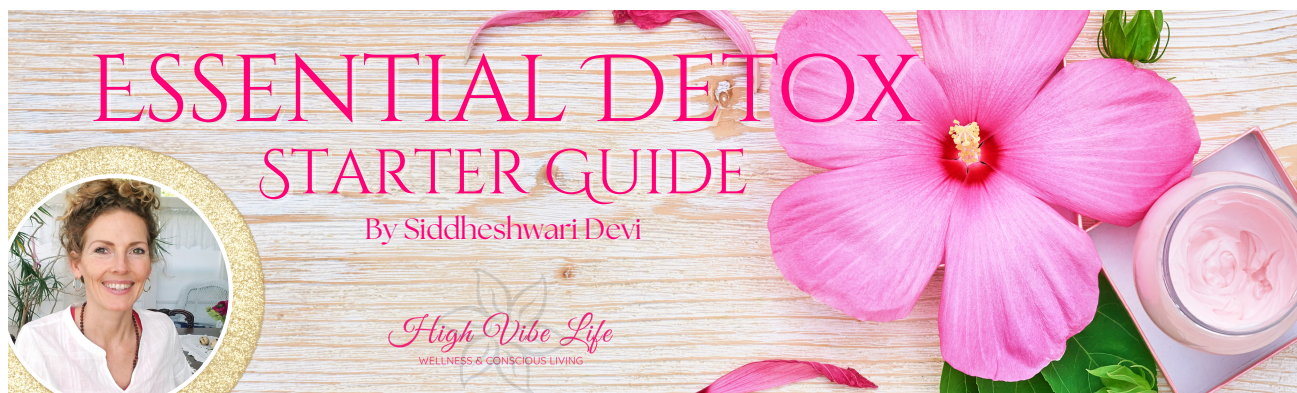




Detoxification is one of the most **powerful** things you can do to radically improve your health, energy, beauty and longevity.

If you wish to reverse disease... release excess weight... increase your energy... get a beautiful radiant glow... and feel amazing for life... This is it. *Your wellness journey starts here.*

Celeste's Success

Through detoxification and positive lifestyle changes, **Celeste released nearly 100 lbs!** She also eliminated the need for 11 different medications and reversed several chronic illnesses from HTN to IBS to thyroid disease to PAD (and more).



"Thank you Siddheshwari for helping me not just change my life but SAVE my life! You are a gift from the Universe!" ~ Celeste, Weight Balance for Life Program Graduate

Celeste's Full Transformation Story

“Do you want to do something LIFE CHANGING?!?”

“When I first started Siddheshwari's coaching program I wasn't sure if I could do it. I had so much weight to lose, I didn't know if I had the strength. But my desire to get healthy and stop feeling HORRIBLE all the time forced me to try....what did I have to lose, right? Besides, if I failed (again) no one had to know. So I took the plunge, invested in my success and went all in.

“And this time... I didn't fail. **I succeeded big time!**”

“Little did I know that losing weight was WAY MORE than just losing size and body fat. By taking action on everything I learned in Siddheshwari's program...

I gained a whole new lease on life!

“This all started with *intense suffering*, which is often a powerful motivator.

“When I discovered Siddheshwari and this lifestyle, **I weighed almost 300 lbs!** I had countless physical ailments and I was stuck in the trap of the pharmaceutical wheel - treating symptoms (and side effects) rather than addressing and *healing* the core issues.

“On top of that, my **mental and emotional health was a wreck**. I was suffering with anxiety, depression and debilitating panic attacks. I experienced first-hand, as I went through Siddheshwari's program, how interconnected our mental health is with our physical health.

“Doctors will tell you mental health issues are related to "brain chemistry". But what they don't tell you is how detoxification plus balanced raw and living food nutrition can **radically upgrade your biochemistry** (far better than any prescription). Besides, this lifestyle is about addressing everything wholistically and getting to the root cause (rather than taking a pill with the illusion that we're actually solving anything).

