

Fasting Centre at Hoogland

The Greatest Wealth is Health

Under the leadership of Dr Andre Kruger, our team of medical and health professionals will supervise and support a safe, beneficial fast.

Fast therapy has been used successfully to treat and support the healing of many illnesses and health events including:

- ✿ Auto-immune disorders such as psoriasis, lupus, osteo-arthritis, celiac disease etc.
- ✿ Irritable Bowl Syndrome
- ✿ Type II diabetes
- ✿ Obesity
- ✿ High Cholesterol
- ✿ Pre-op and Post-op fasting for improved healing
- ✿ Fasting before and during chemotherapy reduces side effects and improves effectiveness

Fasting programme:

Typical water-fasting periods range from 3 – 40 days. The length of fast will depend on many individual factors, including the total length of stay. A fasting period will be discussed and provisionally decided on after consultation. Bear in mind that this may change depending on your response and progress.

A period of guided re-feeding will follow any extended fast. The sequence of this re-feeding is usually soft fruit followed by mixed fruit, then raw vegetarian and then a standard balanced diet.

Hoogland's focus is to support and improve your body's natural processes, which means multiple aspects of the programme benefit our guests.

As Lifestyle Health Experts, the emphasis at Hoogland is to treat each person as a unique individual, and the programme is continually adapted to ensure your needs are met. Our aim is to book all consultations and treatments around your chosen schedule.

Water fasting is beneficial for many reasons, but extended periods of water fasting is not for everyone. Guests who wish to fast for longer than 3 days do a selection of blood tests as well as regular follow-up blood tests, especially for electrolytes. Based on these tests, guests will then be guided into maintaining an extended fast, or rather having several, shorter periods of fasting.

Shorter period of fasting, up to about 3 days does not usually require close medical supervision, but the medical staff do offer support and guidance throughout.



Fasting is completely optional (even for those on the fasting package) and deciding when to break your fast is up to each individual guest.

For those who are nervous to try a pure water fasting intermittent fasting or a period of 'fasting mimicking' diets is an excellent alternative. This will still provide high level ketosis and the nutritionist can assist with coordinating this option.

Many guests find a dose of clean-prep beneficial after their first full day of fasting, to clean out the intestines the right way around. The added cost is R 160 per dose.

Please note we do not endorse "juice fasting" and our policy on that is available by email.

All packages include the following:

- Private En-suite accommodation.
- Full use of all facilities such as: sauna, steam rooms, steam cabinets, sitzbaths, Jacuzzi's, jet pool, swimming pools and exercise facilities
- Unlimited mineral water and herbal teas
- Daily health advice and monitoring
- Medically supervised water-fasting and guided refeeding for guests who choose to fast
- Balanced health Buffet (8am to 7:30pm)
- 24 hour fresh fruit and salad bar
- Daily guided meditation or Breathing training class
- Two guided nature walks daily
- Three exercise classes daily (yoga, stretch, aqua aerobics and light aerobics)
- Demonstrations, talks and workshops

Check-in is from 14:00 and check-out by 13:00. Early arrival or late departure is available for R 600pp

Meals on non-fasting days:

Meals are served as a health buffet from 08h00 – 19h30, and there is freshly cut fruit and salad veggies available almost 24 hours a day. So there is no need to plan any activities around meals, and we encourage guests to use bio-feedback to decide when to eat and what to eat. The kitchen is also quite accommodating if you have any specific dietary requirements, or if there is anything you really feel like.

Dolomitic mineral water and herbal teas are freely available, and coffee or Ceylon tea can be ordered from the kitchen.

Accommodation:

Hoogland provides single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Upgrade rates may apply for single guests in double rooms.



Mountain Karee are single rooms on the south of the building. They are comfortable rooms with a $\frac{3}{4}$ bed, table and chair plus recliner. The huge sliding windows overlook a natural forest and the southern mountain.

Bush Willow are rooms on the north of the building. They are large comfortable rooms with either a queen size and $\frac{3}{4}$ bed, or only a queen size bed. They have a dresser, table and chairs and two recliners. Huge sliding doors either provide direct access to the garden or spectacular views of the lawns and hills on the north of the building. Single guests who prefer a Bush Willow room are charged R400 single surcharge.

