



  
SIANJI  
*life*

MANUAL

## Pre-Program Cleanse

Based on our experience, our guests who prepare for our health programs in advance will have a more pleasant, comfortable and effective stay. We recommend that you start the preparation process a week or at least three days before your stay. The more you pay attention to the rules, the more comfortable the process will be.

- **Stop caffeine consumption.** Prefer herbal teas instead of tea and coffee.
- Remove animal proteins, dairy products and processed foods of from your diet for one week.
- Start your day with a large glass of water with lemon.
- Consume mainly vegetables and greens.
- Stop alcohol consumption. Prefer water and freshly squeezed juices instead.
- Stop consumption of processed sugar. This includes the sugar in soft drinks and ready-made fruit juices and all kinds of packaged foods as preservatives and for flavor.
- You can fulfill your need for dessert with fresh fruits, dates and agave syrup or molasses / tahini mixture.
- Increase water consumption to 2.5 - 3 liters per day. (Except for people with fluid restrictions for medical reasons). If you do not have a habit of drinking water, keep bottled water in areas where you spend most of your time.
- Prefer alkaline water. You can make your own alkaline water as follows: Dissolve 1 teaspoon of bicarbonate in 1.5 liters of water.
- Do not drink water with food. Ideally, you should stop drinking at least half an hour before your meal and start drinking again after 1.5 hours.
- Do not cook with salt, always add as much as necessary, after cooking.
- Use Himalayan salt instead of table salt.
- If possible have freshly squeezed fruit and vegetable juices daily. If not, increase your consumption of raw vegetables / salads to three meals a day.
- Do not consume fried foods. Prefer healthier cooking methods such as boiling, steaming, grilling etc.
- Use good quality oils. Olive, coconut, flax seed, sesame seed, grape seed oils are healthy choices.
- Eat good sources of fat, such as olives avocados and nuts.
- Try to avoid stress as much as possible. Learn how to breathe correctly, walk outdoors, meditate / pray. Take some time for yourself each day, even if it's a short period, and focus on your goals for your health.

### YOUR SUITCASE

We recommend that you bring:

- *Your Motivation*
- *Recent medical screening and blood test results (up to two months old).*
- *Your regular medications*
- *Comfortable sports clothing*
- *Swimwear, shorts, bikini or sweater, socks, scarf, beret, raincoat etc. according to the season*
- *Sports and / or running shoes*
- *Sunglasses, camera, book, diary, music player, headphones and your favorite music*
- *An elegant evening dress*

## Sianji Health Programs

Included in Sianji Health Programs:

- Suite or villa accommodations
- Segmental Body Composition Analysis
- Doctor / Dietitian / Detox Specialist consultations
- Good Life Seminar / Raw Food Workshop
- Healthy life film screenings
- Unlimited detox soup, herbal teas, pH 10 alkaline water
- Fitness center usage
- Daily activity program: Hiking, Yoga, Pilates, Stretching, Aqua Gym group lessons
- Tennis and Basketball courts, Table Tennis
- Use of steam room, sauna and Turkish Bath
- Beach
- Thermal, Thalasso (heated sea water) and outdoor pools

### Master Detox

A purifying juicing program aimed at resting your body and renewing organs.

#### Master Detox Program:

- Daily Angel of Water (colon cleansing)
- Detox Program gifts (dry skin brush, tongue scraper)
- Detox drinks, Detox herbal supplements
- Room Service for scheduled beverages if requested

#### Raw Food Detox Program:

- Detox Program gifts (dry skin brush, tongue scraper)
- Detox drinks, detox salads and dishes, detox herbal supplements
- Room Service for scheduled meals and drinks if requested

### Raw Food Detox

A raw vegan nutrition program to obtain maximum nutritional value from food, to gain energy, to purify your body and to improve general health.

### Anti Aging Diet

An enriched Mediterranean diet program that reduces the effects of aging and increases the body's alkaline reserves.

