



Back to Balance Detox

Tanya's 6 Week Online Detox Program

Is designed to make the process simple with very easy quick recipes that you can manage in your busy lifestyle, its set up to transition you for 2 weeks of clean healthy light yet balanced meals into 2 weeks of fruits and vegetables only, don't be scared by this I give you some options if this isn't something you feel your up to, then 2 more transition weeks to balanced healthy light meals and snacks, still incorporating juices and smoothies. I plan all your meals and snacks and supply the recipes with a shopping list for you. I will be available online daily for any queries and constant support if you need it. Having support is the key for detoxing, its often hard on our own. The benefits possible are weight loss, clear vibrant skin, better moods, more energy, better bowel function and most of all better eating patterns.



About Tanya

Tanya has been a practicing Colon Hydrotherapist for nearly 7 years, she herself incorporating colonics in her life for over 20 years in conjunction with a balanced healthy whole food diet, regular juice fasting, yoga, light weights and meditation. Tanya has been researching and exploring different styles of eating for over 30yrs since working as a cook in a vegetarian restaurant at 18 years old for 6yrs. This led to visiting Hippocrates Health Centre in 1986 where she learned about Raw Foods, Juicing and Fasting. Her passion for food and health inspired her to birth the creation of Tanya's Perfect Pesto in 1990, a successful food manufacturing business that she sold in 2006. Tanya is now currently studying nutrition part-time whilst running her Colon Hydrotherapy business and part parenting 2 of her 4 children.

What can happen in detox in the first few days to a week

A Healing crisis is obvious by a temporary increase in discomfort during the process of a detoxification cleanse. It occurs when toxins and wastes are being released faster than the body can eliminate them. The complaints may vary from none, to mild or severe. The more toxins there are to eliminate - the more severe the affects of the detoxification. It's always best to rest when you can and make preparations for as little pressure of activities and commitments so you can honor and take care of yourself during the process of the Detox Program. A series of colonics is advised to help speed up the elimination process making it as comfortable as possible.

The possible reactions are:

- **Many people experience little or no discomfort.**
- Some people feel ill (flu like complaints) during the first few days of a cleanse because your body is dumping toxins into the blood stream for elimination. The ill-effects usually pass within 1-3 days. On rare occasions, they may last several weeks.
- Sometimes, the discomfort during the healing crisis is of greater intensity than before starting the cleanse.
- Another crisis may come after you begin feeling your very best.
- Or, there may be many small crises to go through before the final crisis is experienced.
- In any case, the cleansing and purifying process is underway, and stored wastes and toxins are in a free-flowing state. The severity and duration of the healing crisis is an indication of amount of toxins and wastes stored in your body. Better out than in!
- This is where regular colonics or daily enemas are essential.

For Others, the Symptoms Vary From Mild to Not-So-Mild

The healing crisis may bring about experiences of past conditions. While people often forget the diseases or injuries they have had in the past, they may be reminded during the healing crisis. There are a wide variety of reactions (ranging from none to severe) that may manifest during a healing crisis including:

- Increased joint or muscle pain
- Diarrhea
- Constipation
- Fatigue and/or its opposite, restlessness
- Cramps
- Headache
- Aches, Pains
- Insomnia
- Nausea
- Vomiting
- Sinus congestion
- Fever (usually low grade)
- Chills
- Frequent urination and/or urinary tract discharges
- Change in blood pressure
- Skin eruptions, including: boils, hives, and rashes
- Cold or flu-like symptoms
- Strong emotions: anger, despair, sadness, fear
- Suppressed memories
- Anxiety
- Mood swings
- Phobias





Easing Your Way Through the Healing Crisis: Helpful hints.

1. Drink plenty of fresh water to flush the body of toxins from the detoxification cleanse. Filtered water if you can, drink 1.5 to 2 litres per day. This will help flush the toxins out of your system and speed along the detoxification.
2. A headache may indicate insufficient water intake ... drink more water!
3. Avoid “white” foods. White flour products (bread, pasta, etc), milk and all dairy products, sugar and starches. So that means no straying...we have a few potatoes on the menu that's the only white food allowed and a little yogurt.
4. Be kind to yourself, and get the rest that you need. If you are feeling fatigued or sleepy, your body is telling you to rest.
5. Symptoms frequently disappear immediately after a good bowel movement.
6. A good massage might be helpful to speed up the healing process and reduce the discomfort.
7. Daily dry body brushing is essential and helpful for the lymphatic system.
8. Body scrubbing daily.
9. Daily sauna's or a steam room is recommended if you can find one.
10. A gentle walk, swim or some yoga is recommended if you feel you have the energy, this may vary from day to day, once again listen to your body.
11. Meditation practice for at least 10 mins per day is also highly beneficial

Benefits.

The benefits of a detoxified, pure body far outweigh any inconveniences that you might experience during the process. Many people describe experiencing **a feeling of lightness**, others are unable to describe what they experience other than to say they can't remember when they felt better. A deep cleanse is cleansing on the inside out on all levels, emotionally, mentally, physically and spiritually, it can help with depression, chronic fatigue, skin problems, of course weight management the list is never ending. I regularly detox to keep my body mind and soul vibrant and engaging in life. How often is a personal choice but I recommend at least twice per year.

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