Typical daily Schedule:

06:30 Morning Nature walk (about 1.5hr hike, with a shorter, gentler option available on request)
07:00 Hydro facilities open
08:30 Mindfulness Meditation or Breathing Training Class
10:05 Yoga or stretch
11:30 Aqua Aerobics
14:00 Afternoon workshop
15:30 Stretch, light aerobics or dance class
16:30 Afternoon Nature walk (about 1hr hike, with a shorter, gentler option available on request)
19:00 Evening workshop
19:00 Hydro facilities close

Weekly Workshop Schedule:

This is the typical schedule, but changes from time to time as we get guest speakers in on health or nature

Sunday afternoon – Intermittent fasting talk
Sunday evening – Stress Management Workshop

Monday afternoon – Hydration / Food supplements
Monday evening – Health Matters, Q&A with Dr Andre Kruger

Tuesday afternoon – Mindful Eating with Christine Kruger
Tuesday evening – The Health Benefits of Exercise

Wednesday afternoon - Expressive Mandalas with Christine
Wednesday evening – Nutrition Discussion with Abraham

Thursday afternoon – Chiropractic talk with Dr Blake
Thursday evening – Sleep talk with Anette

Friday afternoon - Aromatherapy workshop
Friday evening – Wellness Wheel / Star gazing

Saturday afternoon – Willpower talk
Saturday evening – Biodanza / Willpower talk



Fasting Package

Price Valid to from 16 Dec 2022 – 15 Dec 2023

Package structures serve as a guideline only and guests are encouraged to personalise it either in advance or during their stay. Additional treatments and consultations may be added to any package.

First 7 days Fasting Package:

Standard: R19 375pp (U\$ 1 140*) Frequent Visitor: R17 715pp (U\$ 1 045*), Including:

- ✿ Seven nights' accommodation with everything included from the Lifestyle Health Core
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ Three Follow-up Urinalysis**

Weekly rate thereafter

Standard: R15 600 (U\$ 920*) Frequent Visitor: R15 600pp (U\$ 920*), Including:

- ✿ Seven nights' accommodation with everything included as per our core package details
- ✿ Follow-up Clinical Examination**
- ✿ Follow-up limited panel blood test including**:
 - Blood sedimentation rates
 - Blood count
 - Electrolytes
 - Blood Chemistry
- ✿ Three Follow up Urinalysis**



Test and Consultation Details

Clinical Examination Details (included weekly)

Clinical Examinations are done by one of our medical doctors or by request, a homoeopath. Clinical examinations are top to toe physical health assessment including taking a medical history and giving advice on how to best use the Hoogland services to address any health concerns.

The clinical examination assesses health of a guest's entire body including

- ✿ Nervous system
- ✿ Organs
- ✿ Reflexes
- ✿ Eyes, Ears and Throat
- ✿ Skin
- ✿ General health and concerns.

Physical Wellbeing Assessment (included in first week)

This comprehensive physical wellbeing assessment is offered by a Biokineticist or other trained professional. Should you want to use this assessment for your Discovery Vitality Health Assessment, please let the sister on duty know to book it with the appropriate staff member.

The Assessment includes:

- ✿ Body Composition
- ✿ Balance and Proprioception
- ✿ Fitness and muscle strength
- ✿ Posture and myofascial triggers
- ✿ Flexibility and Dexterity
- ✿ Stress Levels

This assessment gives an excellent indication of how to use facilities at Hoogland to improve your physical wellbeing.

Blood tests (full test included in first week – limited panel in second)

Our on-site laboratory is equipped to accurately and quickly process a large range of blood tests. Blood is typically drawn before 8am, ideally fasting. Results are available from around 10am on the same day and a complete report and detailed feedback is given during the course of the day. These tests are hugely beneficial in many ways, even if it is just to confirm that all systems are normal.

These tests include:

- ✿ Blood sedimentation rate – an indication of inflammatory protein in the serum
- ✿ Blood Count
 - Red Blood Cells
 - Red Cell Distribution Width – gives an indication of the age of the red blood cells
 - Haemoglobin
 - Haematocrit



- White Blood Cells
 - Monocytes – swallow debris and germs
 - Neutrophils – typical first responders to infection
 - Eosinophils – attracted to inflamed areas but also cause allergy symptoms
 - Basophils – respond to parasites but can also cause allergy symptoms
- Platelet count – Platelets help stop bleeding
- ✿ Blood Electrolytes
Sodium, Potassium, Chloride
- ✿ Blood Chemistry including:
 - Glucose
 - Lactic Acid
 - Liver function
 - Enzymes including: GGT, ALT, AST, CK, ALP, LDH, Amylase
 - Kidney function including Urea, Creatinine, Uric Acid
 - Lipogram including Triglyceride, Cholesterol, HDL, LDL (Calculated)
 - Minerals including Total Magnesium, Serum Magnesium, Serum Phosphorus
- ✿ Thyroid Stimulating Hormone (TSH).
- ✿ Allergy Screen
- ✿ Insulin

