

IMPROVE YOUR DIGESTION AND ABILITY TO DETOX NATURALLY!

Short Home Cleanse

4 DAYS TO RESET YOUR
DIGESTION AND FAT METABOLISM

JOHN DOUILLARD

Author of THE 3-SEASON DIET,
THE YOGA BODY DIET *and*
BODY, MIND AND SPORT



lose weight
burn toxins
boost energy
improve mood
increase immunity
health & longevity

MEDICAL DISCLAIMER

All material provided from LifeSpa for the Short Home Cleanse is provided for informational or educational purposes only. Schedule a private consult with John Douillard, DC or with a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. The instructions and advice presented from LifeSpa for the Short Home Cleanse are in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this program as you would any detox, weight loss or weight maintenance program. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking.

Those of you who are on diuretics or diabetes medication, have liver or gallbladder disease or take any medications, should proceed only under a doctor's supervision. As with any plan, the weight loss phases of this nutritional plan should not be used by patients on dialysis or by pregnant or nursing women.

You must be at least 16 years of age or older to do the Short Home Cleanse.

<p>This book has not been evaluated by the Food and Drug Administration. None of the products listed are intended to diagnose, treat, cure or prevent any disease.</p>
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**This easy 4 day detox
will stimulate your body
to burn fat and cleanse
the deep tissues of the body.**

One of the best cleanses that can be done any time of year is this 4 day Short Home Cleanse (SHC). It is very similar to the pre-cleanse we use for our 3-21 day Panchakarma retreats, which include detox and rejuvenation treatments. Detoxification is a natural and essential process that we go through every day, every month and every year. In nature, there is an opportunity for detox with every season and even during each day. So don't miss an opportunity to detox.

Now, more than ever, we must take advantage and maximize the body's detoxification pathways because of the toxic world we live in. In nature we plainly see daily and seasonal cycles that support the survival of plants and animals. For example, birds fly south, whales migrate, and leaves turn red and fall off the trees in the fall. While all this is happening, we only put on or take off a sweater. Our survival, just like the birds, depends on being connected to these natural cycles through eating seasonally, cleansing regularly and living in harmony with nature.

We recommend scheduling an in-person or phone consult with John Douillard to personalize your cleanse or look into combining this cleanse with Ayurvedic detoxifying treatments at LifeSpa.

When we are under stress, the body is told to store fat which often results in weight gain, cravings and the storage of fat soluble toxins, chemicals and pollutants.

The SHC is designed to reset the body's ability to be a better fat burner. Fat is the body's calm, long lasting, non-energizing, mood stabilizing, detoxifying, repairing, rejuvenating and endurance fuel.

The SHC is short and sweet. In just four days, while working and maintaining your regular work schedule and daily routine, the SHC will support the body's natural ability to burn fat and detoxify itself.

At LifeSpa, we offer three ways to detoxify:

1. *The SHC*: this is what you are reading right now. It is a step by step guide on how to complete a gentle, yet powerful, four day Ayurvedic cleanse.
2. *The Colorado Cleanse*: A two week cleanse that resets the body's natural digestive strength and ability to detoxify naturally. Learn more at LifeSpa.com/coloradocleanse.
3. *Panchakarma*: a 3-21 day retreat at LifeSpa where digestion, imbalances and detox channels are all addressed. During the retreat you meet with me and receive Ayurvedic treatments that pave the way for a deep mental, physical and emotional transformational experience. Learn more at LifeSpa.com/panchakarma.

When to do the Short Home Cleanse

I always feel the best time to detox or do Panchakarama is when you have the time to really rest and retreat yourself. When it is not possible to do Panchakarma, it is always important to cleanse and relax on a regular basis or when your lymph is stagnant (see symptoms below). You can do the SHC four to six times a year. As many people like to make a habit of cleansing at the turn of each season we have included information about tailoring this cleanse to the current season. If you typically experience colds, flus or allergies during a particular season, it is good to do this cleanse about one month prior to when you experience symptoms.

Benefits of Cleansing and Burning Fat Cells

Each morning you will drink increasing amounts of melted ghee and eat a simple NONFAT diet to force fat metabolism so you start burning off fat cells. Because fat is a stable, non-emergency fuel, you feel calm when you enter fat metabolism mode.

