



# Atmanjai

## DETOX YOGA WELLNESS

The word detox has become synonymous with dozens of different types of treatments for removing unhealthy substances from a person's body. There are many ways to remove these toxins, and therapies have been developed for both general and more specific health improvement.

Detox programs are now available for general health, de-stressing, addressing diabetes, heart disease, cancers, and almost any other condition that you can think of. Interestingly, most people I have spoken to have very strong opinions on detox programs. I asked a number of friends and associates their thoughts, and it seems that people who have undertaken a detox program are enthusiastic and encouraging supporters of the process, while those who have not done a program are sceptical and cynical. It was surprising, or maybe not, to note that the most cynical of those people I spoke with about detox programs also appeared the unhealthiest.

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We all know someone who has attempted to improve their health, indeed we may have tried this ourselves. Whether by joining the gym, changing diet, reducing consumption of cigarettes or alcohol, sadly the reality is that the vast majority of people fail in these efforts. This is something that Atmanjai is well aware of and they go to great lengths to ensure that as part of their programs, clients are educated and equipped with knowledge, attitude and resources to give themselves the best chance of succeeding in maintaining a healthier lifestyle.

Although you can feel totally committed when you say you want to change your diet or lifestyle, everyone knows that old habits die hard and starting new, healthy habits can be even harder. That's why professionally designed and managed detox programs like those available at Atmanjai are so powerful. Because they not only give you an excellent kickstart by purging the body of excess weight and toxins, they also show you in practical terms how to start and maintain an effective improved way of living that does not feel like you are missing out on fun and your favourite foods and drinks.

Environment contributes to feeling comfortable and safe, when you feel this way you are more likely to relax and participate fully in the detox. Atmanjai, located in the south of Phuket on a beautiful beach side location, is perfectly suited to this purpose, and within minutes of arriving you will already find yourself being relaxed and soothed by the sea breeze and beautiful coastal vistas.

Understanding what body detox is and what it does for your body makes the experience fun, easy and enjoyable. If you are wondering on how to detox your body, there are so many types of detox methods and recipes available that at first the large amount of information can seem overwhelming. That's where a venue like Atmanjai is so useful, as they can professionally guide you to select the services to suit your needs or to target a specific part of your body that needs care.

A detox is designed to eliminate toxins from your body leaving you feeling energized and healthy. Toxins build up so fast that a detox program should be followed by a change in lifestyle to ensure that toxins don't build up so quickly in your body again.



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ATMANJAI OFFERS FIVE DIFFERENT CORE PROGRAMS WHICH ARE AVAILABLE FOR PERIODS OF BETWEEN 3 TO 28 DAYS, INCLUDING THEIR JUST LAUNCHED – “INSULIN FREE PROGRAM”, GUARANTEED TO RELIEVE TYPE 2 DIABETICS FROM THE NEED TO TAKE INSULIN.

#### Why Visit Atmanjai if I can do this at home?

The purpose of this article is not to ‘wow’ you with Atmanjai’s beautiful beach side location, gorgeous rooms, excellent staff, etc. it is to educate the reader of Atmanjai’s superior products, services and knowledge of how to appropriately and safely guide clients through a detox program. Atmanjai offers five different core programs which are available for periods of between 3 to 28 days, including their just launched – “Insulin Free Program”, guaranteed to relieve Type 2 Diabetics from the need to take insulin. As well they custom design programs to individual requirements. Each client is individually monitored to ensure that only the most appropriate sessions and services are being provided. Every Atmanjai client completes a comprehensive questionnaire and interview to define your personal goals from the program, (e.g., overcome illness, lose weight, stop smoking, etc.),

and with this information, a personalized and structured program is prepared.

In addition to the core program inclusions, Atmanjai offers a broad range of elective sessions for their guests. As centre director Michael Massey explains, “not all clients are open to all the various services we have available, so to ensure that guests are entirely comfortable with their program and happy to participate fully – we make a large number of options available to them”. For a centre that only accepts a maximum of 18 clients at any time, the list is an impressive confirmation of how committed Atmanjai is to ensure great outcomes for their guests.

Prior to commencing a detox program it is important to prepare yourself to achieve maximum results as comfortably as you possibly can. “If you are going to invest time, energy and money to undertake a program

with us, then it makes sense to maximize the potential results by preparing your body as best as possible” says Michael Massey.

The Pre-Cleanse diet is designed to alkalyse your body, that is, to move the pH balance of your body chemistry from acid to alkaline before you arrive for your program. Michael Massey explains, “When your body begins to detoxify on one of our potent programs, it will do so rapidly and your body may struggle to eliminate toxins as quickly as they are being released from where they are stored in your body. This can result in an increase in the acid level of your body, which can manifest in feelings of discomfort, headaches, nausea and even vomiting – generally making you wish that you had done the Pre-Cleanse diet!

The Pre-Cleanse diet is very simple. The minimum time for this is one week. The longer you Pre-Cleanse, the better and deeper your results from your program. The diet is simply to minimize intake of the following items for at least 7 days, and completely avoid them for the 3 days prior to arrival at Atmanjai: alcohol, bakery items, candy/cakes/sweets, dairy products, meats, salt, sugar and, tobacco and recreational drugs.

Your intake during this time should ideally consist only of: raw fruit, raw or lightly steamed vegetables, warm water, fresh raw juice of fruit or vegetables. Apple juice is particularly good to take at this time.

Atmanjai has an excellent reputation, confirmed by a significant increase in client numbers and returning clients who are seeking to relax, unwind and re-commit to a healthier more enjoyable way of life. If you are unable to visit for a program, then you will be pleased that there is an alternative. Atmanjai director Michael Massey’s publication on how to simply and easily enjoy better health, “Tools To Be Well Now” is available as an e-book. 📖



For details on how to get your copy of the e-book or for more details about these highly effective programs, visit the website [www.atmanjai.com](http://www.atmanjai.com) or make an enquiry via email at [bookings@atmanjai.com](mailto:bookings@atmanjai.com).



ATMANJAI HAS AN EXCELLENT REPUTATION, CONFIRMED BY A SIGNIFICANT INCREASE IN CLIENT NUMBERS AND RETURNING CLIENTS WHO ARE SEEKING TO RELAX, UNWIND AND RE-COMMIT TO A HEALTHIER MORE ENJOYABLE WAY OF LIFE.