#### Anti Aging Diet Program:

- Anti Aging supplements
- Main courses and snacks
- Room Service for snacks if requested

#### Ketogenic Diet Program:

- Main courses and snacks
- Urine analysis
- Room Service for snacks if requested

### Ketogenic Diet

A weight loss program that limits carbohydrate intake strictly and allows the body to use healthy fats as source of energy.

#### Available with an additional charge:

- Skin care, Lymphatic drainage, Ozone Sauna, Infrared Sauna, Roboex, Intravenous treatments (Ozone, high-dose Vitamin-C, Glutathione), rectal ozone, Needle Lipolysis, Acupuncture, Medical Aesthetic applications, Hacamat, Leech Therapy
- SPA treatments and massages
- Private lessons with fitness instructors (Kinesis, Reformer, Pilates, and more.)
- Spiritual Coach Counseling and therapies (Meditation, Breathing therapy, Ayurvedic therapies, and more. You can get information from our Sianji Life reception desk for available therapies and lessons.)
- Buttlar service
- Airport transfer

# What is Detox?

The purpose of a planned detox program is to purify the body from accumulated toxins. During detox, you will stay away from toxic food, drinks, products and activities, consume antioxidant-rich foods, apply stress-reducing activities, and take therapeutic treatments. The basic idea is to support and reinforce your own miraculous healing mechanisms during your time for detox.

Scientific evidence and experience about detox is growing rapidly and our programs are prepared with this knowledge. If you want to understand exactly what your body is going through, please read on.

In order to understand our innate purification mechanisms, we must first recognize the main characteristics of this lifelong physiological competition:

## The Bad: Oxidation Accelerators

Free Radical is an atom or molecule with an unpaired electron in its outer shell, which makes it variable and reactive. Reactive Oxygen Species (ROS) are the most common type of free radicals in oxygen breathing organisms.

ROS are aggressive molecules because they try to steal electrons from nearby molecules to stabilize themselves. This process is called oxidation (another name for free radical damage is oxidation damage). When they do, they release the other molecule with an unpaired electron, which means that it becomes an aggressive free radical. The result is a free radical chain reaction that ravages the cells.

Free radicals may be formed by internal processes (metabolism, immune system processes, etc.) or by external sources (pollution, alcohol, tobacco smoke, heavy metals, transition metals, industrial solvents, pesticides, fried foods, certain drugs, radiation, etc.).

## The Good: Antioxidants

In plants and animals there is a complex system of overlapping components called antioxidants against ROS (Reactive Oxygen Species). Antioxidants are free radical scavengers. In general, they either inhibit the formation of free radicals or neutralize existing free radicals without having the opportunity to oxidize the vital components of the cell. Antioxidants often do this by donating electrons to free radicals and making them non-toxic.

While some antioxidants are synthesized by the body itself, others obtain them from external sources.



### Internal antioxidants:

- Superoxide dismutase
- catalase
- Glutathione
- Alpha-lipoic acid
- Coenzyme Q
- Ferritin
- Uric acid
- Bilirubin
- Metallothionein
- L-carnitine
- Melatonin

### External antioxidants:

#### Minerals

- Selenium
- Manganese
- Copper
- Zinc

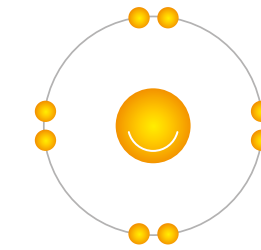
#### Vitamins

- A
- C
- E

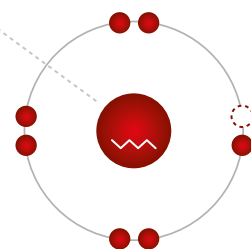
#### Phytochemicals

- Flavonoids
- Polyphenols
- Carotenoids

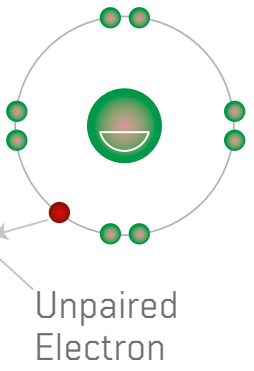
### Stable Molecule



### Free Radical Unstable Molecule



### Antioxidant



Unpaired Electron

### Struggle for balance and Oxidative Stress:

There is a balanced ratio between ROS and antioxidants in a healthy organism. As the number of ROS increases and damages the cell membrane, DNA, RNA, fat and proteins, the balance is disrupted and the condition we call oxidative stress increases. The persistent state of high oxidative stress is an attack on our organ systems, causes chronic inflammation in the body and provides the ground for many chronic diseases.

