

**DETOX RETREAT with PATH OF LIFE HEALING CENTER**  
**STANDARDS AND REGULATIONS (RULES OF ENGAGEMENT)**



**ABOUT OUR LIFESTYLE RETREAT**

By offering guidance and resources to help guests prepare for their stay, Path of Life helps alleviate any concerns or uncertainties our guests may have, allowing them to fully immerse themselves in the experience once they arrive. Whether it's practical details about accommodations, amenities, or schedules, or insights into the philosophy and approach of the retreat, this information serves to enhance guests' understanding and appreciation of what awaits them.

Besides assisting with your physical challenges, our goal is to foster an environment that will provide you with an opportunity to relax, destress and let God do the rest. Moreover, turning off or keeping cell phones on airplane mode while indoors not only reduces exposure to electromagnetic waves but also creates a supportive environment for those who may be particularly sensitive to such frequencies. This demonstrates a commitment to creating a space that promotes healing and well-being for all guests, regardless of their individual health needs.

Overall, this practice aligns with the holistic philosophy of Path of Life Detox Retreats, emphasizing the importance of disconnecting from the digital world and reconnecting with oneself and the present moment. It encourages guests to slow down, unplug, and truly savor the transformative experience of the retreat.:

**TELEPHONE CALLS**

Cell phones are not prohibited. However, due to the nature of the illness of many of our guests, it is best to use your cell phone on the porch, deck or outside during treatment hours. We ask if you use your phone in your rooms, please keep your voice down. Many guests may react to loud noises. We would appreciate no loud noise and phone calls after 8:30 pm, or before 9:00 am during your stay, we go to bed early!

**VISITATION**

Visitors are welcome with the understanding that there can be no interruption of the scheduled activities. They are also invited to join you for any of the lectures that are given during the time they are here. We do request that visitors do not stay beyond the evening meeting. We further request that one guest not have more than 2 or 3 visitors at once. Other guests may wish to have visitors too or may just want to sit in the living room or lounge and relax.

**VISITING BETWEEN RETREAT GUESTS**

When visiting with other guests, please feel free to use the lecture area, deck, or living room. After 8:30 PM most guests prefer quiet. Your cooperation is appreciated. Please remember the lights go out between 9 – 9:30 PM, so all guests can rest.

**LAUNDRY**

A washer/dryer is on the premises. However, it is not for inordinate use such as washing 2 items because it's sweaty. You will be sweating during the sauna treatments and multiple daily walks (hopefully); thus, bring enough clothing to change regularly. Laundry time, when necessary, is planned and organized by staff.

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### **TELEVISION, RADIO & RECORDERS**

Depending upon the location of the retreat, there may be access to televisions. If and when available, the television is for viewing health & education videos only. It is not to be used for viewing movies, soaps, game shows, sitcoms, or any other programming. Health lectures, sermons, and music are a few of the different types of tapes available for your listening enjoyment. Again, depending upon the location of the retreat, there may be televisions in the private rooms. We just ask that you keep the volume at a comfortable level that will not disturb others.

### **DRESS & SOCIAL STANDARDS**

Since this is a health retreat, and not a spa or a resort, it is only to be expected that both men and women be always modestly attired. The association between men and women must be on a high level to maintain the good name of the institution and its Christian principles. A dignified reserve should be maintained.

### **TOWN TRIPS**

We may have a planned outing at some point during the retreat, which is optional. We discourage all but very necessary individual town trips because of loaded schedules.

### **LEAVING HEALTH CENTER GROUNDS**

Before leaving the retreat location to attend to personal needs, health guests should secure permission and sign a Release of Responsibility form. Absolutely no leaving is permitted during the cleansing days and therapy hours.

### **IN THIS 10-DAY RETREAT, YOU WILL:**

- Experience a true state of relaxation and self-care.
- Experience what eating natural whole food can really do for your mind, body, and soul.
- Develop a new level of awareness and understanding about your body, habits, behaviors & digestion.
- Learn self-care tools you can use to design a real plan, with real solutions that you can commit to and start building a better body and future for yourself and the people you love.
- Be in a safe, supportive, and inviting environment with no judgments and expectations.

