



Dr. Brenda Cobb

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[www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com)

# A Healing Retreat

## The Living Foods Institute

**W**hen you think of visiting a spa you may be thinking of body wraps, facials, manicures and pedicures. Certainly all of these body treatments are wonderfully pampering and just feel good, but they address mostly the outside of your body. You can invest in all types of spa treatments to make the outside look and feel as good as possible, but looking good on the outside comes from being well on the inside.

**Your health is the most important asset you have.** All the riches in the world cannot replace good health and in fact if you had the choice of winning the lottery or good health, I bet you would choose health, no questions asked.

Many times people will wait to have a massage until their body hurts all over and they can't stand it anymore. Some people do the same thing when it comes to the inside, they wait until something is wrong with them before they decide to do something good for themselves. Others prefer to prevent illness by taking charge of their health with good lifestyle choices. Whatever the reason that you would make a decision to visit a healing spa retreat remember that you are important and taking care of your own health should be your first priority. It's like flying on an airplane and having the oxygen mask drop down. Any flight attendant would tell you to put the mask on you first, then help others around you. If you are ready to do something good for yourself consider attending a detoxification, nutrition and wellness center where you can learn exactly what to do to take your health to the next level.

One such place is the Living

Foods Institute in Atlanta, Georgia where students come from around the world to detoxify, restore, rebuild and maintain optimum health. A typical day begins with a shot of wheatgrass juice to help detoxify and nourish the body at a cellular level. Wheatgrass juice has 47% protein in comparison to meat which has only 23%. Wheatgrass juice has every vitamin and mineral known to man and a full range of all the amino acids and enzymes in a rich chlorophyll juice. Cancer cells, bacteria, germs and viruses cannot live in wheatgrass juice. It is truly a superfood!

Following the wheatgrass juice comes the rejuvelac, a nutritious beverage with more vitamin C in one glass than in ten glasses of orange juice and the full spectrum of all the B vitamins plus acidophilus and bifidus for good colon health.

Next you will spend time in the kitchen learning to prepare 100% organic raw and living food recipes and then feast on your delicious creations. First on your menu will be Energy Soup full of greens, sprouts, avocado, apple, and sea vegetables all blended into a nutritious complete meal satisfying every need the body has. Gourmet recipes like lasagna, red pepper hummus, flax seed crackers and banana strawberry cobbler will have your mouth watering. And you'll marvel at how incredible healthy food can taste when you know how to prepare it with just the right ingredients, herbs and spices. Most of the recipes you'll learn will take 5 to 7 minutes or less to prepare.

After a luncheon feast you'll settle in to learn about essential healing oils and herbs and how

Mother Nature has provided us with everything we need to maintain the best health possible, no drugs necessary. There are nine different essential oil blends that have been especially formulated to assist the body in healing on every level. Using the Well Being Essential Oil will open every chakra energy center and stimulate each organ and gland to energize and rebuild perfect health from the inside out. The Release It Now Oil will help you to release the emotional and physical elements that may have lead to an imbalance in your body and ultimately poor health.

An important part of good health comes with detoxification of the body. Treatments designed to release, rebuild and restore health are not only good for the body, but the mind and spirit too. There are thousands of toxins that accumulate in the body over the years and toxins are a primary cause of disease. A part of your rejuvenating experience will include colonics to cleanse the colon of impacted debris, mucoid plaque, worms and parasites. Then you'll relax in the foot bath detoxification treatment where heavy metals, chemicals, parasites and other toxins will be literally pulled out of the soles of your feet. Don't be surprised at what you see in the water after your treatment. It can sometimes be shocking to think that all that "stuff" was inside you. The good news is that after the treatment you'll feel better and more energized.

Next you'll lie back and relax for the ultimate in reflexology treatments. There are nerve endings in the feet that are connected to every organ and gland in the body. With stimulation and the use of essential healing oils the body responds in a most miraculous way. It heals and makes you feel pampered at the same time.

The Bach Flower Treatment sessions will allow you to heal the emotional "stuff" that has been pushed back deep into the cells and the therapists will blend just the right unique combination of flower essences for you to take internally to release and heal the emotional things that can lead to a deficient, sick body. Healing the emotional self is critical to gaining good health. It isn't enough to just treat the physical body because all disease has an emotional basis. Dr. Edward Bach, a European doctor, discovered in the 1930's that flower essences are key to helping a person heal emotionally.

When it's time to oxygenate your body and free up any energy blockages, you'll lie down and put your feet in the Chi Machine. This machine will gently sway your feet back and forth helping your circulation and the amount of oxygen getting to your cells. A Japanese doctor created the Chi Machine to help his sick patients. It is so effective that the FDA has approved it as a medical device in the United States and it is helping people to restore health on every level.

In the afternoon you'll enjoy snacks of 100% organic fruits and vegetables as you learn from top health practitioners and doctors how to get mercury out of your body, how to reduce stress and how your body can reveal everything you need to know about it through muscle testing known as kinesiology. You'll even enjoy a couple of movies to not only entertain but educate you on how to best take care of yourself.

On day one you may come in sick and tired, but as the days quickly pass you will begin to transform right before your own eyes. Your skin will begin to glow. Your energy level will increase. You'll find that you are sleeping better than you have in years. By day ten you will feel as if your feet are not even touching the ground. You'll be flying high and loving it.

So, when you're thinking of not only treating yourself to a spa experience, but you want to actually restore, renew, refresh and rebuild yourself completely, consider a complete healing which will not only pamper you, but will train you in exactly what to do when you get home to continue on your good health journey. The spa experience may go by much too quickly, but when you know what to even after you leave, you

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