### Risks:

Diseases where oxidative stress is proven to be an important factor:

- Cardiovascular diseases (arteriosclerosis and high blood pressure)
- Various types of cancer
- Diabetes
- Neurodegenerative diseases (Parkinson's, Alzheimer's, Huntington's, Multiple Sclerosis-MS)
- Respiratory disorders (Asthma)
- Cataract
- Rheumatic Arthritis

### Reinforcements: Detox programs, supportive therapies, supplements and healthy lifestyle choices

We can support our antioxidant mechanisms from inside and outside with healthy lifestyle choices, antioxidant-rich foods and supplements.

The more we learn about our physiology, the more we understand the importance of the protective and healing role of nature in our health. With our detox programs, we strengthen the healing capacity of your body with live foods that are loaded with super nutrients, nature's medicines.

# Master Detox Program

Sianji Master Detox program is a low-calorie juice fasting program [a juice cleanse] where no solid food is consumed.

Fasting appears in many civilizations and cultures as part of spiritual purification processes and as a natural health practice. There are various methods of fasting, but the main thing in every fasting process is to slow down and rest the digestive system and to direct the body's energy from digestion, to repair and renew itself.

In addition to resting the digestive system, Master Detox utilizes the positive life-force energy, live enzymes, alkaline minerals and intensive antioxidant content of freshly squeezed fruits and vegetables.

- Wheatgrass juice and green drinks are the main nutrients of Master Detox. The green drink, prepared with dark green leafy vegetables which are considered to be super foods, also contains a small amount of olive oil facilitate absorption of valuable fat soluble vitamins [ Vitamins A, D, E and K.]
- The montmorillonite-rich bentonite added to your shakes is an important detox tool that removes toxins from the intestinal mucosa.
- Psyllium husk powder, containing both water soluble and insoluble fiber, supports your digestive system microbiota and prepares you for the colon cleansing process.

Our Sianji Master Detox juice recipes are prepared fresh with local and seasonal ingredients with our many years of experience. Our natural and organic product choices are confirmed by the feedback from our guests on the taste of our drinks.



## Master Detox Schedule

**08:30** Wheatgrass Juice & Spirulina

**09:00** Shake

**11:00** Shake

**13:00** Green Drink & Electrolyte Drink

**14:00** Shake

**15:00** Wheatgrass Juice & Spirulina

**17:00** Shake

**18:30** Green Drink & Electrolyte Drink

**20:00** Shake

**Probiotic-Prebiotic supplement**

## Notes

- + 30 minutes Angel of Water appointment each day.
- Alkaline water, Detox soup and herbal teas should be consumed in abundance between meals.
- The probiotic-prebiotic supplement that we want you to take before going to bed is very important for your intestinal health in this process where the toxins are purged.
- Anger of Water colon cleansing is optional, but it is a functionally important part of the Master Detox program.
- We do not recommend use of any perfume, after shave cream and perfumed lotions during your detox.

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# Raw Food Detox Program

Raw Foods are not chemically or heat treated they are living foods, rich in nutritional value and they feed our cells the best way. Every living being in nature except humans, consume nutrients as they are, in their raw form. Although eating cooked foods has affected the development of the digestive system, our digestive physiology is still suitable to consume raw foods. Depending on the temperature and cooking time, nutrient values decrease; enzymes die, amino acids are degraded, fats become carcinogenic, water is lost, vitamins minerals antioxidants fibers and phytochemicals are damaged.

