

Introduction

Manna House is a homelike retreat located on the Staffordshire/Cheshire border and is next to the Mersey Canal. Manna House has been using natural health principles to help the body heal itself. It was established for the purpose of educating people in the principles and laws of healthful living.

These laws are conceptualised in the acronym RESTORED as follows:

- Rest & Relaxation
- Energising Exercise
- Sunlight
- Trust in Divine Power
- Open Fresh Air
- Refreshing Water
- Eating Healthy
- Daily Temperance

Manna House focuses on educating people to ascertain the cause of disease, change unhealthy conditions, correct wrong habits, and assist nature in her effort to expel impurities and to restore right conditions in the body.

Natural remedies, in conjunction with a healthy lifestyle, are an effective means of treating many of today's diseases. However, to do so it is important to establish the cause of people's health conditions. Here at Manna House we conduct body chemistry analysis as well as routine assessments and consultations to establish the cause and tailor therapeutic interventions according to the body's chemistry.

Therapists

Our therapists are highly trained and knowledgeable professionals and natural health practitioners who have a wide range of skills and experience of natural remedies in line with the Eight Laws of Health which is supported by a raft of scientific evidence. We also have highly motivated volunteers and students who work alongside our skilled therapists in order to learn about natural remedies.

Our approach is wholistic and we view the entire person which includes the body, mind and spirit.

Health Conditions that we address:-

- Toxins (Body Detoxing)
- Hormonal Imbalances
- Obesity/Weight Loss
- Hypertension

- Heart Disease
- Cholesterol
- Diabetes
- Arthritis
- Cancer
- And more

In addition to the above some of our therapists specialise in the following female health conditions:-

- Endometriosis and pain relief from adhesions.
- Uterine/ovarian pain
- Fibroids
- Interstitial cystitis
- Menstrual irregularity
- Amenorrhea/dysmenorrhea
- Back pain
- Pelvic pain
- Polycystic ovarian syndrome
- Autoimmune conditions

Manna House Day Clinic

Manna House runs day clinics which operate from Sunday to Thursday. At the day clinics guests can receive a number of therapies or health consultation. Therapies that are offered to day guests are colonic hydrotherapy, deep tissue massages, nutrition consultation, muscular skeletal functional testing and rebalancing, poultices and other therapies that do not require overnight stays (see lists below).

Health Consultation

The health consultation involves assessments such as blood pressure, BMI, visceral fat, body fat, temperature etc but also body chemistry analysis. Body chemistry analysis is a non-invasive test that utilises fresh samples of urine and saliva. There are seven tests in total, six of which are conducted on the urine sample (these include: total carbohydrate, pH, conductivity, cell debris, nitrate nitrogen and ammonia nitrogen). The last is a test of the saliva pH.

Depending upon your health conditions the health consultation takes 1 to 2 hours. Provisional results are given at the consultation but a detailed lifestyle protocol providing guidance on how to improve your health is tailored 48 working hours later. This is emailed to, and discussed over the phone with the guest.

In order to achieve readings that reflect your current health its important that you do not change your lifestyle *before* being tested. Make sure that you have had nothing to eat 2 hours before obtaining your urine and saliva samples. Do not drink for 30 minutes prior to obtaining the sample. Please take any medications prescribed to you or that you would usually take. Continue to follow your usual daily patterns and eat, drink and exercise as usual. This will reveal your true results.

Health consultations are available from Sunday to Thursday.

To secure your place ring Manna House today.

Restore to Health 7 Day Programme

Your stay at Manna House starts on Sunday with a plant based lunch, prepared from the freshest ingredients sourced locally and some from our two acre garden and cooked in our kitchen. On this first day you will have a private consultation with our health consultants and a programme prescribed according to your personal needs. Sunday afternoon you will enjoy your first sauna, and then attend an introductory lecture outlining the activities for the next few days. In the evening you will savour the freshly made vegetable broth and then return to your room to drift off to sleep.

Monday begins early with supervised exercises and a pleasant walk along the Mersey Canal. After this exercise you will commence the detox or cleansing programme. You will be treated to your first juice of the day, after which various freshly-made juices will be served every few hours. Each juice is accompanied by a protein or other supplement, which helps in the detox and curbs any hunger pangs. An hour later, the first health lecture starts. Here you will learn about various processes of the body and how the body possesses amazing techniques to recover from disease, given the correct opportunities.

