

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 (combat current pandemic). Detoxes are recommended during Spring, as liver toxins need to be flushed. The Macrobiotic (Shonali's approach) + Ayurvedic approach 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 in warm water. No food or beverage to be taken.
2. Eliminate bowel movements (approx.6-7), keep sipping warm water.
3. Eat at 11.30-12 noon & 6.30 pm only (explained in an email with instructions)

REGISTRATION PROCESS

1. Indian residents: Pay through payment gateway.
2. Foreign residents please send your postal address to shonaalii@macrobioticsindia.com to calculate courier charges first and if its okay then to register and send your questions and formulation.

Before you sign-up, please read what the Deep Detox charges include: (1) Coming up with a formulation that works for you: This is done in a meeting I have (not with you) between me and my Ayurvedic doctor, the meeting is based on the answers to the questions when you register [fee charge for my time and the Ayurvedic doctor's time] (2) Co-ordination charges of my team to organize the Deep Detox formulation for you (3) Cost of formulation & courier charges. The Deep Detox does not include a private consultation with Shonali.

Cost: Rs 6050/- within India.

Cost for those outside India: Rs. 7260/- this does not include courier cost, which will be billed at actuals.

PAYMENT DETAILS, IF YOUR PAYMENT DOES NOT GO THROUGH THE WEBSITE

BANK: INDIAN OVERSEAS BANK

BRANCH: ISCKON, MUMBAI

SAVINGS ACCOUNT NO: 124501000010518

IFSC CODE: IOBA0001245

NAME ON ACCOUNT: SHONAALII SABHERWAL



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Shonali's Credentials

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

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

List of Bollywood Clients includes: Katrina Kaif, Zoya Akhtar, Siddarth Malhotra, 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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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. This will be couriered to 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. Food for day will be sent via email.
5. What can I eat? It is a simple format of eating, explained to you via e mail & the day you do it, send your name to 9820431224 for any help.
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 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, you will see a change.
9. Can I exercise on the day of the deep detox? No
10. Will I lose weight? **No**, maybe weigh lighter on that day.



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