

# WELCOME TO CELEBRITY NUTRITIONIST SHONALI SABHERWAL'S DEEP DETOX



SHONALI

# WHY DO A DEEP DETOX

All diseases start in your gut, this is your initial trigger. The gut is always under stress; and once in 3 months a gut cleansing will bring it to a default-setting mode; and strengthen immunity. Detoxes are recommended to prepare for a seasonal change. The Macrobiotic Diet (The approach that Shonali's uses) + Ayurveda's logic is to clear the system of all toxins.

## What will Deep Detox involve?

1. Take an Ayurvedic preparation, in the morning at 6 am. 20 gms powder or paste in warm water.
2. Eliminate bowel movements (approx.6-7), keep sipping warm water.
3. Eat at 11.30-12 noon & 6.30 pm only.

A video recording will be sent to you & email with instructions.  
See FAQ's last page.

List of ailments, I have worked on: Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); fibromyalgia, cancer: rectum, colon, breast, lung, prostate, ovarian; cancer markers; skin issues (psoriasis, urticaria, skin glow, dark circles); thyroid; PCOD; depression (anxiety); OCD; hair fall; menopause; allergies; food intolerances; conditions associated with low immunity; weight loss/gain; diabetes.; autoimmune conditions.

Detailed list on [soulfoodshonali.com](http://soulfoodshonali.com)

Recipient of **Vogue 2020 'Best Nutritionist'**  
Times (of India) SheUnltd for Health food 2019

List of Bollywood Clients includes: Katrina Kaif, Zoya Akhtar, Siddarth Malohtra, Hema Malini, Javed Akhtar, Esha Deol, Jaqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil to name a few.



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## ASSESSMENT QUESTIONS

**SEND VIA EMAIL: [shonaalii@macrobioticsindia.com](mailto:shonaalii@macrobioticsindia.com)**

NAME:

POSTAL ADDRESS:

PHONE NUMBER:

HEIGHT:

WEIGHT:

AGE:

SEX:

OCCUPATION:

Major health concerns or conditions at present:

Medications you are currently on:

Your Bowel Movement: Loose, Hard, Normal, Constipated,  
Other (Pl explain) -

I, have decided to undertake this detox programme with SHONAALII SABHERWAL on my own responsibility and do understand that I will not hold her responsible for anything; I understand this detox is not curative.

SIGNATURE: MENTION FULL NAME

DATE:



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# DEEP DETOX FAQ's

1. What does the deep detox do? It will clean out gut, liver and organ toxins, and seek to bring your system into balance.
2. How will it be done? After an assessment done via a set of questions which me and my Ayurvedic doctor go through, we will arrive at a preparation customized for you.
3. What is used to achieve the deep detox? A paste or a powder, both made from herbs and in the classical Kerala-Ayurvedic style.
4. How will it unfold? You will take this preparation in the morning at 6 am, and will have bowel movements (approx. 6) till 11 am or longer. Once you have evacuated completely, the deep detox phase is over.
5. What can I eat? It is a simple format of eating, explained to you via the zoom calls with me or via a recording (if you choose to do it on your own).
6. Is it okay for me if I have just delivered a baby? Yes, but be prepared to feel a little strained due to using the toilet often the morning of the detox. Not advised during menstrual cycle.
7. Can I have tea and coffee on that day? Yes at 5 pm
8. Will my ailments disappear? No, but you will help the body to perform better and therefore eliminate the toxins creating the problem.
9. Can I exercise on the day of the deep detox? No
10. Will it be easy for you to do? Yes, very easy.



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