According to the amount of treatments you have booked, you will enjoy a massage, further assessment, therapy or hydrotherapy treatments according to you health. There is time to relax, take a walk, do some leisurely gardening or simply read and meditate. By the afternoon you will be ready for a dry heat sauna, broth, and then just some relaxing time in the lounge before going to bed.

Trust in Divine Power is one of the eight laws of health. Scientific evidence confirms that those who have a firm trust or faith in God have better health than those who have no faith. Therefore at Manna House we offer guests the choice of participating in morning and evening worship that lasts for approximately half hour.

The second day of the programme is much like the first day, where you will participate in the juice fast, enjoy treatments, lectures, canal walks, exercise classes and then a sauna in the afternoon. There is also time between these activities where you can pursue activities - or non-activities - of your own choosing.

Wednesday morning commences with a more vigorous early morning walk, followed by a breakfast of lightly steam vegetables other delights. This is followed by more interesting lectures, more relaxing and cleansing treatments, and then another mouth-watering wholesome lunch. From Wednesday onwards there will be various cooking demonstrations. The day ends as always with the sauna. The rest of the week progresses fairly much the same from Wednesday - days of enjoyable exercise, informative lectures, soothing treatments, fun activities and scrumptious plant-based meals. The array of these dishes includes baked potatoes, fresh salads, lasagnes, and other filling and palette-pleasing repasts.

Sunday morning you will enjoy a hearty and delicious breakfast with all the staff of Manna House, before packing and saying goodbyes. Departure is usually between 9 and 10am.

Most people find themselves experiencing ambivalent emotions - they look forward to getting home and sharing their new knowledge and energy, but at the same time are sad to be leaving such a relaxing and friendly atmosphere. Each guest leaves with new friendships and memories that often call them back for return stays!

NOTE:- The following programme is tailored to you depending upon the severity your of health condition.

Daniel Programme 10 Day Residential Programme

This programme is based upon the health regime that Daniel and his three friends choose to adopt in the Bible book of Daniel chapter 2. Although having some similarities with the Restored to Health Programme the Daniel Programme focuses more on detoxing, body cleansing and spiritual healing. Health guests would have made a decision prior to commencing the programme of wanting to overcome specific wrong habits and "not to defile" themselves with unhealthy foods and drinks.

The experience of Daniel and his three friends illustrates the benefits that may result from an abstemious diet and by the end of the programme health guests will feel empowered with the skills, knowledge and experience to continue to on this wholistic journey.

Short Stays and Kick Start Programme

At Manna House we recognise that it is not always possible to join us for a full programme and that sometimes it helps to have a short stay experience before committing to a full programme. For these reasons we do consider a small number of short stays of 2 to 3 days throughout the year from suitable health guests.

Tailored Residential Programmes

Many people have expressed a desire for a programme specifically tailored for their health needs. These programmes tend to be longer than the standardised 7-10 day programmes. Manna House is able to accommodate such guests. As such longer stays usually follow a Health Consultation and Lifestyle Protocol which has identified the health tendencies and the deleterious habits that need changing. The Health Consultation will also appreciate that the health guest will require additional daily support to implement the recommended changes as well as provide supervised therapies and counselling. With a longer stay the health guest will receive vital sign checks and body chemistry, sometimes up to 4 times a day. They also receive therapeutic nutrition, hydrotherapy, counselling or coaching and education in relation to their health condition.

Come and experience the programmes at Manna House yourself.

