

## Fasting & Thriving

@ the Embassy Suites in Deerfield Beach



Our Retreat at this luxurious resort-style hotel nestled between Boca Raton and Fort Lauderdale, is situated just steps from miles of pristine sandy beaches and the tranquil Atlantic Ocean, seamlessly blending the natural splendor of the shoreline with a serene atmosphere, ensuring you can fully immerse yourself in self-care and make the most of your retreat experience.

Our hotel boasts a host of amenities, including a spa replete with rejuvenating aromatherapy baths, a refreshing outdoor pool, and a state-of-the-art fitness center. Throughout your retreat, you'll have the opportunity to indulge in a diverse range of therapeutic treatments, spanning from time-honored practices to cutting-edge relaxation and detoxification techniques.

Prepare to embrace the best version of yourself as you embark on this revitalizing journey with us.

## Recommendations for the Retreat

- ✓ Participants are advised to move slowly and cautiously during physical activities.
- ✓ It is recommended to disconnect from technology and focus on natural stimuli.
- ✓ Hydration is essential, with a minimum of 1-2 liters of water per day.
- ✓ Participants are encouraged to avoid cosmetics, perfumes, and tanning creams.
- ✓ Alterations in sleep patterns are common during the retreat, and relaxation techniques are recommended.
- ✓ Sun exposure should be limited to recommended time periods and protection should be used.

## What to bring for the different activities

✓ Walks on the Beach: bring Sunscreen, sunglasses, a hat, a light backpack, a water bottle, shoes and appropriate clothing. Check the weather before coming. Should be mild, but it might be appropriate to bring a light sweater or light jacket, if needed.	✓ Physical Activities (yoga, stretching): Comfortable clothing, socks, and a sweatshirt are needed. Tennis shoes for other similar activities.
✓ Pool & Spa: Swimwear, and flip-flops are necessary, along with sunglasses and sunscreen.	✓ Therapies: Comfortable underwear is recommended.
✓ Sessions with Experts: Participants should bring a notebook and pen for note-taking.	✓ Personal Care items, same as you would bring for any other trip.
✓ Free Time: Bring personal journal and a book. Music can be of great company while you are alone in your room.	

## It's always good to know...

- ✓ Physical activity during the retreat is carefully planned so it aligns with our Fasting goals; it's meant to be pleasant and beneficial. But we understand everyone is unique, so please take it easy and listen to your body. Remember to always stay in the group during our outings.
- ✓ In general, while fasting there is a feeling of a slower pace, so during physical activities move slowly and with great caution. For example, to go from a horizontal to a vertical position, sit down first, place your feet on the floor, and then slowly stand up.
- ✓ The beauty of a fasting retreat is to really disconnect from the buzz and fuzz. Let your senses be activated by natural stimuli. That is why we suggest you leave your electronics aside; avoid reading the newspaper or listen to news on the radio and if you want to listen to music, the softer and more relaxing the better.
- ✓ Drink, drink and drink. We always reinforce the importance of good hydration. Drink at least a liter a day and if possible more.

- ✓ Take advantage of the detoxification process that is happening inside your body. Let your skin breathe freely. Avoid cosmetics, perfumes or tan-enhancing creams.
- ✓ During fasting it is common for sleep to be disturbed. If this happens, stay in bed resting and practice relaxation whenever you can.
- ✓ The sun is a key factor in your overall health, yes, in just the right amount. It is better before 11 am or after 5pm, and for short periods of time. Bring your favorite sun protection.

## Preparing to Fast

- ✓ Gradual preparation of the digestive system before and after fasting is crucial for maximum benefits.
- ✓ Seven days before fasting, participants should reduce stimulants and processed foods while increasing fresh fruits and vegetables.
- ✓ Three days before fasting, the intake of food should be progressively reduced.
- ✓ Participants may experience symptoms such as irritability, insomnia, headache, and constipation, which can be easily managed.

## Meal Plans for Pre and Post Fasting

Here we provide you with meal plans for the days leading up to and following the fasting period.

Pre-Fasting Meal Planning	
<b>Day (-) 3</b>	Eat mostly vegetables and fruits, with some lean animal protein at lunch time or dinner. Water and caffeine free herbal teas in any amount. The idea is to start detoxing your digestive system. Avoid grains or beans, or any other foods that are irritating or cause bloating for you.
<b>Day (-) 2</b>	Eat mostly vegetables and fruits, avoiding animal protein. Water and caffeine free herbal teas in any amount. The idea is to start detoxing your digestive system. Avoid grains or beans, or any other foods that are irritating or cause bloating for you.
<b>Day (-) 1:</b>	Avoid any raw vegetables or fruits, because they are harder to digest. Eat mostly cooked vegetables and fruits, Water and caffeine free herbal teas in any amount. The idea is to start detoxing your digestive system. Avoid grains or beans, or any other foods that are irritating or cause bloating for you. We need your system to be as clean as possible.
<b>Day 0</b>	This is the day the Retreat starts in the afternoon. For breakfast have 2 portions of cooked / baked fruit, and caffeine free herbal tea. Also, drink plenty of water.

**Post-Fasting is a critical phase after the retreat,** because it will help you extend the benefits of this Fasting experience further, and will prevent you from experiencing discomfort while re-introducing back food to your system.

The basic recommendations is to invert the pre-fast guidelines above starting day (1) with day (-)1, then your day(2) should look like day(-)2 above, and day(3) like day(-)3.

## Logistics and Schedule

- ✓ The Retreat activities will begin at 4 pm on the first day, starting with the medical assessment. Please check-in before this time, so we can start our program.
- ✓ Walking and stretching / yoga every day
- ✓ We will enjoy our morning juice and our evening broth.
- ✓ Leisure time is key. Mostly every afternoon is yours to choose between resting or having some type of massage or therapy that would potentialize the results of the fasting. Enjoy the beach, pool, read, and socialize with your fellow participants. You may find this as a great value added to the experience.
- ✓ Except for the first evening, we will have our Sessions with Experts on different interesting topics every night.
- ✓ The last day, check-out should be before 11 am, so we encourage you to do so as soon as possible.
- ✓ After that we will have individual sessions to evaluate your before and after numbers. Then we will enjoy a healthy meal together before saying goodbye.

## Additional Information and Contact Details

If for any reason you need further information do not hesitate to contact us via email to [info@mybestselfretreats.com](mailto:info@mybestselfretreats.com)