- When you switch to a diet consisting mainly of live and fresh foods, your body's natural antioxidant mechanism will be supported by food, and your fiber-rich diet will improve your bowel health and accelerate the excretion of toxins in the large intestine.
- Digestive enzyme supplement you will take before your meals will greatly reduce possible issues such as gas and bloating during the digestion of your fiber-rich meals.
- Raw Food Detox is an ideal option for our guests who want to detox without fasting and who want to add more vegetables and fruits to their general eating habits.

In the Sianji Raw Food Detox program, you are introduced to creative raw food preparation techniques. The gourmet and vegan meals prepared by our chefs, who are experts in raw food cuisine, appeal to your sense of aesthetics with magnificent presentations.



## Raw Food Detox Schedule

**08:30** Energizing Juice + Wheatgrass Juice + Spirulina

**09:00** Fruit Bowl

**12:00** Green Drink + Electrolyte Drink

**13:00** Gourmet Raw Food Lunch

**15:00** Wheatgrass Juice + Spirulina

**16:00** Green Drink + Electrolyte Drink

**18:30** Green Salad

**20:00** Green Drink

Probiotic-Prebiotic supplement

## Notes:

- Alkaline water, Detox soup and herbal teas should be consumed in abundance between meals.
- The probiotic-prebiotic supplement that we want you to take before going to bed is very important for your intestinal health in your detox where the toxins are intensely purified.
- This program is not suitable for pregnancy, breastfeeding, and during inflamed periods of IBS disease.
- We do not recommend use of perfume, after shave cream and perfumed lotions during your detox.

## Notes

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## Food for health

*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

### **World Health Organization**

Due to the development of modern medicine and technology, human life is prolonged, but the incidence of various neurodegenerative, immune system disorders and cancer caused by oxidative damage has also increased. Obesity and chronic diseases caused by inactivity and unhealthy eating habits brought on by modern life have become a general health problem that cannot be avoided in recent years.



When we examine the societies living in regions where average human life is long and quality of life is high, we observe:

#### **Dietary habits**

- Low in calories
- Rich in olive oil and oily seeds,
- Rich with antioxidant food sources that strengthen the immune system,
- Protein mostly from white meat sources,

#### **Life habits**

- Movement is part of everyday life,
- Stress is well managed
- Social and family ties are strong

The Sianji Well-Being team believes that long-term dietary changes will contribute to preventive health.

We deliver healthy foods from the kitchen to your plate with the healthiest cooking methods that minimize the loss of vitamins and minerals.

The main purpose of the Sianji Well-Being nutrition programs is to demonstrate an individualized, sustainable and eco-friendly nutritional style and help you adapt it as part of your lifestyle.

# Anti Aging Diet Program

Aging is a process that we cannot prevent but we can change its course.

Mediterranean Diet is the most ideal and balanced type of nutrition according to World Health Organization and American Dietetic Association. Research has attributed the long and healthy life spans of communities who follow a Mediterranean style nutrition to the anti-inflammatory effects of this diet.

- By enriching the anti-inflammatory Mediterranean diet with antioxidant and phytochemical rich foods, Sianji Anti Aging diet program offers our guests the opportunity to repair cell damage and maximize vitality and to lose weight in a healthy way.
- Raw, fresh, seasonal and locally produced vegetables and fruits are the main source of vitamins, minerals, enzymes, fibers and antioxidants that are essential for healthy living.
- **Olive oil** is rich in polyphenols that strengthen the cell wall and therefore minimizes the effects of aging.
- **Turmeric** prevents neurodegenerative diseases that may develop with age due to its anti-inflammatory effect.
- **Omega 3** is a fatty acid that our body cannot synthesize and it needs to be obtained from outside sources. It is essential for protecting brain-nervous system, cardiovascular system and ocular health. It is found in oily fish such as salmon, flax seed, walnut and purslane.
- **Collagen** is a connective tissue protein that provides resistance, flexibility, and vitality to the skin and other tissues. Production slows down in the mid-twenties.

While Sianji Detox programs support antioxidant mechanisms to purify the body intensively, in a short period of time, Sianji Anti Aging diet program supports health by planning a holistic, balanced, and sustainable diet.

