

the
detox
movement

NUTRITION - YOGA - LONGEVITY

5-day
ONLINE
DETOX
RETREAT

BASED ON CURRENT
SCIENTIFIC RESEARCH

GUT HEALTH DETOX

16 - 20
JUNE 2022



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For a long and healthy lifestyle

In time for the Midsummer Solstice we are bringing you another online detox retreat. This time focusing on gut health as we prepare for a new season and new beginnings. This retreat will be online so that you can cleanse in the comfort of your own home and be anywhere in the world. Check testimonials below to get an idea of what we do and how you are supported during the cleanse.

A focused period of detoxifying is a reset for the whole physical and mental body. It delivers an all-access pass to boundless reserves of energy you didn't know you had. You may find that every part of your body works better, imbalances are rectified and irritating symptoms get a chance to disappear.

All cultures and religions do some sort of fasting to reflect and reset. This is a power that our body will use to rejuvenate and heal.

WHAT ABOUT GUT HEALTH?

Through current and recent research we learn more and more about how important it is for us to have a balanced microbiome and that we need to look after it to keep it balanced.

Our gut microbiome is involved in all aspects of health. For example, at least 70% of our immune system sits in our gut and if your gut is balanced and healthy the outcome of any infection is much better.

It also regulates and activates hormones and neurotransmitters. It is our microbiome that decides if we are putting on weight or not through eating certain foods, it is involved in how we feel mentally (an imbalanced microbiome is associated with both depression and anxiety).

The list goes on and the more research the more we realise how important our gut health is. You do not need to have gut issues to benefit from this retreat. It is important for everyone to have good knowledge about how to keep your gut healthy and in good balance.

Here are some symptoms that may be related to an imbalanced gut

- Regular constipation or diarrhoea
- Regular colds and flus
- Prone to infection
- Food Sensitivities
- Allergies and Asthma
- Fatigue and tiredness, low energy
- Low moods and depression
- Hormonal problems/fluctuations
- Skin issues - acne, eczema etc.

Chronic diseases associated with an unbalanced Gut

- Allergies
- Cancer
- Atherosclerosis
- Diabetes
- IBS/IBD
- Fatty Liver Disease
- Parkinson, Alzheimer and Dementia
- Obesity and Metabolic Syndrome
- Rheumatoid and other autoimmune diseases



How to balance your gut microbiome

We will have several teaching sessions on gut health where we will go through the latest research available and also discuss practical advice on how to balance an unbalanced gut and how to continue to keep a balanced gut balanced. We will cover a lot of information.

- Best foods for Gut Health
- What foods to avoid for good gut health
- How to support your gut through your lifestyle and exercise
- Gut and our immune system
- Gut-Brain connection and how to improve mental health
- Gut and hormone health
- Food demos using specific gut-healthy ingredients. For example learning how to make your own probiotic ferments, how to bake good gut breads, and many other biohacking gut health foods and snacks

THE RETREAT

WHAT IS A DETOX?

What is a Detox?

A detox is when we are trying to get rid of toxins stored in our bodies and at the same time avoiding adding any new toxins.

The outcome is a less toxic load which means your body will work better and be more healthy. For example, our immune system will work better, our microbiome will stay healthy, our hormones will be more balanced as excess and 'bad' hormones will be eliminated through cleansing.

Our liver detoxifies everything that gets into our system every second of the day without us doing anything. However, if you have the knowledge of how this system works and how to support this on a regular basis then you will have your health more under your control.

This retreat will be online so that you can participate in the comfort of your own home.

How do we cleanse?

We offer 4 different and profound ways of cleansing. You can choose from a whole-food plant based therapeutic menu, a raw food menu, a juice, smoothie and soup menu and a juice and broth menu.

All menus are therapeutically created to support your liver and all other detoxification organs as well as your gut microbiome. If you are not sure what menu to choose we will guide you to make the right decision for you. Instructions and menu-plans for these menus will be provided when you sign up for the retreat.

We will also be using simple but effective naturopathic detox techniques to support your cleanse and the specific yoga exercises and breath-work are designed to support your detox organs and gut health.

Who would benefit from this retreat?

Anyone interested in improving their gut health and immune system. Anyone that wants to learn how to live a healthy life in an increasingly toxic world and up for a cleanse. Everyone that would like to have more power over their health.

If you are on any medication or have any major health issues please let us know and we will advise if this retreat is right for you or not.



What is included in this retreat?

- Instructions and shopping list of 4 different cleansing menus
- Yoga twice a day, morning and evening during the 3 full days and once on last morning
- Daily breath work sessions and meditation
- Daily Educational talks and discussions about natural ways of looking after your gut health, improving your immune system, avoiding toxins, and improving health in general.
- Daily Practical cooking demos using foods specifically good for supporting gut health. You can choose to cook along with these sessions.
- Daily sharing circles
- Questions answered by experienced naturopath/nurse and movement expert throughout the retreat

- Amazing support and inspiration from like-minded people joining the retreat
- List of staple foods you will find in the kitchen food cupboard/pantry of someone with a well -balanced gut
- Continued support after the retreat through WhatsApp group

INVESTMENT

For yourself:
£195

For a household
of two people:
£245

Naturopathic Detox Exercises

We will also be using naturopathic detox techniques throughout the retreat. You may need to purchase a few things for this but it may be that you have what is needed already in your home.

