

Detox Challenge

28

DAYS



Guided home detox in group
March 2023

Detox Challenge 2023

We're here to support you to make your detox process smooth and easy

Calendar of our calls – zoom meetings

**24 February
2023, Friday**

8.00 am Pacific, 11.00 am EST,
5.00 pm Berlin time, 9.30 pm India time

What is detox? | How it works? | Who should do it?
What are the benefits of detox? | What all need to do during detox?
Do I need to do detox?

**03 March
2023, Friday**

8.00 am Pacific, 11.00 am EST,
5.00 pm Berlin time, 9.30 pm India time

**Explanation about how to use (navigate) Ayushakti's detox web portal
Question and Answer Session**

**10 March
2023, Friday**

8.00 am Pacific, 11.00 am EST,
5.00 pm Berlin time, 9.30 pm India time

Orientation about Detox Day
What is to be done on detox day? | When to take detox herbs ?
how many loose motions should happen? | what to do if not
happening ? when to eat? | what to eat?

**17 March
2023, Friday**

8.30 am Pacific, 11.00 am EST,
4.30 pm Berlin time, 9.00 pm India time

What is detox? | How to maintain health condition ?
How to increase the benefits of detox ?

**24 March
2023, Friday**

8.30 am Pacific, 11.30 am EST,
4.30 pm Berlin time, 9.00 pm India time

Celebration call – Sharing your experience.

**31 March
2023, Friday**

8.30 am Pacific, 11.30 am EST,
5.30 pm Berlin time, 9.00 pm India time

How to live long and healthy ?

To register for 28-Day detox challenge

Visit the Ayushakti Detox page through this link:

<https://www.ayushakti.com/healthiime-detox/>

- [Once you register through this link:](https://www.ayushakti.com/healthiime-detox/)

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You will receive a confirmation email, and also you will receive information about how to book appointments with your Ayushakti Vaidya.

- Get ready for a life-changing experience

- Understand this is just a beginning. There are quick results for some, and slow but steady for others, with deeper healing often taking several months. Do not judge your progress based on what is happening for others - you will be having your own experience, and it will be perfect for you.

Congratulations again, on taking this powerful step towards your deeper healing

Link to sign up for detox challenge March 2023

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

Contact us:

homedetox@ayushakti.com



HOME DETOX

VARIOUS HOME DETOX PLANS



Deeper Healing Home Detox (Guided and Personalised)

(Includes Detox remedies + Consultations with Vaidya + Various Support system)

1. Herb Kit (including all the herbs needed for the full 28 days) + 28-day Detox schedule, Cost 367 USD

2. 2 X 30 minutes online Consultations with years of experienced Ayushakti Vaidya (Cost of each Detox consultation 60 USD , Total 120 USD)

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

4. Support from whatsapp group

5. 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

6. 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.

7. Actual price 687 USD, register now with 347 USD

Click here to sign up for detox challenge

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

Deeper Healing Home Detox (Independent)

(Includes Detox remedies + 28-day Detox schedule)

1. Detox Herb Kit (including all the herbs needed for the full 28 days)

2. Actual price 367 USD, register now with 297 USD

Click here to sign up for detox challenge

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

Power Cleanse at Home Detox (Guided and Personalised)

(Includes Consultations with Vaidya + Various Support system)

1. 2 X 30 minutes online Consultations with years of experienced Ayushakti Vaidya (Cost of each Detox consultation 60 USD, Total 120 USD)

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

3. Support from whatsapp group

4. 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

5. 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.

6. Actual price 317 USD, register now with 147 USD

Click here to sign up for detox challenge

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

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.
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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

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