contaminated water sources or grown in soil saturated with toxic fecal matter.

Colon Hydrotherapy

Colon hydrotherapy accelerates the detoxification process. It allows a great amount of toxicity to be flushed out quickly, minimising the impact of extreme detoxification symptoms on our daily lives. We recommend beginning any diet, or cleansing and detoxification regime with a series of colonics.

Colon hydrotherapy is simple, painless and discreet. Regular trips to the colon hydrotherapist can replace trips to the doctor and can extend your life and increase your health. Raw-food advocate Dr. Norman Walker had two series of 6 colon cleanses every year of the second half of his life...he lived to be at least 109 (some say older). If you are not undertaking a Cleansing Programme, at initial stages of addressing diet, exercise, or other health related improvements, we recommend a series of 4 - 6 colon cleansing sessions, even if you feel like you don't need it.

Atmanjai - for your radiant health and vitality

The primary goal of colon hydrotherapy is to remove encrusted mucus, which feeds parasites and poisons the system, from the colon wall. The secondary goal is to allow the liver to flush and release.

Colon hydrotherapy is a way to keep our colon operating properly. Good elimination comes from eating a healthy raw food diet rich in green leaves and fruit. Healthy bacterial flora can be restored in the colon by eating raw foods, especially cleaned garden plants, wild plants and/or fermented foods. A pro-biotic in powder or liquid form or a supplement of soil-based organisms can also help restore the intestinal flora.

All that being said, colon hydrotherapy alone is insufficient to totally cleanse the bowel and digestive tract, hence the herbal supplements and cleansers specifically designed to support this process.

Why choose Atmanjai to Cleanse & Detox?

Why Cleanse with Atmanjai Healing Center in Phuket?

Phuket is an international vacation destination, with an international airport receiving direct flights from many destinations around the world.

The island has some of the finest beaches and golf courses in the world as well as world class, dental and medical services that are a fraction of overseas costs for the same services.

It is possible for people to come and recuperate with us after surgery. Phuket offers a broad range of activities including; diving, snorkeling, duty-free shopping, international dining and other attractions.

We have the most experienced and supportive team in Thailand, and are the only center providing these services in Phuket with a beachfront location. Phuket is renowned globally for its magnificent beaches, 5 star golf courses, spectacular diving and other attractions. Phuket also offers world class dental and medical services at a fraction of the cost in the rest of the world, enabling you to address overdue treatments conveniently and cost-effectively.

What is the difference between Atmanjai and other "Healing Centers".

Unlike other centers we accept only limited numbers of clients at any time on our programme. This allows us to genuinely provide "one on one" personalized support, and to offer the highest levels of education, training and support during your cleanse. No other center anywhere in the world offers a programme as comprehensive as our "Master Cleanse Programme". Many centers will offer additional therapies, treatments and gimmicks that are simply not necessary.

Atmanjai is located in the wonderful Friendship Beach resort which offers a broad range of accommodation. The resort is blessed with beautiful ocean and offshore island views, lush tropical gardens, and a peaceful environment that offers quiet space for contemplation, meditation, and connecting once again to nature.

"I remember fondly the mornings on the beachfront after Yoga, sipping an herbal tea, listening to the quiet, watching the ocean, and just being still. I felt rejuvenated in Body, Mind and Spirit by just being there."

All of our rooms and apartments are comfortably furnished, air-conditioned, have free wifi and cable TV, and have delightful Bali-style bathrooms. Our centre is equally attractive for guests seeking privacy as well as those experienced fasters who prefer to isolate themselves from the novice. We approach healing from a Holistic perspective, using the process of "Body-Mind-Spirit-Continuum" regeneration. We can customize a program to your requirements should you require additional therapies or treatments.

The Atmanjai Team

We have a core group of loving, caring individuals who are highly skilled people sharing in the Atmanjai Vision.

Other amazing people live nearby and offer a range of therapies. Then there are others who seem to come and go at exactly the right time. What we have found is that the right person for you always appears to be here to take care of your needs, but not necessarily your wants. Sometimes we need someone to “press our buttons”, other times it could be compassion, technical guidance, nurturing or some other form of learning or support.

Frequently asked Questions.

