

Greene, Jaison

From: Maria Allenden [REDACTED]
Sent: Friday, April 15, 2011 5:15 AM
To: jay.greene@tipsforhealing.com
Subject: RE: The remaining chapters
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Hello Jay

In answer to your questions I found the site 'by accident' when looking for anything to do with Mucoid Plaque.....reason being, I have a 'fast & detox' holiday / trip booked to Koh Samui in Thailand leaving on 30th August.....my brother & his partner have been to 'The Spa' and rate it very highly. Brothers partner (Moray) is a herbalist & naturopath and has recommended a few diet changes which I am trying to implement but I do tend to fall off my 'healthy wagon' when I have other issues going on.... 😞

I am always trying to get to that state of feeling clean inside but apart from one really good phase a few years back I struggle to stay on my wagon.....I am hoping this fast & detox plan will kick start me and help me focus on 'cleaning out' inside.....which I know brings mental & emotional rewards too...

I found the info in your book useful and I will probably come back to it again, as well as seeing in your book, I also found the Blessed Herbs website and that one is very interesting along with the 7 or 14 day cleanse using capsules... So much useful info in your book so thanks for sharing it.....I have printed the master cleanse and would like to try that at some stage soon. I plan to do some small detoxing sessions (3/4 days) before my Thai trip and then hopefully get more into the whole thing as I make progress and start to (hopefully) feel better.

Thanks again for the book. Your story was interesting too.

Take care of yourself.

Maria 😊