

Power Cleanse at Home (Independent)

(Includes Various Support system)

1. Special zoom call (teaching on various topics) Live or recorded.

2. Support from whatsapp group

3. Access to Web portal with all detailed Detox Documents and Videos (which will help guide you step by step) – **Cost 147 USD**

- List of groceries to keep ready at home in advance – write up; You will get all the ingredients needed for Moong Soup, and the other amazing foods you will enjoy during the 28-Days.
- Detailed Day wise schedule about food and herbs – write up & videos.
- Various food recipes – write up.
- Information about Daily routine (Dincharya) to follow as per Ancient Ayurved principles – write up.
- Detailed explanation about what happens on the main Detox day – write up & video

4. A session (recorded) from Krushna Naram – **Cost 47 USD**

Discover Powerful Foods, Herbs, Home Remedies, Marmas, Supplements and Mantras for Healing Your Digestion Deeper and Deeper.

How to Care for Your Digestion and Transform Your Life.

5. **Actual price 197 USD, register now with 97 USD**

Click here to sign up for detox challenge

<https://ayushakti.com/healthime-detox/>