## Notes

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## Anti Aging Diet Schedule

**08: 00-09:00 - Anti aging juice (with collagen) and Breakfast**

**10: 00-10:30 - Snack**

**13: 00-14:00 - Lunch**

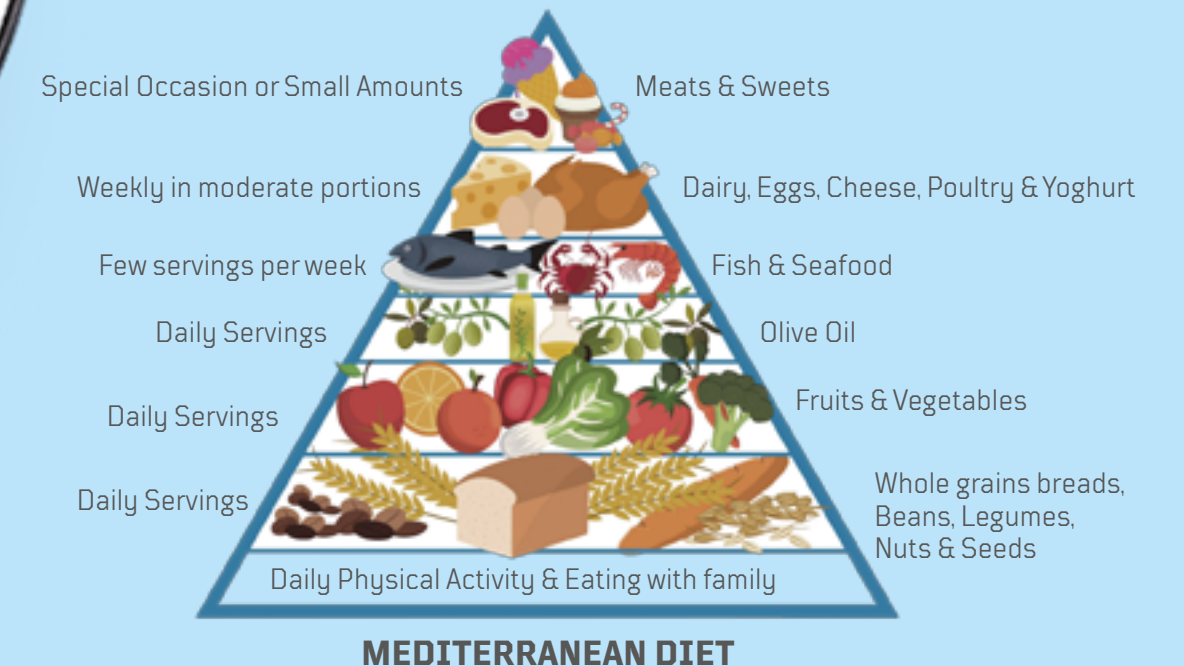
**16: 30-17:00 - Snack**

**19: 00-20:00 - Dinner**

**21: 00-21:30 - Snack (Optional)**

## Notes:

- *Alkaline water, Detox soup and herbal teas should be consumed in abundance between meals.*
- *Fasting one day of the week (Master Detox or water fasting) recommended within the program allows the person to both reduce weekly calorie consumption and to relax the digestive system and regenerate the body.*





# Ketogenic Diet Program

Ketogenic diet keeps carbohydrate consumption under 50 grams per day and drives the body into ketosis state where the main source of energy is acquired through fat metabolism. It is an efficient diet model with its fast start in weight loss.

What makes a diet the right diet is its suitability to a person's lifestyle and metabolism. There is no single right way of eating that works for everybody. For people who are sensitive to changes in blood sugar levels, Ketogenic diet may be a more comfortable, sustainable weight loss program.

- In a fat based diet, it is important for general health that majority of the fats come from plant sources.
- Fruits with low carbohydrate content and vegetables with no starch can be included in this diet.
- Bread group and legumes have no place in Ketogenic diet lists.
- In order to flush ketones from blood, and avoid problems such as kidney stones and constipation, it is imperative to consume large amounts of water during the program, and dietary fiber supplements can also be recommended.

