

Therapies used during our retreat time will include

- Skin Brushing
- Detoxing Baths
- Colonics (Optional)
- Coffee Enema's (Optional)
- Rebounding (Lymphatising)
- Rest, Inspiring DVD's
- Lymphatic Drainage
- Reflexology, Iridology
- Massage
- Kidney Cleansing
- Liver Cleansing
- Parasite Cleansing
- Sharing
- Laughter
- Communication
- Sleep, Fun, Enjoyment



Nola Davidson is a registered nurse, midwife and psychiatric / community health professional. She travels extensively and holds qualifications in therapies including aromatherapy, reflexology, Swedish massage, lymph drainage and shiatsu. She is a trained and qualified iridologist. She holds a diploma in clinical nutrition from the Academy of Nutrition in Australia. She has specialised over the years in the field of fasting and detoxification regimes. She travelled to the U.S.A. and went to Tijuana to the Gerson Institute to train as a Gerson Therapist. This institute specialises in the treatment of chronic degenerative diseases, like cancer, multiple sclerosis and auto-immune illness, using nutritional protocols to reverse the process of disease. She trained in England with Dr Milo Siewert, as a colon therapist. She holds diploma's in the fields of haemaview (live blood analysis) and bio resonance testing (allergy / food testing / organ functioning.)

Nola is a member of Rape Crisis and Life Line Western Cape. She has been a facilitator and counsellor and brings a thorough medical knowledge and professional expertise into her work.

She is both a teacher and trainer and has a dream of starting South Africa's first House of Hope, a safe place where cancer patients could visit as a day visitor, or live in-house and receive nutritional support and guidance, and hope to fully live, dealing in a positive way with a life-threatening illness.



Revitalising Detoxing Retreats in a Tranquil Country Setting

Eat to Live!

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Who will benefit from this retreat?

- Anyone who has had, or who has a life-threatening illness.
- Anyone who cares about his/her health and wants to reach optimal health.
- Anyone who has alcohol, nicotine or drug toxicity in their system.
- A healthy person who wants to stay healthy.

Modalities to help us on our retreat

- Breathwork
- Yoga
- Meditation

Yoga and breathwork are tools to integrate and harmonise all levels of being.

Specific exercises will energise the various systems of the body enhancing the cleansing process.

Food Medicine

Your options are: **Fasting • Juicing • Wholefood Meals**

5 Juices daily to:

- Detox
- Restore
- Help elimination

Smoothies:

- Superfoods to rebuild and help healing
- Alkalise the body
- Build up the immune system

Supplements:

Used only if fasting and on juices

- Bentonite
- Psyllium Husks
- Probiotics
- Digestive enzymes

Organic Salads and Vegetarian Meals

Detox Retreat Programme (This is Flexible)

- meditation
- yoga
- ongoing relaxation
- breakfast
- juice
- treatment time
- discussion & lecture
- lunch
- lifestyle lecture
- rest
- beach walk
- sharing
- personal consultation
- supper

Retreats are held over a 2 day to 7 day period