Are You Ready for a Fresh New You This Spring?

Radical Renewal Fasting Retreat

at Mana Retreat, Coromandel

Monday Sept 18, 1pm to Friday September 22, 1pm

Renew and Rejuvenate with the Ancient Medicine of Therapeutic Fasting

This retreat is a unique opportunity for rejuvenation, detoxification and to reset your health and well being in the beautiful environment of Mana. One of the best ways to stay healthy is to eat a whole food, plant based diet and to avoid processed foods. Breathing clean air, drinking pure water, giving your body nutritious movement, time for inner peace and restful sleep all contribute to our vitality and the body’s self-regulation.

One of the oldest and most often forgotten health treasures we have, available to everyone, is therapeutic fasting. Fasting intermittently cleanses your body from the inside out. Fasting is ancient medicine that activates the self-cleansing and detoxifying process in our body as well as our self-repair. Fasting is the only scientifically proven method that significantly extends the lifespan of humans and other animals. A three-day water fast is a potent way to flush and reset our whole system.

Radical Renewal - An individual approach:

Participants will be guided over the five day detox experience on a programme designed for their specific needs - including meditation, yoga and qi gong, breathing and self-care exercises, health education presentations, journaling, individual posture and movement assessment, massage, daily sauna and skin brushing as well as time for resting and walks in nature. On the first day and the fifth day, cold-pressed juices and raw food will be available. While the core fasting part of the retreat is the three day water fast, cold-pressed juices will also be available for anyone if that is their preference.

The Tao of Detox

A common result of a stressful lifestyle and a nutrition deficient diet is a body state of acidosis and inner toxicity. Daniel Reid, the author of ‘the Tao of Detox’ states, ‘In order to awaken the full therapeutic healing power of fasting, you must abstain completely from ingesting all food, liquid or solid. Only when given a complete rest from digestive and metabolic duty does the body shift into total detoxification and self-cleansing mode and start to heal and regenerate itself.’
Alkaline Water and the flow of the retreat
In our daily life and especially when fasting, the quality of our water is a huge factor in our health. We will provide alkaline water supplied by Lemurian Springs. Other than water, the only other products you will ingest during the three day fast are for internal cleansing and do not activate the digestive system - psyllium and bentonite are used for bowel cleansing and mineral supplements may be taken to balance the pH.

Join Us for a Rejuvenating and Transforming Experience
There are few of us who are not in need of a pause from our full lives and a chance to reboot our entire well being. This retreat will be transformative and nourishing, not only physically but also mentally and emotionally. It can be a time to come home to yourself and change old patterns on many levels. Three of your support team are also musicians and two are movement therapists. We will offer music and movement to nourish your soul. It will be time of cleansing, rest and rejuvenation - the perfect way to start your spring.

The Radical Renewal team
Sol Petersen and group of health professionals with extensive personal experience in fasting will support you on your cleansing journey. Sol is a manual therapist, movement coach and psychotherapist. He is also a Tai Ji teacher with many years of experience in facilitating groups.

Cost: $990 includes full accommodation and the Radical Renewal Programme with raw food and cold-pressed juices, alkaline water and all supplements for cleansing and pH balancing.

Contact: to inquire or register please email info@theradiantbody.com or call Sol on 021893055

Pre-retreat Preparation: We suggest that if possible participants eat a raw food or mainly raw food diet for the 3 days leading up to the retreat to kick-start the cleansing process. Registered participants will be asked to fill in and submit a health questionnaire and self-assessment prior to the retreat.

Suggested reading material: the Tao of Detox by Daniel Reid; Rational Fasting by Arnold Ehret; Intestinal Disorders, Fasting and the Eliminative Diet by Bernard Jensen; the Fast Diet by Michael Mosley; the Miracle of Fasting by Paul Bragg
Suggested viewing material: the BBC documentary Eat, Fast and Live Longer; the movie Fat, Sick and Nearly Dead