

BODY+MIND THE ULTIMATE DETOX

PRO-BIOTIC SUPPLEMENTS

Replenishes "good" bacteria flushed from the body during detox. Essential for producing Vitamins B / K.

PSYLLIUM HUSK

A rich source of natural fiber. Facilitates regular bowel movements, cleanses colon of toxic residues and aids detox.

UDO'S CHOICE ULTIMATE OIL BLEND

Contains EFAs or essential fatty acids such as omega 3 which aid normal brain activity.



NATURAL ORGANIC VEGETABLE AND FRUIT JUICES

Contains all the necessary nutrients for the body. Commercial juices are laden with additives and sugar.

APPLE CIDER VINEGAR

A super effective purifier; breaks down mucous deposits within the body. A powerful source of potassium (essential for replacement of worn-out body tissues).

WHEAT GRASS JUICE

Packed with chlorophyll. An ounce of wheat grass juice is equivalent to two pounds of vegetables in terms of nutrition.

The Ultimate DETOX

Feeling sluggish, bloated and downright horrible? Consider undergoing a detoxification program that will have you rethinking your day-to-day diet and lifestyle.

Everything that we subject ourselves to in the environment we live is TOXIC. This was the message received as I scanned through the pages of countless detox book after detox book (the liver detox diet, anyone?) while researching the article. In the post-consumerist culture that we live in, it is a bit difficult to argue otherwise. Consider the rise of pre-packaged convenience foods found in any urban society worth its high-rises. It's amazing how they are able to keep stuff in a box 'fresh' for its seven-day stay in a chiller cabinet. I'm telling you, it's not the soya sauce,

that's for sure. Anything in a can, bottle, packet, tub or wrap is most likely laced with flavouring, preservatives, stabilisers, conditioners and artificial colouring for your viewing pleasure.

Urban areas with high concentrations of air pollution, in no minor part due to emissions from vehicles on the road (yours included) can affect health adversely. Smokers: you aren't doing yourselves a favour with a

DETOX ME

The body 'detoxifies' naturally through four main organs:

Skin. The largest organ in the body perspires to remove excess heat and water as waste.

Lungs. Respiration purifies the air that we breathe in, allowing the alveoli in our lungs to absorb oxygen in its purest form.

Bowels. Essential in the removal of solid waste. Normal bowel movement for an adult is 2-3 times daily.

Lymphatic System. Serves to protect against foreign matter e.g. viruses. Swollen lymph nodes, in the case of a fever, indicates that your immune system is fighting hard against viruses.

WHAT IS COLON HYDROTHERAPY?

Colon hydrotherapy or colonic irrigation involves the passing of "warm purified water into the colon to effectively remove impacted fecal material and parasites". This is done through a tube that is inserted into the anus. This is performed in the belief that residual food matter accumulates on the colonic walls over time, thus impeding the absorption of nutrients. Colon hydrotherapy serves to flush the matter out. Think of it as spring cleaning for your inner bits.

burning piece of tar hanging out of your mouth. Water in the local plumbing is full of nitrates and chlorides, not to mention microbes. Now imagine your body as a giant sponge, absorbing all this toxicity and then attempting to deal with it.

Detox programs purportedly enable the body to recover its optimal functions or at least give the organs a much needed flush to remove residual toxins in the body. A detox program or diet lasts anything between one to fourteen days, some even longer. There are no hard and fast rules but supervision from a trained individual is advisable. During the detox period, one could be fasting (only water consumed) or on a liquid diet (juices only). The detox may incorporate colon hydrotherapy (see *What is Colon Hydrotherapy?*).

Could detoxification programs really work wonders on a person's health? There was only one way to find out. I decided to give my editor an early birthday present (365 days early, to be exact). How would you like an all-expenses paid detox program? Sure, he said, in between mouthfuls of food culled from the morning's event launch while hunched over the computer checking his email. Alrighty then. Phone calls were made and people were met. On a rainy Friday afternoon, I sat him down in front of Perpetua, his consultant at PureHealth, a wellness centre specialising in detoxification programs. And thus began one unsuspecting editor's journey into detox heaven (or hell).



RICHARD'S DETOX DIARY

The Brief A toss of a coin, that's what resulted in me being the candidate chosen for a five-day detoxification program. I'm sitting in the lounge area of Pure Health and waiting to be briefed for what needs to be done during the next five days for my detox program. All I know is that I'm going to be starving myself for more than a week and have a tube shoved up my rear in order to clean my colon. I've always told myself I'd never back away from a challenge but never would I have imagined that this time it would literally bite me in the rear.

RICHARD'S PROGRAM

Richard underwent the PureHealth 9-Day Detoxification Program™ consisting of a 2 day Pre-Detox, the 5 day Detox and a 2 day Post-Detox period. He was supplied with a basket of nutrients (see picture) to aid with the detox and purification process. In the Pre-Detox phase, certain solid foods such as steamed fish and vegetables are allowed.

During the actual detox period, meal times consist of wheat grass juice, fruit juice, Udo's Choice Oil Blend, psyllium husks and a friendly bacteria supplement to replace those being flushed out. Every morning, Richard ingested distilled water with apple cider vinegar to kickstart the process and plenty of water throughout the day. He was

Pre Detox Day 1 I was instructed to adhere to a strictly vegetable/fruit diet. Fish, I was told was okay, so Thank God for that. No coffee, tea or sodas whatsoever throughout the day, which was fine really. The fact that I couldn't eat meat however did pose a few snags. At lunch, I had a tuna salad and a little fruit. Lunch got by easy. For dinner though I opted for baked dory fish (the fish loophole, remember!) and a couple of stolen french fries I picked off a friend's plate. Day One went by pretty smooth in all aspect, although at times I believe I could smell KFC on the drive home from the mall.

