

# **3-Day Mind-Body Detox Program with Doctor Rekha**

**26th, 27th, 28th November  
3rd, 4th, 5th December**



# Why detox ?

Our bodies are constantly exposed to toxins from the food we eat, our lifestyle, surroundings, external stressors and from our own thoughts. Hence it is important to detoxify our body & mind to cleanse and rejuvenate ourselves inside out once in a while!

## Who is this detox for?

This detox is for you, if you have

- a less active lifestyle
- improper eating habits
- overthinking
- brain fog
- digestive issues
- skin issues
- allergies
- obesity
- PCOS

and yes, if you wish to lose some weight!





# Program overview

The program will be conducted in three stages

- Preparation
- Kick-off
- Execution of cleanse

# Stage 1: Preparation

You will be assessed on your medical conditions based on your responses on the medical history form by the team doctor. You will receive a telephonic call where the doctor will advise the medicines and dosage for the detox based on your condition.

You will receive the call within 2-3 days after you complete your registration. This will also allow you time to procure the medicines. The medicine can be bought online or from any Ayurvedic shops from the brands Kerala Ayurveda, AVP or Vaidyaratnam Oushadhashala.

## Stage 2: Kick-off Session

The kick off session is a 1-hour live Zoom call with all participants and Doctor Rekha, where you will be advised how to do the cleanse, the diet and other information. There will be a Q+A session post the call.

If by any chance you miss the live, you can access the recording the next day from our website ([www.doctorrekha.com](http://www.doctorrekha.com))

Date: Sunday, 21st November 2021 6:30 PM IST, 5:00 PM UAE



# Stage 3:

## Execution of cleanse

For your convenience, you have two options of dates to choose from for the cleanse.

Batch 1: 26th, 27th & 28th November

Batch 2: 3rd, 4th, 5th December

Based on your choice of dates and your time zone, you will be assigned to a WhatsApp group with all the participants, a day prior to the detoxification. During the cleanse you will be given live instructions on all 3 days via the WhatsApp group.

**Important:** If both the time slots doesn't work for you, don't worry, you will receive a handout with detailed instructions on how to do the cleanse by yourself.



# Let's do this!

"To be honest, I'm so excited! I have always dreamed of a world where everyone knows about Ayurveda & everyone reaps the benefits of it to the fullest.

This detoxification is partly Panchakarma and partly my own traditional recipe that has helped 1000 plus patients detoxify their body & mind

Ayurveda should not be limited to a small section of people who take the monopoly of it to preach & practice, charging lakhs of rupees for Panchakarma treatments!

This detoxification is part of my movement to make Ayurveda universally accessible & affordable !!!

The most common comment my patients tell me post detox is that they feel a lot lighter-with the body & mind.

Don't wait, register now & let's get started! :-)"