### **THIS IS FOR YOU IF:**

- You are having chronic digestive gut issues like bloating, gas, constipation, and/or diarrhea.
- You are having chronic inflammation, muscle, or joint pain.
- You have been to many doctors, and they are unable to help you.
- You have chronic issues.

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- You have high blood pressure, sugar, and/or cholesterol.
- You don't want shots or surgery.
- You don't want to be on medication or want to get off medication.
- Your body hunches over all day at work and you are experiencing chronic aches and pain in the neck, shoulders, back, hands, wrist, hips, knees, ankles, and feet from standing or sitting too much and want to undo and reset your poor posture.
- You are retired and now is the time to start taking action so you can truly enjoy retirement and maintain your independence as you age.
- You were a caregiver and need to learn to take good care of yourself, so your family does not have to go through what you had experienced.
- You eat way too fast, mindlessly, and want to learn a way to slow down and really chew and digest your food. Years of running, biking, and different sports have caused a lot of wear and tears to your body. You need help repairing your body.
- You are aware and know what you need to do to improve your health but are unable to be consistent and need support and structure.
- You are tired of the Yo-Yo diets and ready to master the game and do the hard work, but need the support, education, and guidance.
- You feel chronically exhausted and struggling with sleep and anxiety.
- Your health is affecting your daily life and makes it difficult to travel or just get outside your own home.
- Your digestion affects your whole day especially when you travel.
- You need a reset because you are burned out and your health is paying the price.
- You tend to overthink, overeat, are overly anxious, and/or have trouble sleeping or concentrating.
- You need to break your unhealthy habits that are affecting your health.
- You need to or want to detox your body for a fresh start or overhaul.
- You lost the person you once were and want to reclaim yourself back.
- You have taken your body for granted and now it's time to treat it right.
- You are serious about changing and taking back control of your health and life now! It's time to hit the reset button and design the life you were meant to live in!

**OTHER CONDITIONS AND CONSIDERATIONS**

Other conditions not addressed: Cancer, AIDS, HIV+, ALS, Multiple Sclerosis, etc. This retreat is not staffed with allopathic medical supervision. The retreat is staffed with medical missionaries trained in hydrotherapy modalities and a licensed clinical nutritionist, who is a classical naturopath with 27 years of experience in holistic practices and provides health services such as monitoring vital signs, nutritionally diagnosing conditions, offering evidenced-based recommendations, and various hydrotherapy treatment modalities.

We do not prescribe or administer conventional medications. In such cases, bring the medicines your health professionals have prescribed.

## ABOUT OUR LIFESTYLE RETREAT

Most of the locations hosting the retreats are multi-level facilities that require the ability to ascend and descend stairs. If you have specific questions about these or other considerations, please contact me (the facilitator) for detailed information.

### AFTER THE RETREAT

Three of the most common things that happen after a retreat, no matter how great it was:

- Is that people experience all that transformation and then go back home and lose everything they gained. This is because they have no support!
- Without the right support, they will almost revert to old habits and behaviors – undoing all the benefits they just received from the wonderful retreat.
- I want your quality of life in all areas to improve with each retreat and each follow up program! This detox retreat includes 2 months' follow up and accountability support. However, feel free to reach out to me via texting.

### FAQ

Q: When is the retreat?

A: The retreat is limited to 3 – 9 people and may be held on a quarterly basis.

Q: What makes your retreat special? What's the difference?

A: You can absolutely attend by yourself and get some great results. What makes my retreat special and so different are the following.

- 1) A private or small group of like-minded participants of 3-5 people and a safe space of non-judgment is expertly crafted together to produce healing and the beginning of transformation.
- 2) It is only through taking action and trying new things that we start to learn and better understand our own body. No one can do the hard work for you, but we also can't do it alone. We need a guide who has our best interests at heart and helps us adjust as we continue our health journey.
- 3) We teach and utilize the basic natural laws of health to assist in the reset process.