



# The Blue Spirit Longevity Program 7 day-Detox, Cleanse & Revitalize

## Planning and Enhancing Your Upcoming Retreat at Blue Spirit, Costa Rica

Treat yourself to a special Detox & Cleanse Program that will reinvigorate you and enhance the benefits of why you're spending this precious week of your time at Blue Spirit.

This program focuses on revitalizing your body through a nutritious Cleanse Diet along with Detox Formulation, Supplements, Superfood smoothies and daily check-ins.

- Reset your metabolism
- Decrease food and sugar cravings
- Activate your body's natural ability to stay healthy
- Decrease the inflammation that limits your life
- Reverse your aging and disease process

This past season over 100 people participated in this program while at Blue Spirit. Participants have been truly amazed to see the results that were achieved. We give out a questionnaire that lists health related symptoms that a person fills out according to degree of severity upon arrival and then again before leaving. On average the results showed a 50-70% reduction of these issues from participating in the Detox & Cleanse program during their week-long stay.

Our program has been created by Stephan Rechtschaffen, MD – visionary and founder of Blue Spirit Costa Rica and Omega Institute. He specializes in Wellness and Longevity and is assisted by Sofia Do Pico Sforza, Blue Spirit's Chef de Cuisine, who oversees all dietary and food services.

**CONTACT BLUE SPIRIT NOW TO ENROLL AS A COMMITMENT TO YOUR  
HEALTH – OR ONCE YOU ARRIVE AT BLUE SPIRIT  
CONTACT SOFIA AT: [CHEF@BLUESPIRITCOSTARICA.COM](mailto:CHEF@BLUESPIRITCOSTARICA.COM)**

## ALL OF THE FOLLOWING FOR \$195 FOR THE WEEK!

### 1. **Detox Pure Pack**

A special daily mixture of vitamins and herbs that provide the basis for cleanse and detoxification of Liver and other organs.

### 2. **Daily Smoothie**

Choose either:

**Green Cleanse** - With organic greens and herbs

**Super Longevity** - With daily energy of Superfoods – like Spirulina, Maca, Cacao, Goji Berries, Hemp Seed, Chia Seed, Tumeric, Coconut oil, avocado and coconut water

### 3. **Detox 7-day daily diet**

Fats and protein– A diet focused on good fats, Omega-3 rich foods, avocados, nuts (no peanuts), fish, eggs and coconut oil. Good quality proteins.

Eat green – All forms, plenty of broccoli, arugula, kale, spinach, leafy vegetables. The key is nutrient-dense and calorie-poor.

Fish – Great for you, especially when caught fresh, unless you prefer our pure vegetarian or vegan diet options.

Rainbow diet – Plenty of fresh fruit during the day – not at night. More colored the better.

### 4. **Daily Supplements include**

- Vitamin B12
- Liposomal glutathione
- N-Acetyl Cysteine
- Coconut oil
- Alpha-lipoic acid
- Ascorbic Acid
- DHA and EPA
- Sacchomyces Bulardi Probiotic
- Curcumin
- NRF2
- Vitamin D3
- Resveratrol
- Chlorella

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