

# Eden Detox Heath Spa

## Keep-it-off weight loss programme

*'Fitness & health through nutrition, exercise and learning new habits'*

*You will:*

*lose weight*

*focus on the reasons for overeating*

*learn to maintain your lifestyle changes at home*

Our weight loss program is *adapted to each individual*

The below list of activities is the list of all possibilities, of which nutrition, exercise and counselling are necessary.

After we receive your blood work and medical history an assessment will be made to create a program adapted to your specific condition.

*Your program can be all, or only a few, of these activities.*

- life coaching
- lifestyle changes counselling
- EFT
- nutrition
  - Raw foods*
  - Green juices*
- fasting
- detox
- exercise
  - Weight training*
  - Walking*
  - Yoga*
  - Tai chi*
- stress reduction
- relaxation
- learn new eating habits
- daily Massage
- meditation
- water therapy
- isolation tank
- nutritional supplements
- FIR Sauna
- colonics
- enemas

How much weight will you lose? Expect to lose 1/2 to 1 kilo per day, more the first weeks, less after a few weeks. But more important than counting kilos is to learn a new ways of handling stress and controlling your food intake in the future.

Excessive weight often is associated with certain medical conditions that need to be diagnosed prior to starting your weight loss program. Some of these conditions are *hypertension, diabetes, high cholesterol, high insulinemia, hypothyroidism, depression, and anxiety.*

Overweight and obesity substantially raise the risk of illness from *high blood pressure, high cholesterol, type 2 diabetes, heart disease and stroke, gallbladder disease, arthritis, sleep disturbances and problems breathing, and certain types of cancers.*

### **Treating the psychological causes**

Obese individuals also may suffer from social stigmatization, discrimination, and lowered self-

esteem.

Our weight loss program focuses on treating both the **physical and psychological causes** of excessive weight:

- addictive behaviours,
- depression and
- anxiety.

### **Raw food**

Our raw food is based on raw organic, local vegetables and fruits. Our raw food is prepared for a healthy detoxification, weight loss and palatability. We do not use any salt, sugar, or oils except for flax oil, nuts, seeds and grains during the detox phase but these may be used during the rebuilding phase at the end of your stay. Fish oil may be used in some conditions.

Our raw dishes include:

*Soups, salads, nori rolls, pizzas, stews and casseroles.*

### **Juices**

Each program is adjusted to each individual needs and in some cases we may use carrot or carrot apple juice and watermelon juice in the morning. The juices are necessary for nutritional deficiencies in minerals, vitamins and essential fatty acids.

### **Exercise**

#### *Weight training*

Modern life is sedentary compared to our ancestors who had to go in the fields to grow their foods and worked physically. Office jobs require sitting in chairs for many hours.

Active jobs, often, consist of repeating the same motions and create physical imbalance or even physical injuries. We spend a few hours a day sitting at the wheel of a car, or sitting in a couch to watch TV. As a result, we are not using all the calories that we are taking in.

The body cannot eliminate the entire excess food intake and fat reserves are built.

**Low caloric intake and exercise is the best way to burn the fat reserves.**

Our weight trainer will assess your body and guide you in a special exercise program adapted to your needs in our world class gym.

#### *Walking*

Running and jogging are great exercises for burning calories however, for an unfit person they are often too energy demanding. Exercises that are too intense cause the body to burn more carbohydrates. Burning fat requires the body to exercise at lower levels of exertion, and walking is the perfect exercise for that. Walking enables us to workout at a steady and consistent pace, a requirement that allows us to burn fat effectively.

### **Fasting**

A day or two of water fasting may be helpful for weight loss. But note that after a long water fast you may have to eat less, to stay the same weight, since the body becomes more efficient in squeezing every calorie from the food.

### **Nutritional supplements**

At the beginning it is helpful to chelate heavy metal and chemicals that may prevent weight loss.

Selected amino acids will help with serotonin production and cravings, B vitamins and beneficial bacteria will help with fat breakdown

## Counselling

### *Explore yourself*

It takes a while for new habits to take over. To maintain your new habits you will need to continue the work you started with us: What is behind your addiction? What emotions are you covering up with food? You may have to start practicing being open and straight with your anger or **deal with your feelings** of loneliness. You will need to continue **exploring your creativity**. At the beginning it may be a little challenging without the support of our environment, but you can find a similar support through a local group. The longer you plan to be with us, the stronger and the more permanent, your changes will be.

