



TAILORED COURSES

DETOXIFICATION AND DRAINAGE

45 HOURS

Since a little more than a century, we have been exposed to thousands of environmental chemicals and toxins, not to mention the toxins naturally produced by our metabolism. These many toxins with which we are in daily contact may end up overburdening our systems and organs of detoxification and eventually lead to discomfort or illness.

In this course, you will learn what can cause toxin overload and how to avoid it with the various detoxification and drainage techniques that we will introduce.

Detoxification and drainage

- Introduction to the principles of detoxification
- Detoxification phases and drainage techniques
- Detoxification and food
- Detoxification and the digestive system

335,00\$