Ketogenic diet requires strict follow up of the ketosis state and carbohydrate consumption and is therefore recommended to be practiced under dietitian supervision. Sianji Life team aims to provide a supervised, pleasurable and safe Ketogenic Diet Program for Sianji Well-Being Resort guests, with the zest of Sianji kitchen.

## Notes

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## Ketogenic Diet Schedule

**08:00-09:00** Breakfast

**10:00-10:30** Snack (Optional)

**13:00-14:00** Lunch

**16:30-17:00** Snack

**19:00-20:00** Dinner

**21:00-21:30** Snack (Optional)



## Notes:

- Alkaline water, Detox soup and herbal teas should be consumed in abundance between meals.
- Ketogenic program is recommended for stays of at least 14 days since it may take 4-8 days for a normal person to enter ketosis.
- This program is not suitable for Type 1 diabetes, chronic liver and kidney disorders.

# Symptoms of Healing

When you change the type of food and the way you eat considerably, you may feel unpredictable symptoms in your body during the first days of the change. The symptoms experienced can be very diverse, varying from person to person, even for the same person at different periods. [For example, you can do a detox or diet once a year and experience different symptoms each time]. Some people may have a hard time while others may not have any difficulties. This should not prevent you from the plan you are implementing for your health.

The human body is an extremely complex machine, and changing your diet is like changing the fuel that this machine uses. You can take these symptoms as the pains of the adaptation process.

The combination of factors such as the elimination of toxins, carbohydrate deprivation, dehydration, immune system response or changes in intestinal flora will cause your body to react in different ways.



The most important things to keep in mind are that these symptoms are temporary and the Sianji health team is here to support you. The necessary guidance, services and facilities are with you during your stay to overcome the difficulties you may experience during your program.

In the first days of the program, we advise our guests to give themselves time for adaptation, not push themselves too hard physically and to take advantage of available supportive therapies. This is your time for healing, resting and recharging. You may experience symptoms for the first few days, but at the end of the week you will see that your energy returns to normal if not better, and you feel refreshed.

## **Detoxification Crisis:**

- Bad breath and body odor
- Coated tongue
- Fatigue, weakness
- Emotional symptoms
- Forgetfulness
- Headache
- Dizziness
- Sore throat
- Runny nose
- Sleep disruptions
- Pain in various parts of the body
- Nausea
- Palpitations
- Skin spots / oily skin
- Gas, bloating
- Cold, shivering

## **Keto Flu:**

- Emotional sensitivity
- Thirst
- Frequent urination
- Bad breath odor
- Low blood pressure
- Leg cramps
- Constipation

## Nutrition After Master Detox

The first few days after Master Detox when you start to consume solid food is a very sensitive process. You need to remember that your body needs a smooth transition. Since the body is cleansed, the first meals that enter your digestive system are of importance. Absorption will be increased, so you need to be selective about preparation and type of foods you will consume.

Please remember that everyone's body structure is unique. You may be allergic or intolerant to some of the foods we recommend here. The purification period is the best time to get to know your body. If something you eat creates discomfort, makes you unusually sleepy or tired, you may have consumed an inappropriate type of food for your body or you may have eaten too much or too fast. Listen to your body and let it guide you.



### DAY 1

**Morning:** Fresh vegetable and fruit juices - as often as you like

**Lunch:** Salad and or soup

**Dinner:** Vegetable soup or steamed vegetables

Plenty of alkaline water

Do not eat processed food or animal products for several days.

### DAY 2

**Morning:** Fruit or juice homemade plant based milk (almond / cashew, etc.) -as often as you like

**Lunch:** Salad and / or soup

**Evening:** Steamed vegetables with a vegan sauce and a bowl of steamed brown or wild rice

Plenty of alkaline water

### REST OF THE WEEK

Fruit, salad, lightly cooked vegetables, homemade vegetable milk (almond / cashew etc.)

Lots of raw vegetables, dark green leafy vegetables

Foods such as fish and other white meats and eggs can be gradually added to the diet at lunch.