What if I'm really hungry?

It will be most unlikely that you will become very hungry. If you do feel some hunger and discomfort, you can consume a carrot juice or some fresh coconut juice, however this will reduce the intensity of your detoxification.

What is a Healing Crisis?

A healing crisis is the return of symptoms from a previous illness. If this happens it is usually only for a short time and is a sign that your body is healing at a very deep level. There is a great booklet that explains this in your kit.

Why is Cleansing becoming more Popular?

Once people get over their initial fear and resistance to the idea of not eating for an extended period, cleaning out their colons through the rectum and actually making the commitment to do so, the effect is such a life-changing experience that they go home looking, sounding and feeling so improved that their friends and colleagues want to know their secrets and experience the same changes.

Why visit a Cleansing Center and not fast at Home?

We believe that home-based cleansing is a wonderful idea, and encourage anyone who has some experience and training to consider this for convenience. Do consider that using the cleansers, herbs and other supplement products that we use, creates such a powerful experience that it is infinitely more supportive for people to be away from the responsibilities of work and their usual environments.

Can I Change The Program?

Our advice and service is based on many, many years of experience and thousands of satisfied guests. If you want to consume other items, the decision is entirely up to you. It is important you understand that this will dramatically and negatively impact the results of your fast and is entirely your responsibility. Occasionally clients ask us "Is it O.K. to eat.....?" or, "What will happen if I eat or drink...?" items other than those recommended and provided. Please try to resist.

Do I need to change my activities during the Pre-Cleanse?

The purpose of your "Pre-Cleanse" is to begin gently preparing your body. In order to do so, it is best to avoid wherever possible; pollution, dinner and lunch engagements; perfumes, after-shave, chemical products and toxic items such as insect sprays. Try to prepare your raw foods at the same time as preparing your family's meals (if you do that) as this will help in removing the temptation to eat cooked foods.

You may also like to take a break from "toxic entertainment" such as violent movies. And you may want to spend some time alone and allow ideas to come while you contemplate what you will be doing with your revitalised life. A daily journal is particularly useful at these times to record thoughts, goals and to document your experiences.

What's in the Stuff that we take?

The Cleanse programme we follow was developed by Dr Bernard Jensen. The herbs and cleansers used, follow his clear and precise instructions. Thousands of people achieve amazing results using this tried and true programme.

Following is a breakdown of some of the core products

Psyllium Seed Husk (from GNC Thailand)

Psyllium is a bulk forming laxative recommended for habitual constipation and disorders where easy bowel movement and a loose stool are desired. It provides natural fiber and mucilage that absorbs water and other liquids very well. It helps remove excess water from the large and small intestine; consequently it is helpful in the treatment of diarrhea.

It can also absorb glucose and lipids, helping to promote a healthy cholesterol level. And helps remove waste products and toxins from the colon and other parts of the digestive system. If you take Psyllium without juices then the absence of sugar in your system may have the effect of reducing the propensity for Candida.

WARNING: taking this product without sufficient liquid may cause a blockage in the digestive tract. Always take the product blended with at least 8 fl oz of water or juice and follow with more water or juice. The "Colema" aids in rapid removal of this product and the toxins that it has collected along the way.

Cleanser / Nutrition Capsule

Plantain (leaf), Cascara Sagrada (bark), Barberry (bark), Peppermint (leaf), Sheep Sorrel (leaf), Fennel (seed), Ginger (root), Myrrh Gum (resin), Labelia (leaf), Red Raspberry (leaf), Rhubarb (root), Golden Seal (root), Alfalfa (leaf), Dandelion (root), Shavegrass (shoot), Chickweed (leaf), Marshmallow (Althea) (root), Yellow Dock (root), Rose Hips (fruit), Hawthorn Berry, Licorice Root, Irish moss plant, Kelp leaf, Amylase, Cellulose.

Flora Capsule

Basically acidophilus, this is used to replace any "friendly bacteria" that is removed during the cleansing process. You will remove much of the bacterium from your bowels with the colema board cleansing, so after your programme you will need to take one capsule of acidophilus every night for a week. You should take a lot of acidophilus and natural yogurt when you finish the cleanse.