Fat is a detox fuel because molecules of emotion, fat-soluble toxins and chemicals are stored in our fat cells, according to Ayurveda. Some of the



toxins stored in our fat cells are preservatives, DDT, dioxin, pollutants, pesticides and other cancer-causing chemicals.

This cleanse will help detox and nourish your lymphatic system. The lymphatic system drains the wastes from your body and controls and regulates your immune system. It is pumped through muscular contractions, so if one is sedentary, the lymphatic system will eventually become sedentary and will create toxicity in lymphatic related tissues such as breasts, skin, joints, and muscles.

When the lymph system become sluggish, you may experience one or more of these symptoms:

- Allergies
- Rashes
- Itching skin
- Swollen hands or feet
- Water retention
- PMS
- Breast swelling or tenderness
- Headaches
- Joint pain that moves around the body
- Swelling around the abdomen
- Cellulite
- Breast lumps
- Fibroid tumors
- Ovarian cysts
- Sore feet in the morning
- Sore throats
- Chronic colds
- Weak immunity
- Constipation
- Fatigue and lack of mental clarity
- Cold hands and feet

>>> Please read my free video and article, *The Miracle of Lymph*, at LifeSpa.com/lymph for more information.

Molecules of emotion - or mental toxins, according to Ayurveda - such as anger, fear, sadness, jealousy, etc., are *lipophilic* which means that they take safe haven and store in our fat cells, causing physical and emotional disturbances for years and years. When we burn our fat cells, we release these old patterns of behavior that we find ourselves repeating over and over again.

We have many reasons to burn our fat cells other than just for the sake of our vanity!

Cleansing Supply Checklist

You can buy an SHC Supply Kit, or the supplies separately, at LifeSpa.com/short-cleanse-kit. We will discuss each item in detail later:

- Organic ghee
- Organic split yellow moong dahl beans and organic white basmati rice *or* LifeSpa's Organic Kitchari packets.
- LifeSpa *Warm Digest* or *Cool Digest* Ayurvedic Herbal formula, as prescribed, or alternative herbal support.
- LifeSpa *Manjistha* Ayurvedic herbal formula, or alternative herbal support.
- LifeSpa *Turmeric Plus* Ayurvedic herbal formula, or alternative herbal support.
- LifeSpa *Garshana gloves* for dry skin brushing, or natural bristle skin brush.
- LifeSpa *Lymphatic Massage Oil* for daily self massage, or alternative massage oil.
- Epsom Salt, Olive Oil and 1 lemon
- Prune Juice (*alternative laxative for sensitive digestion*)

STEP ONE: Start Herbal Support

During this cleanse, and for one month afterwards, take the following three Ayurvedic LifeSpa herbal formulas:

Cool Digest or Warm Digest

Take 1 capsule of *Warm Digest* or *Cool Digest* before each meal. These herbal formulas are designed to support your digestive fire, as your digestion will slow down during the cleanse while your body focuses on detoxifying. Please decide which formula is best for you:

Warm Digest increases the digestive fire and your body's own digestive enzymes to improve digestion. It is helpful for flatulence, mal-absorption, nausea and indigestion.

Alternatives to *Warm Digest*: Take 500mg of Trikatu before meals or chew 2 slices of 'ginger pizza' 15 minutes before meals. To make 'ginger pizza' slice fresh, raw, peeled ginger root into thin rounds. Sprinkle with lemon juice and sea salt. You can make enough to last a few days and simply store them in the fridge.

Cool Digest cools the irritated mucosa of the stomach wall and counteracts excessive stomach acid. Take *Cool Digest* if you experience ulceration, heat, heartburn, acidity or indigestion.

Alternative to *Cool Digest*: Drink one cup of hot water mixed with a pinch each of ginger, cumin and fennel powder. Drink with your meals.

Manjistha

Take 2 capsules, 2 times per day after meals. *Manjistha* is one of the most powerful blood purifiers and lymphatic destagnators available. *Manjistha* supports the natural function of the lymphatic system, optimizing the delivery of nutrients and the removal of wastes from our cells. It may make your urine look a little reddish – this is normal.

Alternative to *Manjistha*: Take Red Root tincture, a commonly available herb that helps de-stagnate and detox the lymph and lymph nodes. Take 1 dropperful in warm water after each meal.

Turmeric Plus

Take 2 capsules, 2 times per day after meals. In this formula, turmeric is combined with medicinal doses of Pippili to make it more effective. *Turmeric Plus* is an antioxidant that supports the body's natural response to inflammation, repairs tissue and supports the liver, skin and immune system. It builds rakta (blood) and de-inflames rasa (lymph).