Prices & Programme Details

Restored to Health & Manhood & Health (Mind Over Desire**) 7 Day Residential Programme

Bronze Package	Silver Package (per person)	Gold Package (per person)
1 person £695 each	£1050, 2nd person *£808.50 Total price £1858.50	£1190, 2nd person *£916.30 Total £2106.30
Single room with shared bathroom	Ensuite bedroom	Deluxe ensuite bedroom
Plantbased Meals	Plantbased Meals	Plantbased Meals
Vegetable and Fruit Juices	Vegetable and Fruit Juices	Vegetable and Fruit Juices
Herbal Teas	Herbal Teas	Herbal Teas
Daily Health Lectures	Daily Health Lectures	Daily Health Lectures
1 consultation	2 Consultations	2 Consultations
Daily vital checks	Daily vital checks	Daily vital checks
Guided Exercise Sessions	Guided Exercise Sessions	Guided Exercise Sessions
Plant based cooking classes	Plant based cooking classes	Plant based cooking classes
Takeaway folder with recipes and lecture handouts	Takeaway folder with recipes and lecture handouts	Takeaway folder with recipes and lecture handouts
Off site walks	Off site walks	Off site walks
Towels	Daily Sauna	Daily Sauna
<i>Please note that the Bronze Package is suitable for people who want to keep healthy and have no medications or health conditions.</i>	1 Massage	2 Massages
	1 Hydrotherapy treatment	2 Hydrotherapy Treatments
	Towels	Spa Bath Treatment
		Towels, robes and toiletries
		Life Coaching & Stress Management

Short Stay, Kick Start and Residential Tailored Programmes

Please see above for what the **Short Stay, Kick Start and Residential Tailored Programmes** includes. These programmes continues throughout the year. The price includes accommodation, plant-based meals, daily health assessment, one treatment determined by health practitioner and other natural therapies according to each guest's condition (excludes supplements).

