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# Water Fasting - Private Program

Dr. Ariel Jones, ND



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## Who We Are



Dr. Ariel Jones, ND

Dr. Jones has been guiding people towards radiant health since 2013. She is a perfect blend of scientist, personal health coach and spiritual guide. In private practice Dr. Jones specializes in serious chronic disease and cancer. She is passionate about helping people treat and prevent chronic illness and believes the deep detoxification of fasting, plus lifestyle changes, is the key to radiant health.

Dr. Jones has a Bachelor of Science from the University of Victoria in Biology and Psychology (2008) and a Medical Degree from the Boucher Institute of Naturopathic Medicine (2013).

*"Deep detox is my approach to combating the chronic and serious diseases we see today. Fasting expels toxins while boosting the immune system which is the key to lasting, radiant health."*



COLLEGE OF  
NATUROPATHIC PHYSICIANS  
OF BRITISH COLUMBIA

Dr. Jones is a member in good standing with the College of Naturopathic Physicians of British Columbia, Canadian Association of Naturopathic Doctors, British Columbia Naturopathic Association.



Daniel Brenner, Chef

Daniel is a natural hygienic lifestyle guide, detox enthusiast, raw food chef, passionate vegan and vital health crusader. Daniel has facilitated over fifty water-only fasts during his time as a fasting coach. He believes in regular fasting and that environmental toxicity and emotional distress are the huge epidemic causes of dis-eases today. His mission is to provide all the necessary components to achieve and maintain optimal health that comes with living a more natural life. Daniel says a better world for us and all future generations, starts with our choices right now!

*"Water fasting purifies our cells, and heals us from the inside out."*



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## *Why Fast?*

**The majority of people experience one or more of these symptoms everyday:**

Anxiety, depression, stress, indigestion, gas, bloating, fatigue, rashes, acne, infertility, hormone imbalances, joint pain, erectile dysfunction, obesity, headaches, frequent colds and flu.

## *Benefits of Fasting*

### **Improve overall health**

By reducing inflammation, fasting begins the process of auto-healing. During fasting, toxins are rapidly released from the body. The gut, joints and tissues begin to heal. Many improvements to overall health can be seen both during and post-fast such as: pain reduction, improved vision, reduced hypoglycemia, appetite control & clearer mind,

### **Make better food choices**

When we take a break from eating we are able to gain awareness on what drives us to eat. Following a fast we are liberated from previous cravings and food addictions. When we are no longer driven by addiction, it becomes easier to make new, and better, food choices.

### **Lose Weight, lower blood pressure, reduce cholesterol**

Water fasting has been scientifically studied and proven to permanently reduce weight, lower blood pressure and cholesterol. It is an effective drug-free treatment option.

### **Cures illness**

Fasting has been shown to permanently cure: digestive disorders, arthritis, diabetes, chronic pain, autoimmune disease (Lupus, Rheumatoid arthritis, Crohn's, Colitis), hypertension, hypercholesterolemia, asthma, eczema, fibroids, benign tumors, poor immune function and obesity.

### **Prevention**

The best way to prevent illness is to reduce toxic burden in the body. Luckily, it is not the genetics we were born with, but the environment they exist in. Healthy cells promote healthy gene expression. Reducing toxins with a yearly fast is the best way to prevent disease. Fasting has been shown to reduce the risk of developing cancer, dementia and metabolic disease as well as boost the immune system.

### **Spiritual Journey**

Fasting has been used by many religions as a purification and spiritual tool for enlightenment. Deepening our connection to our higher self is a fundamental benefit of the fasting process. Fasting is a wonderful tool for personal transformation and mental clarity.



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## *Program Details*

### **Personalized Medical Support**

- to help you feel safe and secure during your fast and achieve the health goals you want.

### **Private Chef**

- vegan and raw food specialized to revitalize your body and heal your cells.

### **Yoga & Meditation**

- daily gentle practice to integrate the body, mind spirit.

### **Education**

- on diet, food preparation and lasting health practices.

### **Nature Reconnection**

- provides us with equilibrium, natural medicines and connection.

### **Massage & Acupuncture**

- Enhance your experience with these balancing and harmonizing treatments.

### **Daily Detox**

- learn the art of daily detox including skin brushing, enema, and journaling.



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## Daily Schedule

### Welcome Day

Arrival 11:00 am with a fresh juice welcome.  
Water Fasting Guide overview - what to expect & daily program.  
Explanation about the biological process of water fasting, ketosis & intermittent fasting.  
Question + Answer time.  
Opening ceremony - intention setting and the beginning of our journey of deep relaxation & healing.  
Settle into your room and relax into a retreat setting.

### Fasting Days

Daily restorative yoga & meditation (no experience necessary).  
Daily detox regime - enema, skin brushing, journaling, nature time.  
Talks with Dr. Jones about lasting health practices.  
Free time for relaxation and reflection.  
Daily sessions: acupuncture, massage, colonics, IV therapy (optional).

### Breaking the Fast + Reintroduction Days

Regular daily program of yoga + meditation.  
Meals begin with: vegan broth, juices and mono-meals of fruit or vegetables, probiotic drinks and super foods.  
Food preparation classes - how to make your own homemade probiotics for a healthy gut biome.  
Nature exploration with Dr. Jones - Our Sacred Surroundings (a journey into the supernatural world, Wild Medicine (the medicinal plants growing around us), The Healing Power of Nature Explained: Forest bathing  
Daily sessions: acupuncture, massage, colonics, IV therapy (optional).

### Last Day

Final doctor visit and future medical plan given.  
Closing ceremony.  
Breakfast, packing, departures!



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*Contact us for more details*

**Book a free consult today:**

<https://drarieljones.youcanbook.me>

**Email:**

[info@drarieljones.com](mailto:info@drarieljones.com)

**Website:**

[Drarieljones.com](http://Drarieljones.com)



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## Program Costs

### Program Only

1 Week Program - \$8,000 USD  
2 Week Program - \$12,000 USD

Extra costs include: accommodation, lab testing.  
We will book your accommodation for you upon request.

**We Come to You** Our team will come to you. The cost listed is for one person. Additional people may be added for an additional cost of the program only.

1 Week Program - \$12,000 USD  
2 Week Program - \$20,000 USD

Extra costs include: lab testing.  
Price includes full program and transportation.

## Program Includes:

Personalized Medical Intake  
Opening and Closing Ceremonies - smudging and intention setting  
Daily Medical Guidance & Support  
Restorative Yoga + Meditation  
Fresh Live Juices  
Chef prepared vegan meals using organic local produce  
Food preparation learning sessions  
Free time and nature exploration  
Course Folder with Dr. Jones' Master Water Fasting Guide, Handouts & Instructions  
Private Room



Additional treatments available upon request:

Acupuncture  
Massage  
Colon Hydrotherapy  
IV Therapy  
Breathwork

*"Fasting is the single greatest natural healing therapy. It is nature's ancient, universal 'remedy' for many problems."*  
— Elson Haas, M.D.



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