Alternative to *Turmeric Plus*: Drink 1 cup of dandelion root tea after each meal. Or take a plain turmeric supplement at the same dosage.

STEP TWO: Oleation (Drinking Ghee in the Morning)

Drinking ghee is not indicated if you have gallbladder trouble or difficulty digesting fat. Check with your medical doctor or with John Douillard, DC to adjust your detox if you have issues with fat metabolism.

First Thing in the Morning:

Day One:

2 tsp Ghee

Day Two:

4 tsp Ghee

Day Three:

6 tsp Ghee

Day Four:

8 tsp Ghee

- Take the suggested amount of ghee (at the left) upon rising for four consecutive days.
- Melt the prescribed teaspoons of ghee and drink it on an empty stomach. If it's difficult for you, you can add ½ a cup of warm rice, almond, coconut or organic vat-pasteurized, non-homogenized cow's milk. Warm the ghee and the "milk" to the same temperature so they mix easily and drink it all at once. If needed, you can add a pinch of nutmeg, cinnamon and/or cardamom.
- Wait ½ hour before drinking or eating anything.
- If nausea occurs, sip ½ - 1 cup of warm-to-hot water with fresh lemon juice and grated ginger root. Eat a little kitchari ½ hour after drinking the ghee even if you feel full. This helps settle the stomach. Take less ghee the next morning.

STEP THREE: Follow One of These 4 Meal Plans

Kitchari (also called khichadi, kichari or khicharee) is your new best friend during your SHC as it is ideal to eat it exclusively for breakfast, lunch, and dinner. We have included the recipe in this book or you can purchase LifeSpa Organic Kitchari packets from us, which are a mixture of delicious organic rice, beans and spices. Kitchari pulls toxins from your body, is high in protein and is extremely healing to your digestive tract and intestinal mucosa.

Please note that eating only kitchari is not for everyone.

Balanced blood sugar and comfort allow the nervous system to disarm and relax, which is key to a beneficial detox.

Choose a meal option below that will not cause stress or strain.

Option 1: Most Cleansing Meal Plan – *Kitchari Only*

To maximize your cleanse and reap the most benefits, eat *only* nonfat kitchari. This will be incredibly healing to your digestive track and extremely detoxifying. When you eat a mono diet, your body can focus the energy that normally goes towards digestion to cleansing and healing other systems.

- a. Always eat your largest serving of kitchari mid-day when your digestion is the strongest. For dinner, eat

early and eat a small serving or sip some hot ginger or hibiscus tea.

- b. *On this meal plan you can eat 3-4 meals per day to keep your blood sugar and energy stable.*

Option 2: Cleansing Meal Plan A –
Kitchari and Steamed Veggies

If your blood sugar becomes unstable or eating only kitchari is uncomfortable, then add vegetables at lunch: steamed vegetables or vegetable soup in a light, nonfat vegetable broth.

Option 3: Cleansing Meal Plan B –
Kitchari, Fruit and Salad and Steamed Veggies

If you are needing more than kitchari and steamed vegetables, you can add cooked fruit in the morning with nonfat cooked cereal (such as steel cut oatmeal or cream of wheat or rice) and salad at lunch with a nonfat dressing. This plan is not as detoxifying as Option 1 and 2 above. Please keep in mind that salad is appropriate only during the warm days of summer.

Option 4: Blood Sugar Balancing Plan

If your blood sugar is imbalanced, then drink some nonfat whey protein powder (in water or nonfat rice milk) or eat some lean meat. The key here is to avoid fat during the SHC. More protein may be needed to keep the blood sugar stable. If you are crashing in between a meal, then have a nonfat snack that is high in protein and plan to eat more protein at your next meal. Though the goal is not to snack, it is also important to keep your blood sugar balanced. It can take a

few weeks to balance blood sugar, so there is no need to rush it during this cleanse. At no time during your cleanse do we want you to feel like you are starving or suffering as it is also important that your nervous system is calm. During future cleanses you can work your way up to Options 3, 2 and then 1. You will still benefit from a thorough detox if you follow Option 4.