Small amounts of carbohydrates

Plenty of alkaline water

**Note:** *In case of constipation, psyllium and suitable herbal teas can be consumed. If that doesn't work, you can try simple colon cleansing [enema].*

## Nutrition After Ketogenic Diet

Once the ketogenic diet is completed and the desired weight is achieved, one of the most important questions is how to continue eating.

If the ketogenic model fits your lifestyle, if its planning is supported by a health professional you can continue ketojenic diet as your dietary routine.

If you want to return to regular carbohydrate consumption, you must become fluent in the knowledge of carbohydrate content of foods. Weight loss- weight gain cycles (yo-yo effect) both decrease motivation and negatively affect metabolic rate.

You should consider a few important issues while ending your ketogenic diet:

- Carbohydrates are severely restricted in ketogenic nutrition, resulting in reduced fiber intake. Suddenly increasing fiber intake can cause diarrhea. You should start with small amounts as your body can tolerate, and increase gradually. Preferably you should start with unprocessed, carbohydrates (oats instead of wheat etc.). Legumes and gas-producing sulfuric vegetable group should be avoided in the first days.
- When ending the ketogenic diet, as carbs are introduced percentage of fats and proteins decreases. So it is quite normal for you to feel hungry in the beginning of the change. It is in your best interest to keep a food log for the first few days to avoid eating more than usual.
- Coming out of ketosis state with the addition of carbohydrates, blood sugar fluctuations may occur and initially, you may experience tension, mood swings, hyperactivity and fatigue.
- As the carbohydrates have water retention properties, do not weigh yourself in the first days out of Ketogenic diet; the results can be misleading. To flush out edema (water retention) you can drink herbal teas, increase your daily movement and drink adequate amounts of water.



# Our Awards



## WORLD TRAVEL AWARDS 2013

Europe's Leading Spa & Wellness Resort Gardens of Babylon



## YILIN SAĞLIK TURİZM MARKASI 2019

Sianji Wellbeing Resort



## WORLD TRAVEL AWARDS 2014

Turkey's Leading Spa & Wellness Resort Gardens of Babylon



## CERTIFICATE of EXCELLENCE 2017

Sianji Wellbeing Resort



## CERTIFICATE of EXCELLENCE 2015

Sianji Wellbeing Resort



## SEVEN STARS LUXURY HOSPITALITY AND LIFESTYLE AWARDS

Sianji Wellbeing Resort



## TRAVEL & HOSPITALITY AWARDS 2018

Sianji Wellbeing Resort



## TRAVEL & HOSPITALITY AWARDS 2018

The Award for Excellence in Service



## REPORTER TOP TRAVEL 2012 BODRUM

En Gözde Healthy & Spa Oteller Gardens of Babylon



## WORLD TRAVEL AWARDS 2016

Europe's Leading Spa & Wellness Resort Gardens of Babylon



## WORLD TRAVEL AWARDS 2014

Turkey's Leading Spa & Wellness Sianji Well Being Resort



## WORLD LUXURY HOTEL AWARDS 2014

Sianji Well Being Resort



## WORLD LUXURY HOTEL AWARDS 2015

Sianji Well Being Resort



## HOLIDAY CHECK 2016

Sianji Well Being Resort



## WORLD LUXURY HOTEL AWARDS 2014

Sianji Well Being Resort



## WORLD LUXURY HOTEL AWARDS 2013

Sianji Well Being Resort



## WORLD TRAVEL AWARDS 2013

Turkey's Leading Spa & Wellness Sianji Well Being Resort



## BODRUM MASA TENİSİ 1. LİG ŞAMPİYONU

Sianji Dragons



## WORLD TRAVEL AWARDS 2014

Europe's Leading Spa & Wellness Sianji Wellbeing Resort



## WORLD LUXURY SPA AWARDS 2019

Luxury Wellness Spa Sianji Wellbeing Resort



## SEVEN STAR GLOBAL LUXURY AWARD 2013



## SEVEN STAR GLOBAL LUXURY AWARD 2013



## SEVEN STAR GLOBAL LUXURY AWARD 2017



  
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