

# 6 Week Transformational Detox



A 6 week intensive detox and transformational program that heals the intestine, colon and clears fungal and parasitic infections with the intention of creating significant and lasting change in your physical, emotional, and spiritual health.



# The Program



## **Elimination Diet**

A straightforward eating plan designed to starve parasites and fungus, focusing on whole, organic foods to reduce the toxic load on your system



## **Lifestyle Supports to Detoxify + Harmonize**

Breath, somatic practices, and lymphatic drainage techniques to enhance the detoxification process even further.



## **Supplements**

Highest-quality herbal supplements that work like a vacuum, deeply cleansing and removing parasites, fungus, mucus, toxins and heavy metals from your colon.

# Why A Fungal Parasite Cleanse is Necessary

Fungal and parasitic overgrowth are one of the primary causes of inflammation in our bodies. And inflammation is the underlying factor in nearly all human ailments—from food intolerances and severe food allergies to chronic diseases, autoimmune disorders, skin irritations, chronic fatigue, and even cancer.

To achieve lasting relief, we must address the overgrowth and imbalance of parasites and fungi within the body. Without tackling this root cause, no amount of individualized supplementation, isolated/restricted diets, or fasting protocols will be effective in the long term.

This 6-week detox program is specifically designed to starve the fungi and parasites in your body, enabling it to begin the healing and repair process.

But we don't stop where other cleanses do. Physical dis-ease is often a reflection of deeper mental + emotional and spiritual misalignment. As we clear our physical and energetic (astral) bodies, the emotions tied to these imbalances start to surface, shift, and transmute.

# Client Testimonial



## **Marissa, Thailand**

Vaughan's 6-week detox brought lasting change to my life. The food elimination and reintroduction process gave me clarity, more energy, and a deeper understanding of how food affects me physically and emotionally. My family embraced healthier habits, and it became a natural way of eating for us.

Vaughan's holistic approach addresses not just the physical body but also emotional, mental, and spiritual well-being. The routines were easy to integrate, even with a busy schedule, and left me more focused, relaxed, and sleeping better. I highly recommend this transformational program for anyone seeking true change!

# Specifics of the Detox

The foundation of our 6-week Transformational Detox is an organic, nutrient-dense diet laying the foundation for profound healing and regeneration.

The diet focuses on the highest-quality meats, non-starchy vegetables (low glycemic), raw dairy, eggs, a small choice of fruits and for vegetarians/vegans, quinoa. Throughout the detox, we integrate powerful healing supports such as bone broth to nourish and heal the gut lining. The cleanse eliminates inflammatory and disruptive foods, including processed/artificial ingredients, refined oils, alcohol, caffeine, sugar, pasteurised dairy, soy, legumes, most nuts, seeds, bread, and pasta.

Our cleanse-specific supplements are designed to work synergistically to target and remove parasites, fungi, heavy metals, and other toxins that have built up and adhered like sticky plaque to the walls of your small intestine and colon. Using natural compounds and binders, these supplements help eliminate what's been inhibiting your body from thriving, thus allowing for clearer skin, improved digestion, enhanced mental clarity, even better sleep.

But we go deeper still. As the toxins begin to release from our colon through the dietary changes and supplementation, it is important to also focus on mental and emotional detoxification, by incorporating somatic practices, lymphatic drainage, and intentional breathing to release stored tension, activate the body's natural detox pathways, and cultivate a deeper connection to your inner self. This holistic approach addresses the full spectrum of your being, bringing you back to a state of homeostasis, vitality, and true alignment.

Again and again, clients share remarkable stories of transformation, from releasing parasites and toxins to resolving skin issues, overcoming food allergies, and hormonal regulation. We look forward to hearing your own story of transformation!



# ***Do I Really Need This?***

*The short answer, is YES! 95% of people are living with an imbalance of parasites and fungi within their bodies which is causing systemic inflammation. This inflammation presents differently in everyone depending on where your body is chronically depleted, and can show up as:*



**Lack of Energy**

**Constant Cravings**

**Excessive Appetite**

**Persistent Inflammation**

**Food Intolerances or Allergies**

**Bloating and/or Excessive Gas**

**Diarrhea & Constipation**

**Difficulty Digesting Food**

**Smelly Body Odour**

**Sleep Issues**

**Brain Fog**

**Headaches**

**Vertigo**

**Skin Irritations**

Psoriasis/Eczema/Dry Flakey Skin/Acne

**Autoimmune Issues and Infections**

IBS/Fibromyalgia/Leaky Gut/Ross River/Glandular/Herpes/Dengue/Lyme/Celiac

# PACKAGES

Upcoming Transformational Detox sessions starting October 2024, January + March 2025

## PLATINUM

(FOR CLIENTS WITH SEVERE HEALTH CONCERNS)

6 x 90 min live Coaching Sessions

6 x 45 min 1:1 Support

Personalized Support in  
WhatsApp Group Chat

Intestinal Detox Formula 1 and 2

FB Group with Breathing Techniques,  
Somatic Releases, Health & Wellness  
Education and Lifestyle Hacks.

**Investment \$998 USD**

**PURCHASE**

## GOLD

(MOST POPULAR)

6 x 90 min live Coaching Sessions

Personalized Support in  
WhatsApp Group Chat

Intestinal Detox Formula 1 and 2

FB Group with Breathing Techniques,  
Somatic Releases, Health & Wellness  
Education and Lifestyle Hacks

**Investment \$575 USD**

**PURCHASE**

## SILVER

(SELF-GUIDED)

Recordings of weekly coaching  
sessions

Intestinal Detox Formula 1 and 2

FB Group with Breathing  
Techniques, Somatic Releases,  
Health & Wellness Education and  
Lifestyle Hacks.

**Investment \$467 USD**

**PURCHASE**



For most people, the Gold Package is recommended. This detox is meant to be transformative, and as such, there will be moments where things will feel tough. It is highly valuable to be part of a group where you can ask questions, receive personalised support, and be supported by the community.

The Platinum Package has been designed for those with severe health issues that will require a deeper level of support on their healing journey that is more personalised.

The Silver Package requires a high level of self-accountability and recommended only if you have done a fair bit of self-guided cleanses or detoxes previously.

**Payment Plans available.**

# Client Testimonial



## **Jenn, Bali**

Before the Transformational Detox, I felt disconnected from my body—exhausted, heavy, and lost. Despite being a health-conscious chef, I couldn't prioritize self-care. But after hearing about my friends' success and meeting Vaughan, I knew this was the change I needed.

The detox helped me rediscover a mindful approach to food and self-care. I built a morning routine of meditation, walking, and intentional eating, and my cravings disappeared. I feel lighter, healthier, and more connected to my body and mind. I can't recommend this program enough—it's truly life-changing.



During our 6 weeks together, my aim is for you to create consistency through applied action. By establishing health and lifestyle support systems that are adaptable, you will be able to maintain these practices long after this cleanse finishes.

By the end of this immersion, you will have gained a deeper innerstanding and attunement with your mind and body, generating the confidence to pursue the things you love.

I look forward to guiding you back home to your highest potential and sovereignty.

**I'M READY**

*Vaughan Savverain*