- a. **Breakfast:** Nonfat cooked cereal is best: steel cut oatmeal or cream of wheat or rice.
 - You can enjoy some seasonal, fresh, cooked fruit along with your breakfast if you'd like, as well as some herbal tea, like hibiscus or ginger.
 - Other options for breakfast are kitchari, egg whites with vegetables, or vegetable soup.
- b. **Lunch:** Lunch should be your biggest meal of the day. We want your body to feel nourished, so please, eat a BIG lunch. Options other than kitchari include:
 - Rice with nonfat beans
 - Nonfat vegetable soup (you can add beans)
 - Salad with lemon or other nonfat dressing
 - Add lean meat or nonfat whey protein powder in water.
- c. **Dinner:** Dinner should be early and light. You can eat some of the same foods as lunch (above).
- d. **To stabilize your blood sugar:** Take 1-2 caps of LifeSpa *Sugar Destroyer* before meals, or lean meat at lunch or drink nonfat whey protein in water with meals.

STEP FOUR: Laxative on the Evening of Day Four

On the evening of day four, eat an early and light dinner. Wait 2 hours. Then take a hot Epsom salt bath for about 20 minutes. If you don't have a bathtub, take a hot shower and then rest for 10 minutes with a hot water bottle on your abdomen.

Choose the laxative that is best for you:

- For sensitive digestion or loose stools, bowel irritation, or gallbladder or liver issues: Take 1 ½ cups of prune juice
- For normal elimination: Dissolve 1 Tablespoon Epsom salt in 1 cup of water. Add 1 Tablespoon of olive oil and 1 teaspoon of lemon juice.
- For sluggish, hard or constipated bowels: Dissolve 1 ½ Tablespoons of Epsom salt in 1 cup of water. Add 2 Tablespoons of olive oil and 2 teaspoons of lemon juice.

You will likely feel a laxative effect in 1-15 hours (average time is about 4-6 hours).

Do not eat anything until the laxative effect has worn off. Sipping room temperature or warm water is ok.

Occasionally, it's possible to not experience a laxative effect. If this happens and you have been eliminating well throughout the cleanse, it's possible your bowels were already flushed out, taking the built-up toxins along. If you haven't been eliminating well, you can take another dose of the laxative therapy the next morning or evening.

STEP FIVE: Daily Routines During Your Cleanse

Step Five is optional. If you are working or maintaining a busy schedule you can focus just on eating the detox diet, and skip the Daily Routine. If you want to make your SHC more of a retreat, you can follow all or part of this Daily Routine.



These important daily routines will help calm your nervous system, quiet your mind, de-stagnate your lymphatic system and increase the benefits of your detox. You can continue all of these practices – except the hot Epsom bath – for at least one month after your cleanse or indefinitely!

- **Light Exercise:** during your cleanse do light exercise in the morning, such as walking, hiking or swimming. If you are an extreme athlete it is good to slow down during the cleanse.
- **Breathing Technique:** each morning and evening before meditating, follow this cooling and calming 8 minute technique. Breathe slowly in and out through the left nostril. With your right thumb, hold your right nostril closed. Pause at the inhale and exhale.
- **Meditation:** do 10 or more minutes of meditation each morning and evening to quiet your mind.

- **Hot Bath Each Evening:**

- **Before bathing, use *Garshana Gloves*** made of raw silk to alkalize your blood, enhance circulation and stimulate your lymphatic system. While dry, wear the gloves and vigorously massage the whole body towards the heart.
- **Take a Hot Epsom Salt Bath:** 1 quart of salt per bath for 20 minutes.
- **Do Self Massage** with warm *Lymphatic Massage Oil*. Massage towards the heart with long strokes on the limbs and circles on the joints. Focus on areas of lymphatic concentration, such as the head, neck, chest, abdomen and feet.

No Snacks

If you feel the need to snack during your SHC, eat a bigger lunch when your digestion is the strongest. This will give you enough gas in your tank to make it to dinner without crashing and having cravings. Play around with how big of a lunch you need to avoid snacking later. When you snack, you slow down your fat metabolism and the release of fat-soluble chemicals and old molecules of emotion.

Sip Hot Water All Day

Sip warm-to-hot water all day long to hydrate your cells and cleanse your lymphatic system. Ideally, you will drink 3-4 liters of very warm water each day. Warm water helps rehydrate your tissues a lot faster than cold water, and it's crucial to stay hydrated during your SHC. Also, **plain hot water is more hydrating than flavored water** (even if it's just herbal tea or lemon juice).