Instructions for these naturopathic exercises will be sent to you along with the menu plans and shopping lists once you have booked onto the retreat.

How much do I need to prepare for this retreat?

Ideally you should start to prepare 2-3 days ahead of the retreat for whichever menu you choose to do.' You may also need to get a few items for this retreat so again 2-3 days should be enough to do this.

Where is this retreat

This retreat is online via Zoom and in the comfort of your own home. The naturopathic exercises are best done in private and where you can feel relaxed. We have found from our previous retreats that the group bonds well as everyone can be themselves in their own home.

The sessions are all recorded so you can catch up if you miss any of them or want to watch them again.

YOUR TEACHERS

The retreat will be led by naturopath & nutritionist Åsa Simonsson and yoga & breath work teacher Lisa Dunn



ÅSA SIMONSSON

Åsa Simonsson is a naturopath, nutritionist, and a registered nurse with almost 30 years of experience in health and medicine. She has helped thousands of clients and patients back to health. Currently, she sees clients in her private practice, she is a lecturer at the College of Naturopathic Medicine, she runs private workshops and classes as well as for the charity 'Made in Hackney', she is a natural chef cooking on retreats and has recently had her first book 'Fermentation' published. Åsa will guide you through the 5-day retreat with nourishing recipes and naturopathic detox techniques, educational talks and practical cooking sessions. She is available for questions throughout your five days of transformation.

Find more information about Åsa here:

www.lineanutrition.co.uk

Instagram @nordic.nutrition



LISA DUNN

Lisa Dunn has been practising yoga for 20-years and teaching for twelve and she never stops feeling excited about sharing the liberating effect this has had on her life. Her work has taken her all over the world, running retreats and workshops as well as being a faculty teacher on Frog Lotus International teacher training programmes, based at Suryalila Retreat Centre in Spain.

She brings a contemporary eye to time-honoured traditions and draws on the universal teachings

of yoga, both on and off the mat. Lisa is also a filmmaker and has recently finished a documentary about the world of yoga called 'Suryalila: Six Years in Search of Sanity'. Lisa will be available for support during the whole retreat.

More information on Lisa can be found here:

www.lisadunnyoga.com

Instagram @lisa_dunn_yoga

ONLINE RETREAT SCHEDULE

DAY 1

Thursday 16 June

5:30 - 7:30pm First retreat meeting.
Introduction circle & meditation

DAY 2

Friday 17 June

9:45 - 11am Breath work & Yoga
12 - 1:30pm Sharing Circle & Detox/Gut Health Class
3:30 - 4:30pm Cooking Demo - optional.
cook along
Restorative yoga and meditation

DAY 3

Saturday 18 June

9:45 - 11am Breath Work and Yoga
12 - 1:30pm Detox/Gut Health Class
3:30 - 4:30pm Practical and cooking demo
5:30 - 7pm Yin yoga and meditation

DAY 4

Sunday 19 June

9:45 - 11am Breath Work and Yoga
12 - 1:30pm Sharing Circle and Detox/
Gut Health Class
3:30 - 4:30pm Cooking demo, coming out
of a detox, supporting new
habits and Q&A
5:30 - 7pm Yoga and meditation

DAY 5

Monday 20 June

8:45 - 10am Breath work and Yoga
10 - 11am Closing. Circle



WHAT PEOPLE SAY...

Maddy and Sean, London

‘The retreat worked surprisingly well online and we were given so much support and instruction. Lisa and Asa are both incredibly knowledgeable and generous with their time and energy and are a great team.

Every day Asa delivered really interesting and super informative talks and nutritional support as well as sharing recipes, cooking demos and masses of useful information which supported us through the process. Lisa’s amazing yoga and meditation sessions made the retreat feel special and also helped enormously with the detoxification process.

The whole process was much easier and more enjoyable than we expected and we both felt loads better (and slimmer!) afterwards. We will be joining again in September. All in all, an amazing experience and great value for money. Loved it. Thanks, ladies.’

Juliet, UK

‘Easy, affordable way to have a guided, supportive detox with a fabulous yoga boost to start and finish the days. Your body will thank you.

Ruth, London

‘I enjoyed every aspect of this hormone balancing retreat, so much so, I wish I'd done it a few years ago - I don't suffer from any significant issues with my hormones, however, I now feel more informed about what they might be up to, what to look out for and how I can eat better, to optimise my health and wellbeing going forward - the morning and evening yoga and meditation sessions were wonderful too - lots of self-care here, which everyone should try at least once.’