Urinalysis

Standard urine dipsticks are used and read by an electronic urinalysis machine in the lab. Results form part of the total report issues when doing blood tests, but ad hoc or follow up urinalysis is available any time. Test includes:

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|--------------------|----------------|
| ✿ Glucose | ✿ PH |
| ✿ Bilirubin | ✿ Proteins |
| ✿ Ketones | ✿ Urobilinogen |
| ✿ Specific Gravity | ✿ Nitrites |
| ✿ Red Blood Cells | ✿ Leucocyte |

Nice To Haves:

Massage Therapies

Benefits include Improved circulation, lowers stress and depression, improved mobility, reduced tension and reduced pain

Beauty Treatments

A selection of beauty treatments is available daily. There is much to be said for caring for the aesthetics of your body. Our team of beauty professionals are experienced and passionate



Recommended extras:

Follow up lab tests

Should any abnormalities be detected in initial tests. This often includes:

- ✿ Insulin Test
- ✿ IgE Test
- ✿ Urine Microscopy
- ✿ External laboratory tests – any test such as hormones, tumour markers and specific allergens not done on our on-site laboratory - these costs vary

Cleanprep / Movi-prep

For guests who would like a safe and medically supported colon cleanse, a dose of cleanprep or moviprep is available.

This is polyethylene glycol and electrolytes which, added to water, acts as a bowel cleansing agent and allows total cleansing in 4 to 6 hours.

Consultation with a psychologist or life coach

Fasting can trigger big emotional responses and our highly trained and experienced psychologists, life coaches and counsellors.

Additional consultations with our medical and health professionals.

The clinical examination, blood tests and physical wellbeing assessment serve as comprehensive information about which professional can best serve the needs of guests. Professionals can be booked with the sister on duty, who can further advise on which consultations to choose.

Medical and Health Professionals include:

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|---------------------------|-------------------------------|
| ✿ Holistic Medical Doctor | ✿ Stress Counsellor |
| ✿ Biokineticist | ✿ Chiropractor |
| ✿ Physiotherapist | ✿ Homoeopath |
| ✿ Nutritionist | ✿ Life Coach |
| ✿ Personal Trainer | ✿ Hypnotherapist |
| ✿ Psychologist | ✿ Lifestyle Health Consultant |

Individual rates and professional details available on our website and on request.



Accommodation:

The bedrooms form a only small part of the Hoogland package and because of our sprawling grounds and buildings you do not have to escape to your room for privacy or solitude. There are a few different rooms options to consider.

To help guests make the most of their health investment at Hoogland, none of the rooms have TVs and only a small number of rooms have WiFi.

If you require WiFi for work, please let us know during the booking and we will book a room with WiFi if available.

There is uncapped, fast WiFi in the central lounge for ad-hoc needs.

TVs can be organized for guests who are significantly mobility impaired such as those visiting us post-op. The additional charge is R 50 per day.

Smoking is not allowed in or near the building. Please enquire about our smoking policy to ensure you are comfortable with it before booking.

Room types:

Hoogland provides single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Upgrade rates apply for single guests in double rooms or guests wishing to stay in a Red-leaf Rock-Fig or Wild Orchid room.

Mountain Karee

Mountain Karee rooms are single rooms. They are cool, quiet, south-facing rooms with a double bed.

Bushwillow

Bushwillow rooms can be used as a twin or double room for guests sharing. They have a queen size and three-quarter bed. Single surcharge to these rooms is R 300 per night.

Red-leaf Rock-Fig

Red-leaf Rock-Fig rooms are on the ground floor and are reserved for guests with significant mobility issues such as post-op care and obesity. The single surcharge on these is R 400 per night and the upgrade fee is R 100ppn but can only be booked by able bodied guests at short notice.

Wild Orchid

Wild Orchid rooms are cool, south-facing rooms with a separate lounge. Single surcharge is R 600 per night and upgrade fee R 250ppn for guest sharing. They have one king-sized bed.