- Ginger tea is beneficial for digestion, mobilizes toxins, and restores balance. You may also drink decaffeinated herbal tea.

Foods to Avoid

To gain the most benefits from your cleanse, avoid these foods:

- Avoid foods with fat such as oil, butter, avocado, nuts and seeds or dairy and meat with fat.
- Avoid bread, flatbread, crackers or any baked goods as they slow down your detox.
- Avoid heavy meats and heavier, oilier foods (such as butter, yogurt, nuts, oils, cheese, pizza)
- Avoid sprouts, and curds (except tofu), pickles, vinegar, alcohol.
- Avoid raw, uncooked vegetables and cold drinks, cold foods, caffeine.
- Avoid white sugar, honey, alcohol and recreational drugs.
- Avoid creamy foods and spicy foods.

Optional: Eat lean meats or a nonfat whey protein drink during lunch if you need it to stabilize your blood sugar. Meat is a building food, rather than a cleansing food.

Kitchari Recipe

If you prefer not to make your own kitchari, we have a pre-mixed delicious LifeSpa *Organic Kitchari* packet that includes rice, beans and a delicious packet of spices that you simply toss into a pot and simmer for 30 minutes.

This recipe makes enough to last you for 3 or 4 meals. You can play with the mix of spices. Many people prefer this recipe when the spices are doubled or even tripled.

Traditionally, kitchari is eaten more like a soup than a pilaf. This is why our recipe includes more water than you would normally add for cooking rice.

- 1 cup split yellow moong beans* (see for 'weak digestion below')
- ¼ - ½ cup white basmati rice
- 1 Tbs fresh ginger root
- 1 tsp each: black mustard seeds, and cumin and turmeric powder
- ½ tsp each: coriander powder, and fennel and fenugreek seeds
- 1 pinch hing - also called asafetida or asafetida (*optional*)
- 7-10 cups water or vegetable broth
- ½ tsp salt (rock salt is best) or Bragg's Liquid Aminos.
- 1 small handful fresh chopped cilantro leaves

It's important to get SPLIT MOONG DAL beans because they are easy to digest and are more detoxifying. They are available at Asian or Indian grocery stores or through LifeSpa. Different spellings include "mung" and/or "dahl."

Please note that you do not want the whole moong dal beans, which are green, lentils, or yellow split peas.

1. Wash the split yellow mung beans (dal) and rice together until the water runs clear.
 2. Heat a large pot on medium heat and then add all the spices (except the bay leaves) and dry roast for a few minutes. This dry-roasting will enhance the flavor.
 3. Add dal and rice and stir again.
 4. Add water and bay leaves and bring to a boil.
 5. Boil for 10 minutes.
 6. Turn heat to low, cover pot and continue to cook until dal and rice become soft (about 30-40 minutes).
 7. The cilantro leaves can be added just before serving.
 8. Add salt or Bragg's Liquid Aminos to taste.
- * For weak digestion, gas or bloating: Before starting to prepare the kitchari, first par boil the split moong dal (cover with water and bring to boil), drain, and rinse. Repeat 2-3 times. OR, soak beans overnight and then drain. Cook as directed.

Flavor Options: Instead of using the spices in the recipe above (or the spice packet in your LifeSpa *Organic Kitchari*), you can play around with Italian herbs, lemon with dill, just cinnamon, or salt with lemon and pepper. Please stay away from spicy flavors (such as Mexican or Thai) or any fat. If you add fruit, dried fruit or vegetables, just remember that it will be considered Meal Option 2, 3 or 4 (not Meal Option 1).

Cleansing During the Seasons

Winter Cleanse



Let's examine how nature insures our good health with its natural detoxification cycles. In the winter, as the weather gets cold and dry, nature provides a harvest of nuts, grains, soups and stews. This is a naturally occurring higher protein, higher fat diet. This is why squirrels eat nuts – the nuts act as warming insulators for the long cold winter. This high protein, high fat time of year is when we store minerals, vitamins and nutrients as preparation for nature's New Year, starting in the spring. Winter is the season for deep rejuvenation for the nervous system - something we all need due to our very stressful lifestyle. The right kind of detox and rejuvenation, such as the SHC, can be miraculous in the winter when designed correctly.

During Winter, eat foods off the *Winter Grocery List* at LifeSpa.com/grocery.