@theninjanaturalchef

‘And just like that, we have reached the end of such a lovely detox retreat experience. One which I would thoroughly recommend! Thank you, thank you Asa and Lisa’

Catherine, London

‘A retreat from home with a small virtual gathering of supportive others. Sound and clear naturopathic and nutritional knowledge and advice, and delicious menus, recipes and methods to follow up. Thoughtful yoga that was tailored to and supported the detox. I feel radically better and (am) lighter, happier and more connected in my skin, and much more focused and emotionally and creatively unblocked and flowing along. Continuing with habits and positive changes until the next retreat’

Nono, UK

A very well-structured online retreat from an incredibly knowledgeable and compassionate duo. It was my first juicing fast and I was a bit nervous beforehand. With the help of a detailed plan, clear explanation and a well-designed menu, I did it! The support from the group has been wonderful. A great experience to help me embark on the journey of a gut-friendly diet and daily routine.

Gaelle, UK

‘This was my second virtual detox retreat with Asa and Lisa and I really enjoyed it. One can choose between a juice fast, a raw food fast or a plant-based fast. I did the juice fast and found it much easier this second time around. One received a list of protocols that can enhance the whole detoxification process. You can choose to do them all or only a few. I enjoyed the whole process: yoga session, gut health talks, cooking demo, sharing circles. The whole timetable is well planned and allows for plenty of time to rest and be present on your own. I highly recommend those retreats and will hopefully be joining in the summer one.’

Kristen, Minneapolis US

‘Excellent retreat and such a gift to myself! I am looking forward to joining another retreat in the future!’

Jerry, Minneapolis US

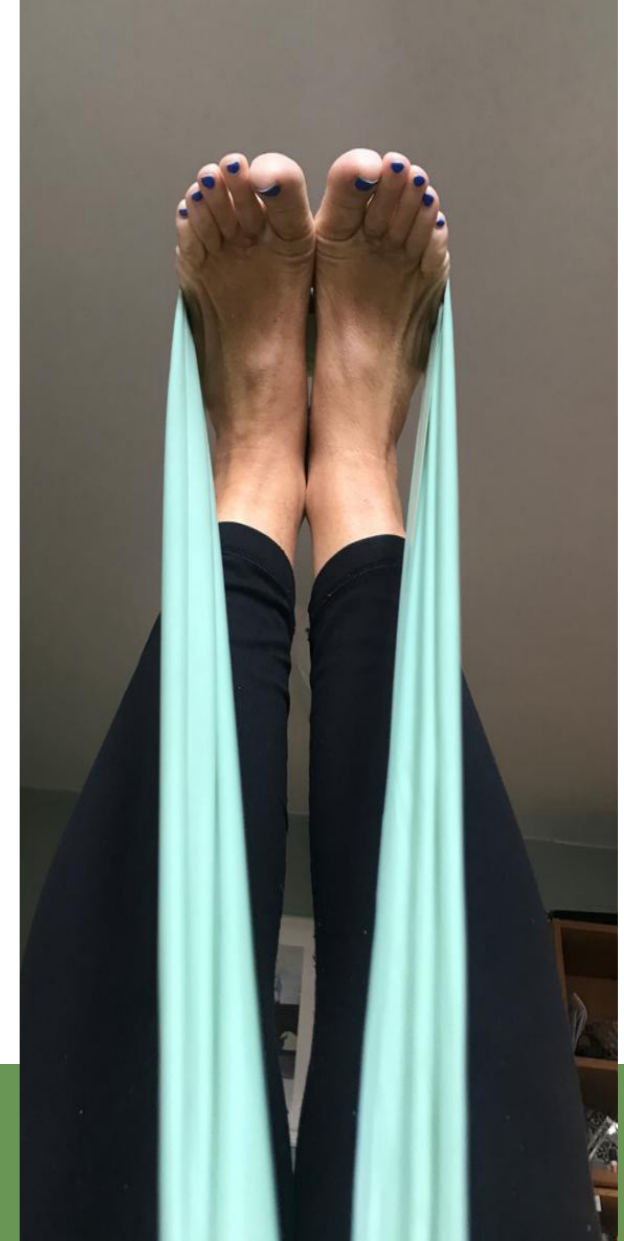
‘Wonderful life-changing experience all around. Look forward to doing another detox retreat with both of you sometime!’

Barney, London

‘As I hadn't done a retreat at all before, let alone a juice fast, I didn't know what to expect coming in. Firstly I enjoyed the routine provided, which I think helped with the fasting sensations. The yoga was different from what I had practised before and was great to get into my hips. The talks also were really useful, especially explain-ing the benefits of fasting whilst doing one made me feel a lot more enthused to complete it. Overall I learnt a lot from all the different sections of the retreat, and am glad to have had the experience!’

@londonnutcheeseco

‘Excellent talk about the immune system this morning as part of the online juice fast retreat by @nordic.nutrition. and very healing yoga classes with the sweet @lisa_dunn_yoga’



CONTACTS

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