“Anyway, I was overweight, dis-eased, on 11 different medications and basically miserable. I was diagnosed with hypertension and thyroid disease. I was dealing with IBS, migraines, allergies and terrible GERD. (I now know all of these symptoms are directly related to toxicity, acidosis and what I was eating.)

“I was also struggling with other chronic conditions that caused me to have extreme fatigue and chronic pain. **I was feeling lost and isolated.** I didn't think

anyone understood me or could relate to how I felt or what motivated me.

“I had been working remotely since 2015 so “hiding” had been relatively easy. That was until my job suddenly required me to travel and actually be with my colleagues in person. Oh my gosh!! People were going to SEE me... ALL OF ME!!!! If all the pain and suffering I was experiencing wasn't enough of a motivation, this was the **tipping point**. I HAD to do something.

“This is when everything changed...

“I saw a post by Siddheshwari on FB about raw foods, detoxification, weight balance and healing. **Talk about Divine timing!** I immediately reached out to her. Something in me intuitively knew this was right, even though my mind was scared that another attempt to get healthy would end in failure, just like all the other "diets" I had tried over the years. But I was so desperate I went for it anyway.

“When I first connected with Siddheshwari, **I was surprised how comfortable I felt with her**. I almost felt like she could see through my mask. She seemed to have an intuitive understanding of how I was feeling without me having to tell her. She could relate to me on a deeper level. I decided to work with her. Despite that haunting memory of past defeat and disappointment, I trusted my gut and went for it.

“I admit, I was skeptical at first. However, I decided to trust the process and I closely followed everything Siddheshwari was teaching. I also reached out to her if I experienced any challenges. Very quickly my taste buds, cravings and body began to change. **I released 33 pounds in my first 10 weeks** and I felt like a MILLION BUCKS!!! Wow. I was so proud of myself and I knew that I now had the knowledge, support and motivation to keep going. From there, my **momentum just kept building** as I proved to myself over and over that this lifestyle worked and that I could actually do it!

“I always knew I could HEAL... I just didn't know *how*.

“Fast forward to today... **I've released 97 lbs and I feel like a new woman**. My life, my health have all changed for the best!! I'm off of 11 different medications and have done a complete 180 on multiple chronic illnesses ranging from HTN to IBS

to thyroid disease to PAD (too many to list). I am also free from the debilitating pain, anxiety, depression, insomnia and panic attacks. **Hallelujah!**

"I now feel **excited for what each day will bring** and ready to keep taking my life higher and higher.

"Recently, I had another in-person work event and it was the very first time in almost a decade that I experienced ZERO anxiety about being seen. Yes, all of me being seen in person!!!

"This path wasn't always easy. There were times I came up against myself and needed encouragement to be persistent. But the rewards have been worth every effort.

**"This experience has been nothing short of
a total LIFE TRANSFORMATION.**

"This became **a spiritual journey for me** - an enlightenment, a love affair with myself and my higher power. My clarity, my strength, my happiness are my ultimate gains. The weight loss was simply a natural side effect of getting healthy and finally feeding my body what it was created to eat: whole, ripe, organic, fresh raw and living foods.

"Do I eat perfectly all the time? Of course not. **This is about progress, not perfection.** However, my successes have been sustainable for over 3 years... so it definitely works!

**Siddheshwari's guidance was a LIFESAVER for me,
and I know she can help you too!**

Choose LIFE while you still can!!"

~ Celeste, Weight Balance for Life Program Graduate



Who Am I?

My name is Siddheshwari (pronounced Si - DESH - wah - ree) Devi. I'm a yoga teacher and wholistic health coach helping people live their best High Vibe Life by achieving radiant health and healing, emotional freedom and self mastery.

I have a degree in Psychology and have been in the field of Natural Health for over 20 years. I also have a steady yoga and meditation practice that feeds my service and my soul.

Cleansing combined with raw and living food nutrition made a radical improvement in the quality of my own life.