Spring Cleanse



Spring's first line of duty is to detox all of the excess fats and proteins and holiday food we stored all winter. It is nature's weight loss season. The first foods that are harvested in the spring are the bitter roots, like dandelions and the florescent green spouts that fill the valleys every April and May. The bitter roots sweep the excess mucus out of the sinuses and intestines, while the chlorophyll rich sprouts fertilize the gut to re-establish our natural intestinal flora, which is our good bacteria. These are followed by an abundant harvest of leafy greens and berries. The leafy greens are wonderful alkalizing lymph movers and blood cleansers, while the berries are detoxifying antioxidants to finish the detoxification process of the spring.

The problem is that while we watch all this happen every spring we rarely eat enough of the spring harvested foods to get the benefits of nature's New Year detox. If you lived on a farm you would quickly realize how fast and furious the harvest is in the spring. You simply can't eat the leafy greens and berries fast enough. So this spring, take advantage of nature's detoxification season and eat more greens, sprouts, bitter roots, berries and cherries.

During Spring, eat foods off the *Spring Grocery List* at LifeSpa.com/grocery.

Summer and Fall Cleanse

In the summer, and right through the fall, is another effective time to detox. As the summer heats us up, the body swells and is ripe for deep tissue detox. At the end of summer, the blood, liver and lymph are loaded with toxins ready to be eliminated.

During the summer, eat foods off the *Summer Grocery List* at LifeSpa.com/grocery.



During the Fall, eat foods off of both the Summer and Winter Grocery lists as the weather transitions back and forth between warm sunny days and cooler days. Also, eat 2-3 apples every day through the end of October to cleanse and cool the excess Pitta that accumulated during the summer and thus prevent colds and flus.

Seasonal Grocery Lists & Tips

You will find a grocery list for all the seasons in my book, *The 3-Season Diet* or you can download them off my web site for free at LifeSpa.com/grocery.

Brief Summary

- **First Thing in the Morning:** Day 1: drink 2 tsp melted ghee. Day 2: drink 4 tsp melted ghee. Day 3: drink 6 tsp melted ghee. Day 4: drink 8 tsp melted ghee. You can drink the ghee plain or mix with 1/2 cup of warm rice milk. Wait 1/2 hour before eating anything.
- **Digestive Herbs:** Take 445-500mg of *Warm Digest* or *Cool Digest* before each meal.
- **3 NONFAT Meals Per Day (No Snacking):** Follow a nonfat diet of seasonal vegetables, fruit and kitchari. Eat a light breakfast, a big lunch and an early, light dinner.
- **Cleansing Herbs:** Take 800mg of *Manjistha* and 1000mg of *Turmeric Plus* twice per day after meals.
- **Sip Hot Water** every 10-15 minutes to detox and help your lymph flow.
- **Daily Detox Routines:**
 - Gentle yoga, meditation, journaling, light exercise.
 - Before bathing, use raw silk skin brushing *Garshana Gloves* to alkalize your blood and stimulate your lymphatic system.
 - Take a hot Epsom Salt bath: 1 quart of salt per bath for 20 minutes.
 - After bathing do self-massage with warm *Lymphatic Massage Oil*.
- **On the Evening of Day Four:** after a hot Epsom Salt bath, drink either 1 ½ cups of prune juice or 1-2 Tablespoons of Epsom salt dissolved in 1 cup of water with 1-2 Tablespoons of olive oil and 1-2 teaspoons of lemon juice respectively. In 1-15 hours (average 4-6 hours) you should experience a laxative effect that will remove toxins the ghee has loosened in the body.

Do You Want a Deeper Cleanse and Transformative Retreat?

Do you want a deeper cleanse and to begin to address the underlying patterns of behavior that keep us tortured in our body and prisoners of our minds, then consider a few Panchakarma treatments after your SHC. We offer 3, 5 and 7 (and even 21) day Panchakarma retreat programs that are designed to break those old physical, mental and emotional patterns of behavior. >>> LifeSpa.com/panchakarma.

About John Douillard



Dr. John Douillard DC, is an Ayurvedic and chiropractic practitioner who has taught Ayurvedic medicine, natural health, fitness, and nutrition internationally for over 21 years and is the author of 16 books, tapes and DVDs. He currently directs the LifeSpa - Ayurvedic Retreat Center in Boulder, Colorado, where he lives

with his wife and six children.

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