



SHONALI

DEEP DETOX

A GUIDED GUT RESET BY SHONALI SABHERWAL

Rooted in the Principles of
Kerala Style Ayurveda

www.soulfoodshonali.com

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THE DEEP DETOX

A Guided Gut Reset by Shonali Sabherwal

Every day, the body processes food, stress, environmental pollutants, and metabolic waste. Over time, this can burden the digestive system — particularly the **gut**, which sits at the foundation of overall health.

The **Deep Detox** is a structured Ayurvedic cleansing protocol designed to support the body in eliminating accumulated toxins and restoring digestive balance.

Using a customized classical Ayurvedic preparation, the detox works with the body's natural elimination processes to gently reset the digestive system.

Ayurveda traditionally recommends cleansing the body **once every three months**, especially during seasonal transitions such as **spring and autumn**.

The Deep Detox helps you:

- Reset your digestive system
- Support natural detox pathways
- Restore internal balance





SIGNS

*Your Gut May
Need A Reset*

Our bodies constantly work to eliminate waste and maintain balance. But when digestion becomes overburdened by stress, diet, and environmental exposure, the gut may struggle to function optimally.

Because the **gut sits at the foundation** of overall health, imbalance here can influence many other systems in the body.

You may benefit from supporting your body's detox pathways if you experience:

- Bloating
- Sluggish digestion
- Fatigue
- Skin flare-ups
- Brain fog
- Sugar cravings
- Low immunity
- Hormonal imbalance

A structured detox can help reset the digestive environment and support the body's natural cleansing processes.

The **Deep Detox** is designed to guide this reset through a personalized Ayurvedic protocol focused on cleansing the gut and restoring digestive balance.

<https://www.soulfoodshonali.com/deep-detox/>



WHY THE BODY NEEDS PERIODIC DETOXIFICATION

In many traditional healing systems, the gut is considered the foundation of health.

When digestion becomes overloaded — through diet, stress, environmental exposure, or irregular habits — the body may struggle to eliminate waste efficiently.

Over time this may affect

- energy
- immunity
- skin health
- overall wellbeing

Seasonal Detox

Detoxification has traditionally been recommended during seasonal transitions to help the body adapt to changes in climate, metabolism, and routine.

The Deep Detox supports the body by helping to:

- Cleanse the digestive system
- Support liver detox pathways
- Flush accumulated toxins
- Reset the digestive environment
- Promote clarity and lightness





THE AYURVEDIC PHILOSOPHY BEHIND DETOX

Ayurveda emphasizes periodically cleansing the digestive system to **remove accumulated toxins** and **restore balance** in the body.

THE DEEP DETOX

The **Deep Detox** is a guided gut cleanse using classical Ayurvedic herbs. The preparation is made using traditional Kerala Ayurvedic formulations, available in **paste or powder form**.