Bentonite Clay

Bentonite Clay is used to attract and collect very small toxic particles on a sub-atomic level.

Colema Coffee

The coffee used in the Colemas is an organic brand of coffee called Eden. It is made specifically for colemas.

All of the herbal capsule and tablet products used at Atmanjai Healing Centre are 100% vegetarian and contain no artificial colors, flavors, or preservatives.

Related Information

Colon Hydrotherapy - The Colema Board

"Colon Hydro Therapy" or "Colema Cleansing" is the technique used at Atmanjai to remove toxins swiftly before they become re-absorbed into the body. This is a self-administered process which you will be fully instructed in, and is conducted in full privacy.

The process requires inserting a small tube into your rectum and laying back horizontally on a "Colema Board" to allow 15 litres of purified water with a coffee and apple cider vinegar mixture to be taken in and expelled in small quantities. When the fluid is expelled from the rectum it carries away a lot of material that you no longer want or need.

The coffee solution excites the walls of the colon, thus releasing trapped toxins. Other solutions such as garlic for cleansing worms, or chlorophyll for healing wounds can also be administered.

You will perform this process twice a day while on the program.

As well as instructing you on how to administer the colema, we provide all necessary equipment; colema board, tip, solution container, tap, tubing and the solution, (coffee and vinegar, Vitamin C, or garlic).

The facility offers well-ventilated private rooms, with fan, shower, soft lighting and music. Most clients are happy to sterilise their tip in an anti-bacterial solution and re-use it during their cleansing process. For those who would prefer to use a fresh tip daily, additional ones are available for purchase from our colema facility and can be charged to your room account.

Our colema boards are sterilized after each use. Guest privacy, hygiene, and modesty are always respected and assured.

Emotional Release

During the cleansing process it is not unusual to feel very emotional, and perhaps not be sure why. Please be reassured that this is a perfectly normal part of the detoxification process. If you think that you require counseling or guidance, sessions can be arranged on a fee for service basis.

Steaming

A large percentage of toxins and wastes leave our body from the pores of the skin. Steam sauna participation every day while fasting greatly assists with the release of even more toxins.

Breathing

Atmanjai's beachfront environment has bountiful clean fresh air. We highly recommend that you get out of your room and enjoy it as much as possible. Swimming, a stroll on the beach are great gentle activities to help with this.

Although our accommodation is air-conditioned, we recommend that our guests use it as little as possible during the day and not at all at night. Try to sleep with your window open and a fan to cool you down.

Drugs

We don't recommend taking any toxic drugs (even aspirin) during your cleanse. Do consult your doctor prior to undertaking the cleanse for their professional recommendation. Vitamins and minerals are usually O.K. Tobacco, alcohol, prescription and recreational drugs are no-no's.

The Liver

If your diet is toxic and deficient the liver can continue to function at a high rate. In this scenario, the body will compensate for deficiencies through biological transmutations.

"Louis Kervran", in his fascinating book Biological Transmutations, explains that living organisms have a limited ability to transmute one element into another alchemically. That is, they can convert organic silica into calcium, or magnesium into calcium, or sodium into potassium, or manganese into iron.

Biological transmutations most often occur in the green leaves and roots of plants. In the human body, such transmutations occur in the liver and intestinal flora. It is extremely important to keep the liver functioning at an optimal level. If the liver function drops below a specific level, biological transmutation stops and one's health is compromised.

A primary goal of detoxification is to cleanse the liver. The liver can completely rejuvenate itself, even from a point of being only 10% functional. Fasting on juice or water, and taking our proprietary herbs, can assist the liver deal with overload. Milk thistle seeds eaten whole and raw have been scientifically proven to accelerate healing in the liver. Dandelion and its juice are also beneficial for the liver.

About Drinking Water

There has been significant research into the benefits of correct hydration of the body. Here is a very brief summary of results from some research, we encourage you to inform yourself about what might benefit your body, and to experience that.

Lack of water is the Number-One trigger of daytime fatigue.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and even difficulty focusing on a computer screen.

Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, can slash the risk of breast cancer by 79% and reduce the likelihood of bladder cancer by 50%.

We all know that we should be drinking more water, but are you doing it?

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