I was overweight on S.A.D. (the Standard American Diet), struggling with immune issues and frequent "colds and flus", had been taking asthma meds for years and just not looking or feeling my best. I was able to release the extra 40 lbs and build radiant health simply by making conscious lifestyle changes.



Up-leveling my life is one of the best decisions (and investments in myself) I have ever made. I look and feel better now than I did 20 years ago and I'm now helping others change their lives as well. Together with my husband, we created our company High Vibe Life™ to spread wellness and conscious living world-wide.

I host an online Facebook community of over 13,000 members and have been coaching people since 2015 to achieve weight balance, reverse disease and positively transform their lives.



My Approach

I believe in using a wholistic approach to wellness, applying both the art and science of healing, combining ancient wisdom with modern discoveries and peak wellness practices (e.g. frequency medicine, EMF-shielding and Earthing technologies, Ozone therapy, etc.). This wholistic approach includes guiding my clients through balanced detoxification, focusing on deep nutrition, making lifestyle upgrades, and using the mind-body connection to amplify their success in achieving positive results.

Let's get to it!



Why Detox?

Do you ever feel like your dragging through the day? Like your body is sluggish, your mind is fuzzy and your weight just won't budge ? Do you experience fiery outbursts or heavy bouts of sadness or depression for "no reason"?

Here are just *some* of the **negative effects** toxins have on your body and mind:

- Weight Gain (many toxins are documented obesogens and endocrine disruptors)
- Fatigue
- Hormonal Imbalances
- Dis-Ease (including cancer and autoimmune conditions)
- Blocked entry of nutrients into the cell
- Irritated nervous system (causing crankiness and low mood, depression, anxiety, etc.)
- Lower Vitality & take years off your life
- Poor sleep (Deep sleep is essential for healing)
- Poor quality of life



Sources of Toxicity

Unfortunately, since the Industrial Revolution, we have seen steadily increasing levels of toxins entering our environment.

**If someone has to wear a hazmat suit to spray your food,
you do NOT want to eat it.**

Most people are now aware of pesticides (especially nasty ones like glyphosate) in our food supply, as well as toxins like chlorine and fluoride (plus pesticide residues, pharmaceutical residues and more) in our municipal water supplies.

But what many people overlook are other toxins like air pollution, synthetic fragrances in beauty products, laundry soaps, etc., off-gassing from clothing and building materials.

Even less acknowledged and addressed are environmental “toxins” like EMFs, excessive noise and subtle energy toxicity like conflict, negative news media and collective consciousness fields of fear or anger.

All of these things are affecting our health, weight, well-being and longevity.

But the GOOD news is **there is so much we can do** to reduce and eliminate our toxic-load and to heal.



Step 1) Clean up these areas:

Food: Buy Organic, or better yet, grow your own and nourish the soil.

Water: I recommend a good source of fresh spring water or re-structured distilled water. (RO systems are the next best option.) Do not drink out of plastic. Side note: Freshly made juices and fresh raw coconut water are best for hydration.

Air Quality: Get plenty of fresh air daily. Spend as much time as you can outside in nature (barefoot is best) and practice deep rhythmic breathing in oxygen-rich environments, like the forest.

It's especially important to avoid *synthetic fragrances*, like “perfume”, so called “air fresheners” and other toxic scents, which all have a negative impact on the lungs and brain.

Personal Care Products & Clothing: You literally “eat” (absorb) whatever you put on your skin, so choose wisely. Use essential oils for scents, natural personal care products and natural fiber clothing (like cotton, linen, hemp, etc.).

EMFs: Turn your router off at night and when you're not using it. Best to have your internet hardwired with ethernet cords. Get the smart meter off your house. Consider EMF shielding clothing if you work in fry-zones like airports, hospitals, and sadly, schools.

Relationships: Resolve conflicts, and stay away from toxic personalities as much as possible. Use mind-body techniques to clear emotions and trauma from your system.

Mindset: This is one of the most powerful areas that many people overlook. Regardless of your environment or life situation (much of which may not be in your control), it's your mindset, attitude, and beliefs that have a massive influence on your resilience, immune system and overall physical and emotional well-being.

