

As Nature Intended

One wellness centre is reminding us that nature created us to be herbivores, not omnivores.

By Vivian Chong

The word 'detox' seems to be a magic password to some. Mention it, and the first thing that comes to mind is, "It will help me lose weight!" That may be true, but what you will be shedding is not so much fat but rather, wastes that have accumulated in the colon. Just like clearing a clogged pipe, detoxifying helps remove the blockage in the colon and so you will definitely feel lighter after the wastes are excreted. What causes this obstruction inside our bodies?

"If you compare the structure of the human colon," Brian Wong, Director of Pure Health, a wellness centre, says "it is similar to that of plant-eating animals. That means our bodies were designed to digest plants, and not meat or other substances. When we eat meat and processed foods, the colon cannot digest them properly so they get stuck in there." He goes on to show me more proof of how similar human beings are to herbivores. The structure of our teeth, for example, is identical to that of plant-eating animals. It appears that all the signs are there: We should NOT be eating meat! Brian is quick to add that while he is a vegetarian himself, he does not necessarily 'promote' vegetarianism among his clients. "That is a matter of personal choice. I do not tell my clients that it's wrong for them to eat meat, but there is no doubt that too much meat as well as processed foods can cause damage to our bodies," he explained.

Detoxifying is a way of reversing this damage. In fact, the centre operates on this basic premise, via a philosophy of health known as 'natural hygiene'. Now before you jump to the conclusion that it means washing your hands a number of times a day, Brian explains that it means taking a scientific approach to providing the body with what it needs. And what we need are good, quality air, water and food.

"Each of us may carry between two to five kilos of wastes in our colon," he said, with all seriousness. "Whatever you put into your mouth that doesn't come out through the other end is trapped inside the colon." Chemicals and artificial preservatives are among the substances in food that often end up there too. These fecal material, when left in the colon for too long, can turn toxic and cause all sorts of ailments and health conditions. Our bodies are designed to expel toxins naturally, via three channels: Liver and kidney (faeces and urea), skin (sweat) and lungs (air, such as coughing). But this is often not enough to cleanse off all the harmful substances that accumulate inside us. That is when it becomes necessary to detoxify. This is the main service offered at Pure Health - a Detox Programme that consists of three components and involves a Juice Fast, cleansing therapies as well as educational workshops. All three work in tandem to 'clean up' our system and get its parts working more efficiently.

Before embarking on the programme,

customers are advised to go on a Pre-Detox plan that involves eating alkalising (natural or original) foods and oils (such as flaxseed, sesame and sunflower oils), avoid acid foods and to take lots of fluids (Brian recommends drinking distilled water). The suggested duration is between one to two days, although there is no harm in extending the period. The idea is to prepare your body for detoxifying by giving it a rest from your usual diet. You then proceed to the actual Diet Programme, where you can on a Juice Fast for one to five days. The juices are from fruits and plants, and should provide your body with all the necessary nutrients and friendly bacteria it needs. Apple cider vinegar with honey and Udos oil are taken to supplement the Fast. During this time, you need to refrain from solid foods, strenuous exercise and stressful situations. If you are wondering how one can sustain from eating 'proper' food, Brian has this to say: "Food may be a primal instinct of humans, but hunger is really a psychological need more than anything else. There are other ways to feed this hunger. During the Fast, every time you feel hungry, just drink something." Sounds like you need to prepare for a time of listlessness, but on the contrary, Brian says that you will actually feel more energetic. "For food to travel from our mouth to the other end, it's a 27-foot journey so the



process of eating and digesting food takes a lot of energy from us. When you don't eat solid foods, you are giving your body the chance to rest and conserve its energy."

While this Juice Fast is going on, customers will also undergo two types of cleansing therapies, namely Colon Hydrotherapy and Infra-red Therapy. The first, as its name suggests, uses water to clear the colons. The main function of our colons is actually to absorb water. A clogged colon is a sign of lack of water, and the encrustations inside it tend to harden. The first few sessions of the Hydrotherapy (the Detox Programme includes five sessions) mainly helps soften the encrustations.

The Hydrotherapy machine can be considered a DIY tool. Customers are left alone in the room so they can have all the privacy they require. After stripping off their lower garments, they lie back on the machine and insert a tube into the rectum. Warm, purified water is channelled into the colon through the tube. All patients have to do is lie there for about 45 minutes and the machine will do all the work. Encrustations that are washed out from the colon are deposited in a plastic tube attached to the machine, and usually appear in a lump or ball. Some may also take on a coil shape, not unlike the shape of the colon. As for how much wastes will be cleaned out, that depends on how much is inside you. Brian tells of one client whose encrustation weighed in at 2.2kg, considered a hefty amount for faecal matters!

The second therapy, the Infra-Red, is shaped like a chamber. You lie down on it, and the chamber covers your entire body, save for your head. What it does is break down toxins through fat to make you sweat, and I mean sweat. Although the temperature used is lower than that of sauna rooms, the heat penetrates about an inch into your skin. You will sweat two to three times more in this chamber than you will in a sauna room.

All throughout the programme, customers are reminded to down copious amounts of fluids. You will notice that all components of the Detox Programme

correspond with the three ways our bodies expel toxins. The Colon Hydrotherapy detoxifies the colons and liver; the Infra-Red Therapy detoxifies through the skin while the high water consumption detoxifies the kidneys. At the same time, customers are encouraged to attend the workshops conducted by Brian. At these workshops - which are held regularly and are free to the public - Brian talks about the 'natural hygiene' philosophy and helps you understand your body better.

If you feel that the Detox Programme requires too much of your effort, you can also opt to try out the therapies on their own. Pure Health also sells a number of health-promoting products, such as organic foods and supplements, fruit juicers and water distiller. An attractive product sold here is the Power Breathe, described as "dumbbells for the lungs". It works like an asthma inhaler to help build your lung capacity. Apart from asthma patients, the Power Breathe is also suitable for active sports people and professional athletes, to help build up stamina.

From the moment you step into its premises, you are greeted by various pictures of health. The second floor, which is where the therapy rooms are located, is a calming, almost Zen-like place that puts you at ease immediately. Pure Health certainly lives up to its name.¹⁰⁰

The Detox Programme is priced at RM1,250 inclusive of five Colon Hydrotherapy sessions. Other services offered at Pure Health are:

• **Colon Hydrotherapy**
RM300 per session

• **Infra-red Therapy**
RM120 per session (1hr)

• **Oxygen Therapy**
RM30 per session

• **Workshops**

FREE! Private workshops can be organized for a minimum of 10 people. Call Pure Health to check schedule.



Infra-Red



Colon Hydrotherapy

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