Silver Room (per day)	Gold Room (per day)
£125	£149

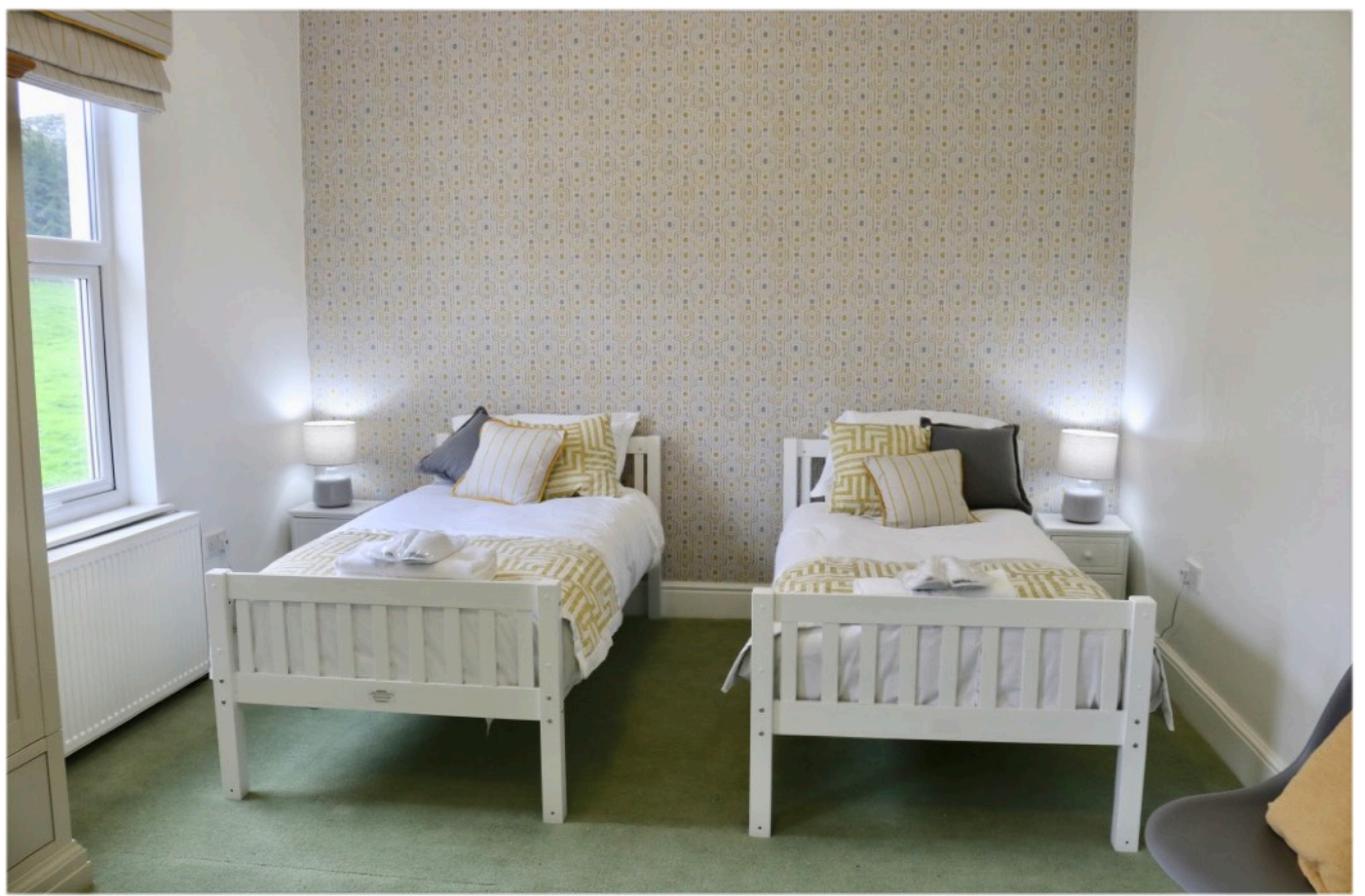
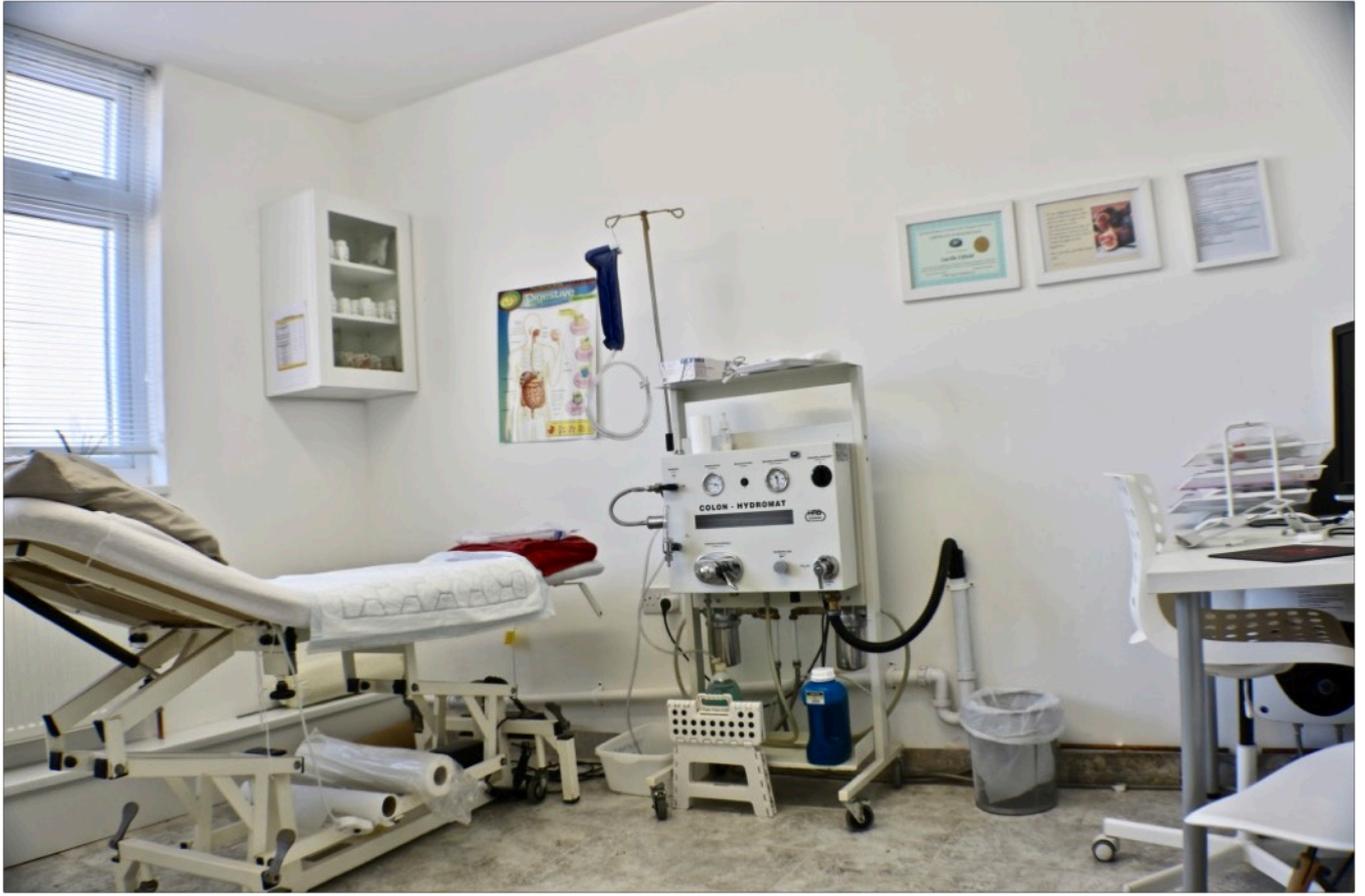
Therapy	Description	Price
Body Chemistry Assessment and Lifestyle Protocol	Vital signs and body chemistry analysis is undertaken, discussed with health guest and Lifestyle Protocol is written. This is tailored to health conditions and sets out an hour-by-hour and day-by-day programme to help improve health. Health assessment and discussion 60 - 120 minutes.	£125.00
Colon Hydrotherapy	Warm filtered water is infused into the colon to clear waste and toxins. Excellent for conditions such as IBS, bloating and constipation. This treatment is relaxing and often relieving and kick starts a detox programme. Approx 60 minutes including assessment.	£65.00
- Coffee Enema	Coffee enema after a colon hydrotherapy treatment will gently promote further liver cleansing and toxin release as well as a sense of well being. Additional to colon hydrotherapy.	£15.00
- Herbal Enema	There is a choice, depending on condition, of wheatgrass, chamomile, garlic and slippery elm. Additional to colon hydrotherapy.	£15.00
- Probiotic Implant	Probiotic mix infused into the colon after a colon hydrotherapy treatment to ensure the colonisation of good bacteria. Additional to colon hydrotherapy.	£19.00
Nutrition Consultation	Undertaken as part of food allergy testing or part of wholistic assessment.	£95.00
Life Coaching & Stress Management	Having positive emotions and maintaining low stress levels is a very important part of the healing process. Ongoing support also enables people to maintain the good health practises started on the programme and to achieve other goals. This one and half hour coaching is taken over 3 half hour weekly telephone sessions. This effective coaching is delivered by a certified life coach and doctor. It is being offered as part of the Gold programme but can also be purchased separately.	£95.00
