

YOUR JOURNEY



DETOXIFYING THE BODY AND UPGRADING THE BRAIN

The human body risks becoming a toxic wasteland as environmental poisons and manufacturing waste continue to find their way onto our dinner plates, our skin and into our drinking water.

We help you remove toxins from every cell in your body, including your brain. Daily menu of nutritious smoothies, fresh and fibrous vegetables with low protein meals, few carbs, plenty of nuts and seeds and healthy fats, give your body the opportunity to switch on the longevity genes and turn-on the production of stem cells.

Cutting-edge probiotics and neuro-nutrients will get you on the fast track to repairing the gut and maintaining brain-free eating.



RESETTING THE NATURAL CLOCK

At around the age of 35, vital repair and regeneration systems in the body begin to decline. A team of experts introduces different techniques for switching on the antioxidant systems inside the cells that repair mitochondria, the “power plants” in the cells.

From daily hikes and immersion in nature to yoga, oxygen altitude-training sessions, LED therapy and IV infusions, combined with detoxification, fasting and a phytonutrients-rich diet, your brain fog will clear, sleeping becomes sounder, skin tone improves, and energy levels increase.



TRANSFORMING TOXIC EMOTIONS

Many of today’s health problems are caused by unhealed emotions, limiting beliefs, constant overstimulation and an overactive fight-or-flight system.

Daily practices are geared towards breaking the adrenalin addiction, boosting the production of bliss molecules, encouraging creative dreaming, discovering how to release the old, fear-based beliefs and approach life with faith and conviction even when facing uncertainty.



HEALING THE LUMINOUS ENERGY BODY

Surrounding the physical body is the luminous energy field that informs the cells and organs how to live in healthy harmony.

You will be invited to explore shamanic energy medicine practices that let go of the emotional dramas that run in the family and discover original and creative life stories. As they release the imprints for physical disease and erase the dramatic stories stored in the luminous energy field, the body and emotions can start to repair.

WHAT’S INCLUDED

- Accommodation
- Full board including all neuro-nutrients and supplements
- Wellness Screening
- Four shaman/energy medicine sessions
- Four oxygen altitude-training sessions
- Four LED sessions for mitochondrial stimulation and repair
- Four vitamin/mineral IV infusions

- Three Glutathione infusions
- Seven sessions of body work
- Six pre-recorded lectures with the master shaman, Dr. Alberto Villoldo
- Entry and exit energy-medicine evaluation with a world-class medical doctor
- Daily lecture and prevention education with the team doctor
- Daily group morning yoga, hike or walk and evening meditation