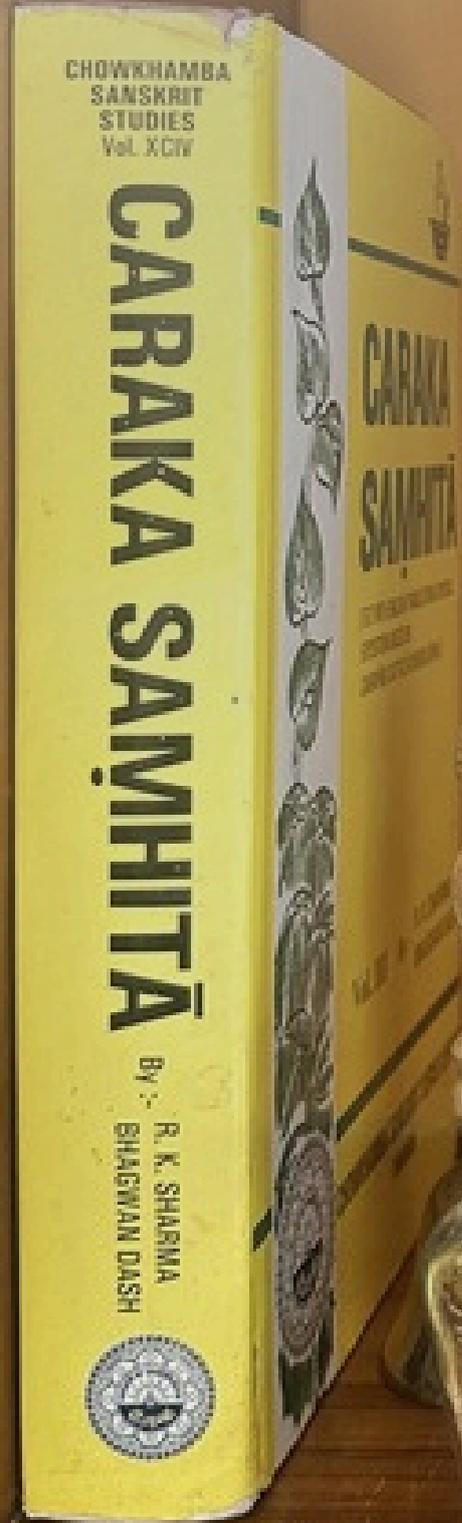
A PERSONALIZED APPROACH

Unlike many popular detox programs, this protocol is structured and guided. Your health profile is reviewed before the appropriate preparation is recommended.

AYURVEDIC WISDOM

*When digestion
is strong,
health
flourishes.*

— Charaka Samhita



HOW THE DEEP DETOX WORKS

STEP 1
REGISTER FOR THE DEEP DETOX
SIGN UP THROUGH THE WEBSITE.

STEP 2
HEALTH ASSESSMENT
COMPLETE A SHORT
QUESTIONNAIRE ABOUT YOUR
HEALTH AND LIFESTYLE.

STEP 3
PROFESSIONAL REVIEW
YOUR RESPONSES ARE REVIEWED BY
SHONALI AND HER AYURVEDIC
DOCTOR TO RECOMMEND THE RIGHT
PREPARATION.

STEP 4
PREPARATION SENT TO YOU
YOUR AYURVEDIC PREPARATION IS
SHIPPED WITHIN 7-10 DAYS.

STEP 5
PERFORM THE DETOX AT HOME
FOLLOW THE WRITTEN INSTRUCTIONS
TO COMPLETE THE 1-DAY DETOX
PROTOCOL.

Your Detox Day Timeline

6:00 AM

Morning
Preparation

Wake up and dissolve 5
teaspoons of the
preparation in warm
water.
Drink the mixture.
Remain upright — sit or
walk slowly.
Avoid lying down.

Morning

Cleansing
Phase

Soon after taking the
preparation, the body
begins eliminating toxins
through bowel movements.
Most participants
experience 5-7 bowel
movements.
The cleansing phase ends
when only water passes.

Midday

First
Meal

Have your first meal:
Kichari made with
yellow moong dal and
vegetables.
Some mild bowel
movements
afterwards are
normal.

5:00 PM

Evening
Tea

You may have:

- Tea
- Green tea
- Herbal tea

6:00 PM

Second
Meal

Kichari again.
The detox process for
the day is now
complete.
It is normal not to
have a bowel
movement the next
day.

<https://www.soulfoodshonali.com/deep-detox/>

WHAT IS USED IN THE DEEP DETOX?

The detox uses a classical **Ayurvedic herbal preparation**, available **in paste or powder form**, made using traditional Kerala Ayurvedic formulations.

The preparation is selected after reviewing your health profile.



WHAT PARTICIPANTS OFTEN NOTICE AFTER THE DEEP DETOX

Every individual experience is different, but many participants report feeling noticeable changes after completing the detox.

