



HIGH HOPES
Align with Stillness & Vitality

IPR ADRENAL REPAIR INDIVIDUAL PERSONALISED RETREATS

Adrenal Burnout Retreat - R5175.00 per day incl. VAT and including accommodation and therapies listed below:

There are a number of factors which can lead to adrenal fatigue or burnout. Symptoms primarily usually include marked fatigue which does not improve with rest, irritability, lowered mood and/or anxiety, inability to respond skilfully to stress, tired body, aches and pains, low blood pressure and low blood sugar, there are sometimes cravings for salt or sugar or caffeine (seeking 'false' energy), poor recovery time from exercise and travel, gut and sleep disturbances. Perhaps the most marked symptom of all is the feeling of "there is just no fuel in my tank". The High Hopes Adrenal Repair programme first identifies whether the adrenal fatigue or burnout has its roots in a lifestyle cause, in a virus (like Epstein Barr, Glandular Fever or Cytomegalovirus amongst others), in Fibromyalgia, or in an ongoing set of limiting stress-causing, untrue beliefs. Having done that, an appropriate rife programme is selected and given daily. The Rife Resonator is a machine that generates electro-magnetic frequencies, which are relayed through the body via the hands or the feet. All medical conditions have an electromagnetic frequency. Rife treatment works by finding the frequency of the condition. An impulse of the same frequency is then used to disable unhealthy / diseased cells.

A food list of which foods to avoid and which top foods to eat daily is given to the chef at High Hopes who prepares your meals from that list. You will be given a copy to take home with you, appropriate natural remedies are selected and ordered for you, and you receive some instruction on how to manage your body's neuro-hormonal signals better. We check your body's vitamins, minerals and amino acid balance and start correcting that too, whilst guiding you on a process of inquiry into your untrue beliefs which are limiting you and causing a stress-reaction in your brain and adrenal glands. Finally we give you a take-home programme to follow, as the adrenals typically take anything from three months to two years to repair thoroughly. We offer an after-care support programme which Ange discusses with you in your Intake and Way Forward sessions on your retreat.

The Adrenal Burnout Retreat includes the following therapies:

- 3 nutritious plant-based meals per day including green juice at breakfast
- An intake assessment with counselling psychologist & kinesiologist Angela Craig
- A nutritional assessment
- Four Cupping massages for oxygenation
- A counselling session
- Three aroma-steam sessions
- Two mandala painting sessions (right brain activation)
- A mindfulness coaching session
- Two truth inquiry workshops
- Three gentle guided mountain walks (optional)
- Adrenal restore superfood smoothies and juices

Kindly note:

Natural remedies to clear subclinical health syndromes are to each individual's private account.