PSA: Be aware that all pharmaceuticals are liver-toxic, and the body has to work extra hard to compensate for that. I'm not a medical doctor, nor am I giving you any medical advice, but I personally would do everything possible to address the CAUSE of any core health issues to eliminate the “need” for drugs.

Please do not stop taking any drugs without consulting a competent conscious health provider (ideally one knowledgeable in natural healing, like an integrative physician or Naturopath.)

But even with making the lifestyle upgrades mentioned above, we still need to **remove stored toxins** from our tissues... and our nervous system (mental/emotional body). Which brings us to...

Step 2) Detox your body:

You want to get these things safely out of your system asap.



Benefits of Cleansing

Doing a cleanse is one of the best ways to make a lifestyle change. It gives your body a rest so it can reset and heal. It also breaks habits and patterns that no longer serve you.

Cleansing can help you:

- Release excess weight
- Increase energy
- Alkalize
- Reverse dis-ease
- Reduce pain and inflammation
- Hydrate more deeply (better skin and fewer wrinkles)
- Look younger, enhance beauty and give you a healthy glow
- Reset the gut and microbiome
- Improve digestion and nutrient absorption
- Have better elimination (easier, more often and better smell too!)
- Get better sleep
- Balance hormones and improve sex drive
- Increase flexibility and mobility
- Break habits and rituals that no longer serve you
- Create positive cravings and healthy habits
- Increase mental clarity and focus
- Connect you with Nature and all of life
- Develop spiritual sensitivity, intuition and dreams
- Inspire and motivate you
- Elevate your Life

Check out Erica's success story!



Erica came to me in her early 40's wanting to lose the last 15 lbs to get to her ideal weight of 110 (starting at 126 on a very small frame). She was also struggling with edema (swelling) in her legs and wanted to get her family on a healthier path.

Erica works full-time with travel and two young children. We started her on a juice cleanse and immediately she noticed an increase in her energy, better

sleep and reduction in the edema. Then she experienced her taste buds changing.

She released 7 lbs during the cleanse, and by the end of the cleanse she said that all she was craving was fruits and salads. After the cleanse, she transitioned into a high-raw vegan lifestyle and continued making progress until **she reached her goal** weight of 110.

Erica was thrilled to reach her goal weight (which she had not seen in 20 years)... but what made her most happy was discovering that she could eliminate her son's "behavior problems" by switching his breakfast from cereal to smoothies.

I keep telling people how much what we eat affects our mental health. Erica successfully lost the extra weight, and improved her quality of life and the health and future for her children as well.

Yes... a simple cleanse can be that powerful!

"Can I just say ladies... I broke the 110 barrier this morning. 109.8. I know it's a super small margin but I did it. I haven't seen this weight in 20 years. Siddheshwari, THANK YOU! For everlasting life-changing vibrancy and health. Sending you so much love." ~ Erica



Types of Cleanses

For millennia, humans have practiced a long list of detox methods. Everything from water fasting to juice feasting, mono meals (like mango island or the cabbage soup diet) to adjusting quantities and timing of foods (like intermittent fasting). Plus many methods of cleansing the colon (e.g. enemas, colonics, etc.), the digestive tract (e.g. ingesting detox clays, salt water flushes, etc.), the sinuses (e.g. nasal irrigation with a neti pot), the skin (e.g. dry brushing, seaweed, mud baths, etc.), and much more.

Some cleanses out there are good... and some are not so good. Some are way too extreme and others do nothing.

It's important to choose a cleanse protocol that is balanced and appropriate for your goals.

For example, within the [Pure Life Juice Cleanse™](#) program, I give options to customize the experience to fit your lifestyle and work best for you. Because

everyone is unique and one-size doesn't fit all.