"I did the detox on Monday and it went really well. The process was fab and I felt very clean like someone scrubbed out the insides."
PADMAJA RAI

"Cause of you I actually came to know about the word gut. Deep detox was something that I did for 1st time, but it went very well, Loved how my body was light by evening, I actually felt the difference from within."
ROSHINI PATEL

PARTICIPANT EXPERIENCES

"I felt so light & fresh, I didn't want to touch any junk food or anything that would ruin all my efforts of detox. I am looking forward to doing it again soon with you itself."
NEHA DHARMANI

"Shonalii introduced me to the concept of a Deep Detox to help me clean my gut and colon. She was there with me from the beginning till the end. And it went flawlessly well. Her preparations and knowledge bare unmatched."
GURKARAN SINGH KOHLI

Many participants also use the detox as a starting point for making longer-term improvements to their diet and lifestyle.

ENROLLMENT INFORMATION

Supporting your body's natural ability to restore balance can be a powerful step toward long-term health.

PROGRAM COST

India: ₹6,050 (all-inclusive)

Outside India: ₹7,260 (courier extra at actuals)

For international shipping details please

WhatsApp: +91 9820431224

TERMS & CONDITIONS

What Your Fee Includes:

- Review of your health profile by Shonali and an Ayurvedic doctor
- Preparation of the detox protocol
- Coordination and dispatch of your Ayurvedic preparation

Please note: this program does not include a one-on-one consultation with Shonali.

To begin your detox journey, register here:

www.soulfoodshonali.com/deep-detox



DIRECT BANK TRANSFER

If you prefer to pay via direct bank transfer, please use the details below.

Bank Name: Indian Overseas Bank
Branch: ISKCON Branch
Account Name: Shonaalii Sabherwal
Account Number: 124501000010518
IFSC Code: IOBA0001245
SWIFT Code: IOBAINBB128

After completing the payment, please share the transaction details along with your name via WhatsApp or email so your registration can be processed.





ABOUT SHONALI

Shonali Sabherwal is a leading voice in **integrative nutrition** and **complementary healthcare**, known for combining traditional wisdom with modern understanding of health and disease.

A Certified Macrobiotic Nutritionist and Chef from the Kushi Institute, USA, Shonali's work is rooted in a macrobiotic philosophy of food while drawing from a broader framework that includes Traditional Chinese Medicine (TCM), Ayurveda, functional nutrition, lifestyle medicine, and epigenetics.

Her approach focuses on supporting the body through **food as medicine**, gut microbiome health, plant-based adaptogens, and nutrition strategies that help restore balance across multiple systems of the body.

Over the years, her work has increasingly focused on areas such as **nutritional oncology**, **metabolic health**, **digestive disorders**, and **lifestyle-related conditions**.

Shonali ran a successful macrobiotic vegan catering and consultation practice for nine years, working with over **12,000 clients** and conducting more than **1,000 workshops** on the role of nutrition and lifestyle in supporting long-term health.

Her work has been recognized widely. She received **Vogue's "Best Nutritionist in India"** award in 2020 and **The Times of India "SheUnltd Award"** for Health Food (2019/2020).

Her **client list** includes well-known names such as Katrina Kaif, Zoya Akhtar, Sidharth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jacqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil, among others.



ABOUT SHONALI



Shonali is the author of six bestselling books, Published by Penguin Random House: *The Beauty Diet*, *The Detox Diet*, *The Love Diet*, *Vipassana: The Timeless Secret to Meditate & Be Calm*, *Finding Your Balance: Your 360-Degree Guide to Perimenopause & Beyond*, and *From Chaos to Clarity: Strategies for Cancer Prevention and Remission*.

She also hosts the wellness podcast “Soulfood Conversations” on Audible, where she explores conversations around nutrition, health, and mindful living.

Through her work, Shonali advocates a compassionate and integrative approach to health — one that recognizes the body’s innate ability to heal when supported through nutrition, lifestyle, and holistic medical traditions.

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