Colon and Abdominal Massage with Castor Oil wrap	Helps to release twists and torsions and bring blood flow to the abdominal organs clearing toxins and waste products. It addresses a long list of problems from IBS, infertility, menstrual complaints, depression, thrush, weight gain and others.	£45.00
Back, Neck and Shoulder Massage with Essential Oils	Stimulating back and shoulder massage tackling problem areas using essential oils.	£25.00
Feet Salt Soak and Massage	There is a choice, depending on condition, of magnesium sulphate, Dead Sea salt or Sodium Bicarbonate in which feet are soaked in hot and cold water, followed by a deep foot massage. Approx 40 minutes.	£25.00

Therapeutic Body Massage	Therapeutic massage is used to assist in the treatment of most musculo-skeletal problems, and regular massage therapy results in improved circulatory, lymphatic and neurological functioning. 60 minutes.	£45.00
Manual Lymph Drainage	Facilitates the removal of metabolic wastes, excess water, toxins, bacteria, protein molecules and foreign substances from tissue via the initial lymph vessels and the venous capillaries. It relaxes the sympathetic nervous system, reduces pain and enhances the activity of the immune system. Approx 40 minutes.	£45.00
Compresses	Helps to reduce inflammation and supplies heat or cold to a body part or the whole torso.	£15.00
Poultices	Poultices made from herbs, grains, charcoal, salts to aid healing and draw out infections. Price varies according to ingredients used in the poultice.	£5-£15
Bi-carb Wraps	Used in various conditions including cancers.	£75.00
Range of supplements, oils and natural chemical free products such as soaps, toothpastes, skin and hair products and organic grains and flours will be available for purchase.		

Gallery

Manna House









Manna House

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Book Your Stay Today!