The main function of a cleanse is to give your body a rest so that it can redirect its energy towards detox and healing. It is estimated that about 70% of our daily energy expenditure is used up in digesting our food. Think about that for a minute... **What could you do with 70% more energy?!**

The best cleanses offer deep nutrition with the least amount of digestive effort, like a juice cleanse, and also support your mind and body through the process.



My Best Cleanse Recommendations

In all my years of experience (personal and coaching), I believe a combination of intermittent fasting, juice feasting and bowel detoxification to be the best foundational approach to cleansing the body.

If you are brand new to cleansing, I recommend you start there with something small and manageable. Then as your body gets cleaner and healthier, you can work your way into deeper cleanse protocols.

If you would like personal guidance, reach out for a consultation or 1-on-1 coaching.



Channels of Elimination

One common mistake I see people making is they go on a cleanse without considering opening and supporting their channels of elimination, which are the Bowels, Kidneys, Skin, Lungs and Lymphatic System.

It's like trying to clean a toilet while the pipe is still clogged.

Where is it all supposed to go???

Plus, not addressing your channels of elimination can lead to a much rougher detox experience.

When done correctly, your cleanse experience should be enjoyable (even exhilarating!) with only mild and short-lived discomfort, if any at all.

If you feel horrible during a cleanse, it means you are not doing something correctly, or it's too extreme for where you are in your journey.



Natural Healing Events

What can you expect to experience during a well planned cleanse?

Most people experience **increased energy and vitality** with occasional periods of feeling tired, achy or mild flu-like symptoms. These phases are known as **"healing reactions"** (or symptoms). They are normal and part of your body's self-healing process.

An example of the body's innate healing wisdom is when you get a fever. Increasing the body temperature helps kill bacteria. This is a positive thing and the reason I generally don't recommend trying to reduce a fever. We want to *support* the intelligence of the body, not work against it.

Sometimes, on deeper cleanses or in cases of more severe illnesses, people can experience what is known as a **"healing crisis"**, which is a more dramatic healing event (like diarrhea, vomiting, etc.).

These healing events usually **pass relatively quickly** and are followed by even **higher feelings of well-being**.

If you're ever concerned, you can always check-in with a competent health practitioner who is experienced in detoxification. If only to put your mind at ease.

For most people, the cleanse experience is **super positive and productive**. They feel significantly better afterwards and can tell that their health has just been taken to the next level.



Detox Support Protocols

Here are some things that can help minimize any discomfort or healing events by supporting your channels of elimination and helping to bind and/or pull

toxins from your system:

- Water enemas or colonics
- Zeolite, Bentonite clay or Charcoal (binders)*
- Spirulina & Chlorella (nutritive binders)
- Green juices (alkalize and soothe the nerves)
- Lymph massage and rebounding
- Meditation music
- Yoga, deep rhythmic breathing and meditation
- Extra rest
- Quiet natural environments
- Supportive community



*Note: Bentonite and charcoal will bind to everything, including your nutrients and supplements. So be sure to take those separately. (This is not the case with zeolite.)



Emotional Detox

This is something that is generally not covered as much as physical detox, but it's just as important (if not more).

As you are cleansing, released toxins enter the bloodstream and can make you feel grouchy, irritable and even moody or depressed.

While cleansing you also free up a lot of nerve energy (usually used for digestion) that can bring up buried or repressed emotions that are ready to be healed.

This is the **deeper side of detoxification that is even more powerful than physical healing**. Because your emotions have such a huge impact on your physical body via the mind-body connection.

If you are aware of this (and prepared for it), you can make the best use of your cleanse experience by incorporating mind-body techniques to help process and release these emotions.

Body-centered therapies like yoga, conscious breathing (pranayama), tapping (EFT), soft music, creativity and connecting with nature are some of the best ways to move through emotional detox. There is some great meditation, binaural beats, and healing frequency music online nowadays. Find something that feels relaxing and good energetically.



Transition & Plan

This is **one of the absolute most important parts of cleansing**. If you're going to get one thing right... it should be this. Done right, cleansing can help you up-level *everything*.

