

Gut health detox: Kamalaya says calming the nervous system comes first

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A **gut health detox** does not have to mean a harsh juice cleanse. Kamalaya Wellness Sanctuary on Koh Samui, Thailand, says a sustainable reset starts with calming the nervous system, because stress, disrupted sleep and irregular eating can all upset digestion.



A restorative treatment at Kamalaya, where therapies are part of the detox programmes. Image: Kamalaya Koh Samui

Why stress and gut health are linked

Kamalaya looks at the digestive system, metabolism, nervous system and emotional health together. â??Detoxification is therefore not simply about changing what we eat or eliminate, but about creating the right conditions for the body to restore its natural balance,â?• says Gopal Kumar, General Manager and Group Director of Wellness Development.

Naturopath Tarannum Renavikar (Tara) adds that the liver, kidneys and digestive system already process and remove waste continuously. Balanced meals with enough protein, fibre and healthy fats, regular activity and enough sleep support that work, while overindulgence or prolonged stress can

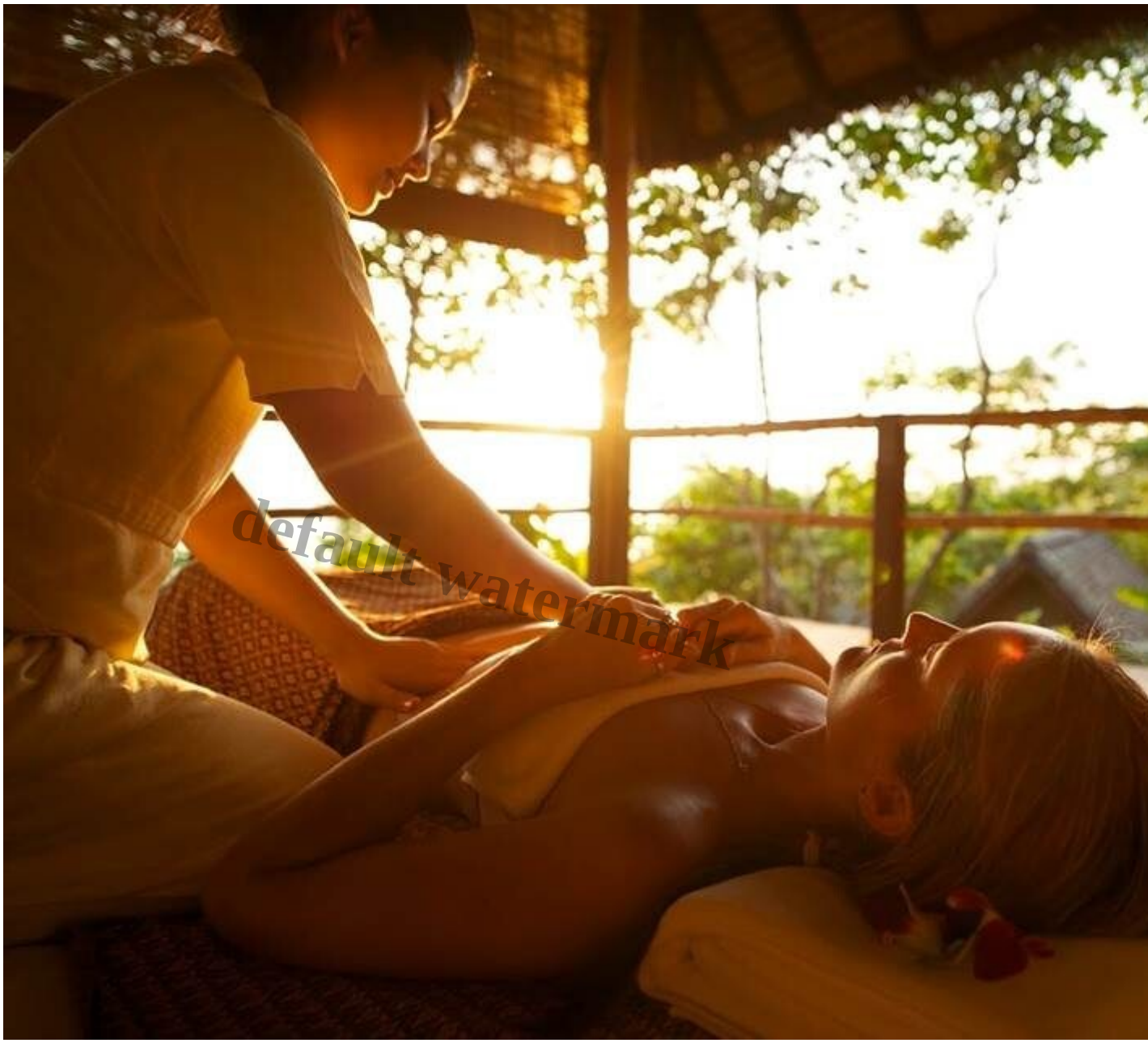
disrupt digestive comfort and recovery.



Kamalayaâ??s predominantly plant-based cuisine emphasises nutrient-dense whole foods. Image: Kamalaya Koh Samui

What Kamalayaâ??s programmes include

The sanctuary draws on Traditional Chinese Medicine, Ayurveda, naturopathy and nutritional science, with movement, yoga, meditation, breathwork and therapeutic treatments. Its four specialised detox and gut renewal programmes, including Detox and Enriched Gut, combine individual nutritional guidance, naturopathic expertise and complementary therapies, with a predominantly plant-based menu. The programmes are outlined at kamalaya.com/wellness-retreats.



Meditation and breathwork sit alongside nutrition in the programmes. Image: Kamalaya Koh Samui

Habits you can take home

Taraâ??s advice is practical: â??The best reset isnâ??t the one you repeat every few months. Itâ??s the one that helps you build habits you no longer need to reset from.â?• For readers in Singapore, the takeaway works at home too: regular meals, decent sleep and a few minutes of slow breathing. This is general wellness information, not medical advice, so speak to a doctor about persistent digestive symptoms.

Kamalaya has been in the news on LBRD before. See our reports on its 21st anniversary, the Sacred Renewal programme and another award-winning retreat, MAIA Spa at Fusion Resort & Villas Da Nang.

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