

The Raw Oasis

www.TheRawOasis.com

Initial Symptoms during Detoxification (these typically last from 48 hours to 3 weeks)

- Frequent Urination
- Frequent Bowel Movements, Diarrhea or Constipation
- Skin Eruptions (rashes, itches, acne, etc.)
- Tiredness, sleepiness
- Heavy Head
- Dizziness
- Nausea
- Depression and Sadness
- Irritability, Anger, Anxiety
- Bloat and Gassiness, Painful stomach aches and cramping
- Fever, Chills and/ or Sweats
- Weight Gain from edema
- Intense Cravings
- Muscle and Joint pain and swelling
- Difficulty Sleeping
- Difficulty Concentration
- Lack of Appetite
- Enhanced symptoms that relate to any health condition you may have (asthma, rashes, digestive disorder, joint pain, tumor growth, etc)
- Conversations in your Head trying to convince you to quit or make poor food choices
- High Blood Sugar especially if you are diabetic or have metabolic symptoms

Most Common Benefits Received: You will begin to acquire the majority of these from 72 hours after you begin the program to roughly 3 weeks. There are some members that may need more than 3 weeks on the program to reach these benefits. This is usually due to high degrees of toxins in the body as well as how well elimination organs are functioning. Regardless, these benefits are inevitable as long as the individual stays on the program as it is designed. Benefits are gained in your physical, physiological and emotional well being.

Physical Benefits

- Weight loss (average weight loss is 10- 60lbs or more in 3 weeks plus pre-cleanse)
- Enhanced Complexion (Smooth skin, clear even tone skin, firmness, sculpted facial features and neck, elimination of inflammation, especially in facial features and nose, glowing hue on skin)
- Strong, white & fast growing nails
- Strong and fast growing hair
- Enhanced muscle definition, leaner and sculpted physique
- Youthful appearance; cessation and reduction of aging
- Teeth and gums will be less sensitive and durable
- Great Blood work in terms of cholesterol, blood pressure, blood sugar, hormonal levels, etc...

Physiological Benefits

- **Immense Energy and Vitality**
- Clear sinuses and lungs (elimination of mucus, reduced snoring & allergy symptoms)
- Elimination of inflammation in tissue throughout entire body including digestive tract, joints, muscles, organs, skin, eyes, nose, etc.
- Heightened senses (smell, taste, touch, sight, & hearing)
- Easy, complete and frequent bowel movements
- Reduction in gut size
- Easy and complete digestion
- Deep sound sleep
- Elimination of body odor, bowel movement odor, and breath odor
- Strong deep breathing
- Reduction or elimination of medication intake
- Reduction or elimination of menstrual cycle issues such as excess bleeding, cramping, bloating and PMS symptoms
- Reduction or elimination of joint, back, muscle pain & stiffness.

Emotional Benefits

- Deep Sense of Serenity
- Sense of elation and happiness
- Stable moods and demeanor
- Enhance sense of confidence
- Emotional control, ability to stay calm even in stressful circumstances
- Enhanced sex drive and sexual stimulation
- Strong feelings of appreciation and gratitude
- Deeper connection to natural settings and elements
- Enhanced desire to socialize and to connect with others