

# rtnhealth

## Lose up to 10lbs in three days and change your life



by **Carol West**

The Kamala Centre, Calpe

WHEN THE Kamala Centre commenced its 3 day detox programme 2 months ago it never realised how popular the programme would prove to be.

Now over 30 people have taken part and clients travel in from Norway, UK, Barcelona and Zaragoza to benefit from the results. This article will explain more about the program and answer those frequently asked questions.

### WHAT IS THE 3 DAY DETOX PROGRAM?

For 3 days we provide for you healthy nutritious juices which you have in replacement of your meals. You also attend the clinic at The Kamala Centre in Calpe on each of the days for a colon hydrotherapy treatment.

### HOW DOES IT WORK?

The juices provide all your bodies' nutrition requirements so you don't go hungry. They are processed quickly by the body so all your vital organs do not have to spend time processing food. Instead they can work on repairing you and getting you back to optimal health. The Colon Hydrotherapy treatments help to clean and hydrate the body from the inside

and again allow the body to naturally get itself back into balance.

### WHAT DO THE JUICES CONTAIN?

You have different juices on different days and they are a combination of fruit and vegetable juices. Everyone is really surprised how tasty they are and many clients have continued to make them for themselves after completing the program.

### I AM A DIABETIC CAN I COMPLETE THE DETOX?

Yes, we have had several diabetics complete the detox with amazing results. As a result of both the juices and the colon hydrotherapy treatments the overworked Pancreas of a diabetic receives a very welcome flush. The result is within 24 hours the sugar levels stabilise and give the client a great boost of energy.

### WILL I LOSE WEIGHT?

If you need to lose weight and you follow the program you will definitely lose weight. We have now had several clients lose 10lbs in 3 days but most clients lose 6-7lbs. This is great, but the best result is how people feel after

completing the program. Clients talk about having more energy, cleaner skin, more in control of their habits...

### WHAT HAPPENS AFTER THE PROGRAM ENDS?

We provide you with a transition menu to follow. As mentioned previously some clients just take the juice recipes and continue following that for a few weeks. Others want to go back onto normal food and the transition menu helps with this. You will keep the weight off, if you are sensible, and in fact many clients use this as a boost to go on and lose much more weight.

### HOW MUCH DOES IT COST?

We offer two options to try and make it affordable to all. If we make the juices for you, fresh, each day the cost including the 3 colon hydrotherapy treatments is €200. If you have a juicer and blender at home and prefer to make your own juices following the recipes we provide for you, the cost is €150.

### HOW DO I BOOK?

You can call us on **965 875 869** or email us on [office@thekamalacentre.com](mailto:office@thekamalacentre.com) or visit our website at [www.thekamalacentre.com](http://www.thekamalacentre.com). We limit the program to a maximum of 3 clients per day and due to the amount of bookings and also some training commitments in the UK we are now taking bookings for 23rd August



onwards. The slots are filling very fast so give us a call to take part in this amazing program.

For an appointment please contact The Kamala Centre, Calpe on **965 875 869** or visit [www.TheKamalaCentre.com](http://www.TheKamalaCentre.com)

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