Cleansing is easy. It's the transition back into your daily life where challenges arise. Having a clear plan radically increases your chances of success at up-leveling your health and lifestyle. Don't make the mistake of using cleansing as a way to make up for poor lifestyle choices (a cycle I call the *detox-retox wheel*).

Get off that wheel and HEAL... for good.

For deeper more extensive cleanse protocols (such as extended water or juice fasting) you will also need to transition gradually into your new healthier lifestyle. Otherwise, you can shock your system and even cause damage. This is important for your physical, mental and emotional well being.



High Vibe Lifestyle

Being radiantly healthy and feeling amazing is actually much simpler than people realize. It's just a matter of getting back to the basics and learning how to naturally support the **intelligent self-healing wisdom** of your body.

Here are the foundational elements of living a healthy High Vibe Life. This is what I personally focus on and I encourage my friends, family, clients and everyone else I meet to do the same!

High Vibe Lifestyle

- Raw & Living Foods
- Freshly pressed juices
- Cleansing
- Sunshine & Fresh air
- Earthing
- Natural Movement:

yoga, walking, dancing and swimming, etc



- Rest & Deep Sleep
- Supportive Community
- Fulfilling Service to Others
- Creativity
- Authentic Expression
- Spiritual Connection



Supportive Community

This is so highly valuable when we're cleansing. We get so much encouragement, validation and motivation from positive relationships and community.

If we have negative people around us (especially if they are unaware, inexperienced or even fearful of detoxification), this can put a major damper on our experience... and even derail us altogether.

Better to **set yourself up for success** by surrounding yourself with positive people and environments when cleansing. It's best to share your goals and health practices with people who support you (this includes health practitioners as well as family, friends and community).

You may have heard that we end up like the 5 people with whom we spend the most time. Just another reason why it's so important to be mindful about connecting with a supportive community. You can find conscious wellness groups everywhere online these days, including the High Vibe Life Community.

Be Wise

I believe *everyone* can benefit from cleansing. However, if you have a history of eating disorders or are being treated for any medical conditions, please consult with your conscious healthcare provider before doing any cleansing or detoxification protocols.

Let's Get Started

Here are some simple ways you can get started now:

Create a Daily Juicing Habit

Adding in fresh juices is a game changer, especially green juices. Deep hydration, nutrition and detoxification all in one! Here are three of my favorite simple green juice recipes:



Intermittent Fasting

Simply reduce your eating window to allow your body additional free time for cleansing and healing. Generally, it's good to aim for a 5-8 hour eating window.

For example, if your first meal is at 10am try having your last meal at 6pm. This is an 8 hour window that gives your digestive system a rest and allows your body to redirect energy towards detox and healing.

As you adjust, you can reduce your eating window from 8 to 7 to 6 hours. You can also shift your window to earlier in the day so you are going to bed on an empty stomach (as most detox happens at night while we're sleeping).

Water Fast 1 Day a Week

If you already eat relatively clean (either whole food plant-based or mostly raw vegan) try doing either a 24 hour or 36 hour water-only fast each week. This gives your body even more opportunity to do some deep cleansing. Be sure you drink plenty of fresh clean water.

Note: If you eat 100% raw vegan (especially if it's low fat or 80-10-10 style), be mindful about your energy and calories. If you are already at your ideal weight, water fasting each week may be too much (and probably not necessary).



Pure Life Juice Cleanse™

Don't want to figure out all the details of designing your own cleanse?

Great news! I've already put together an amazing detox plan for you. The **Pure Life Juice Cleanse** has the protocol, recipes, how-tos and links to all the supplies and support you need for a successful cleanse.

It is fully customizable to fit your goals and lifestyle. All you have to do is realize how precious your **health and quality of life** are, gather a few items ... and begin.

Your **transformational** experience starts here.

Click the link, get instant access to the **Pure Life Juice Cleanse** and elevate your life today!

[Get Access](#)



To your health and happiness!

Cheers, Siddheshwari



High Vibe Life