### *Cognitive re-structuring*

Your body image is going to change. While losing fat you become lighter and more vulnerable. You may think that if you are thinner you will be happier. But being happier has something to do with self-love and you may have to start **accepting and loving yourself** the way you are. Losing weight is not going to magically bring happiness in your life. Being overweight may just be a symptom of your unhappiness rather than the cause!

### *Self-affirmations, accepting a leaner body*

Cognitive restructuring involves changing the way you think about yourself. We will help you accept your new leaner body. Our purpose is to help you **develop self-enhancing, self-affirming thoughts**. Self-affirmations will be powerful reminder for the future to stay on track.

### *Managing Stress*

Stress is a major predictor of relapse from healthy lifestyle patterns. We will teach you *self-awareness, meditation, mindful walking, progressive muscle relaxation*, a technique that involves muscle tensing and relaxing. These modalities can be learned quickly and lead to *rapid stress reduction*.

In circumstances **where food is being used to cope with stressful situation**, it will be of foremost importance for you to be able to use any of these techniques and to have a good practice prior to leaving.

Increasing *physical activity* is another excellent tool for managing stressful situations because it significantly *improves well-being*.

You also will receive *massages* and *flotation sessions*. These will take you to a peaceful, non-conflictual place inside that you will be able to access again in other circumstances. They will teach you *surrender self-love and self-acceptance*.

### *New healthy habits*

Counselling is the cornerstone of your success at maintaining your weight loss after you leave Eden. We can help you to lose weight while you are here with us, but you will need to keep the weight off at home and avoid relapse. Continuing on your own will mean being able to avoid the poor eating habits of the past and **creating new habits**.

## Lifestyle counselling and long-term management

### *Contract with yourself - Journaling*

While at the Spa you will work on self-affirmations that you will keep in your **journal**. Those will be your contract with yourself and serve as guidelines. For instance **positive self-affirmations**, such as "I will shut off the television at 6:00 PM and go outside and walk briskly for 45 minutes."

### *Monthly phone or internet consultations*

When you leave our spa you still have ties with us. By the end of your stay you will have a **contract with yourself** about what lifestyle habits you will implement for the next month. This will include social and family issues as well as physical activity and nutrition guidelines. Phone consultations are available.

### *Preventing relapses*

Relapses can be avoided. By learning how to **anticipate lapses** and practice individual coping strategies, a total collapse may be avoided.

### *Social support*

Support from others has been shown to be valuable in both weight loss and weight maintenance. Ideally, a family that eats the same healthy foods together and exercises together is the perfect support group. Other support groups may include friends or groups of similarly minded individuals. **Support groups** work by *providing role models, allowing self-acceptance, and serving as an outlet for the emotional issues* that you may experience during your lifestyle changes

### *Stimulus control*

Stimulus control involves identifying and modifying the problems contributing to dietary and exercise lapses. Using food and physical activity records, a brief discussion of problems encountered since the last visit can lead to **strategies to overcome particular barriers** that you faced.

*Travelling, eating in restaurants, and late-night eating are often culprits.* Carrying meal replacements while travelling, calling restaurants ahead of time and asking about sensible items that can be ordered without breaking one's dietary pattern, or **planning** realistic evening snacks may be useful strategies for dietary management.

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## **Back at home - maintaining the weight loss**

Most people who participate in a weight loss program regain it when they go home. Why? Because they did not deal with the reason for their poor eating habits. It is of foremost importance that while you are at the Spa you start looking at yourself and at your life - so that you may keep the weight off.

You must deal with the issues that have led to your present condition. This is accomplished with journaling, behavioural and cognitive therapy and breath therapy, a deeper techniques dealing with your unconscious.

## **Health Risks Associated With Obesity**

To stay on track, when back at home, remember the health risks of going back to old habits. Obesity is associated with an increased risk of:

- Premature death

- Type 2 diabetes
- Heart disease
- Stroke
- Hypertension
- Gallbladder disease
- Osteoarthritis (degeneration of cartilage and bone in joints)
- Sleep apnea
- Asthma
- Cancer (endometrial, colon, kidney, gallbladder, and postmenopausal breast cancer)
- High blood cholesterol
- Complications of pregnancy
- Menstrual irregularities
- Hirsute (presence of excess body and facial hair)
- Stress incontinence (urine leakage caused by weak pelvic-floor muscles)
- Increased surgical risk
- Psychological disorders such as depression
- Psychological difficulties due to social stigmatization

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