Pre Detox Day 2 Agreed to meet friends for lunch at Ikea. Big mistake.

As we sat at the table, I was surrounded by plates of meatballs, roast beef, pan fried chicken and fish and chips. Damn those Swedes. I, on the other hand opted for a summer salad, without the dressing...mmm tasty. What followed next was a debate over lunch on why I needed to subject myself through this treatment. I replied it was work. A fellow editor friend of mine however pointed out that I could lie about it and still write the story. I must be punished, I figured, so I sat down and picked at my salad.

Lunch was an eye-opener; I realised that if I need to do this, I would have to do it alone. Minus any gripes, comments or lectures from friends. Hence dinner was quietly spent at home.

A simple salad (again!), followed by a couple of glasses of juice and I went to bed feeling quite fresh. The big day starts tomorrow and I'm already feeling apprehensive about the whole thing.

COLON HYDROTHERAPY

DAY 1 Unnerving best describes my feeling when I made it to the Pure Health centre. I imagined the worst, but was also aware that I may have jumped the gun with my skepticism. I met my faithful consultant cum nurse, Perpetua, who reassured me that everything would be fine. My weight and blood pressure noted, I was led into the Colon Hydration Room.

What greeted me on the inside was a large bed-like contraption, hooked up to a water pump. I was handed a glove, a tube and a sachet of lubricant and instructed to position the tube into my anus, which would then be connected to the machine. "Our equipment is sterilized and FDA approved," said Perpetua, "so you have nothing to worry about. "Is the lubricant FDA approved as well?" I asked. "And is one sachet enough?". She thought I was joking and left me to my own devices.

The next 5 minutes was the longest of my life. Finally I swore loudly, bit the bullet and took it like a man (Thanks, Ed - Robs). It was strange having a tube up my rear and for some unexplained reason I knew what prison felt like. Perpetua came back and the treatment began. Water was passed through my colon. I was informed that

also required to do 'cleansing exercises' such as the Cleansing Breath (slow, deep breaths) and rebounding (gentle, jumping movements). The Detox period was combined with 45 minute colon hydrotherapy sessions every day. Post-Detox, he was allowed onto solid foods again, albeit healthier ones than before.

throughout the 45-minute treatment I would have over 20 litres of water flowing in and out of my insides, making me the poster boy for Indah Water. Due to the fact that the water will dislodge any faeces or toxins in my body, I had to pass motion frequently. Basically what that meant was that I sh*tted myself for 45 minutes.

After all that was said and done, I quite honestly didn't feel a thing. Waste products as well as rubbish from my stomach were washed out but I was told that it was only the first day so I will not expect to see much. Not that I was looking forward to seeing anything anyway.

DAY 2 Woke up tired. Not surprising since I only had a wonderful set meal of psyllium husk, wheatgrass, juice and Udo's oil to keep me going for the next five days. With sheer grit, I stuck to the schedule and told myself: I only have to keep doing this a few more times. I practiced the breathing techniques as well as rebounding exercises (lightly bounced at the edge of my bed), which was fun and off to work I went. The second day was pretty much the same: stick tube in, watch water go down, see the waste get flushed out. By this time I was pretty convinced that I was used to the whole process. The day went by relatively smooth although I was lethargic through most of it.

DAY 3 Getting out of bed was a chore in itself today. After thrashing and turning for 15 minutes, I finally managed to get up. I practically felt like I was coming down with something. In some twisted logic, I kind of wished I was, because then I won't have to eat psyllium husks and drink the wheatgrass concoction anymore. The detox manual indicated flu-like symptoms were the norm, proving that toxins were being removed. And rightfully so, it was. I went to the toilet and I couldn't believe what came out. Long, wriggly, plastic like substances appeared from me, looking like extras from the script of Alien. It was weird to say the least but it also proved to me that whatever I was doing was certainly working. So back to Pure Health again I went to re-acquaint myself with the colon hydrotherapy machine.

DAY 4 This is the day depression and withdrawal symptoms were supposed to set in and right on cue it did. Honestly, if I could have turned back time I would have turned down this assignment. I felt like crap (pardon the pun), and I didn't want anything to do with breathing or rebounding exercises. Worse still, I was starting to crave curry. I refrained from indulging, of course. Not because I was adhering to the rules but more so out of fear that a *roti banjir* might cause adverse effects with that tube stuck up my rear.

Like clockwork I showed up at Pure Health for my treatment but this time round, to add more grief to my day, I had trouble with the insertion of the tube. After countless tries and two sachets of lubricant I managed it, and so it began all over again, with 20 litres being passed through my bowels and even more strange looking stringy stuff being flushed out of my system.

DAY 5 D-day, the day I would finally be rid of the entire treatment. Strangely enough this was also the day when I was starting to feel better in general. I felt more alert, had more energy. I went for my treatment as per normal but with a slight twist. I had to hold two tubes (2 litres) of water in my colon before expelling it. A hardy task for sure, but it was also necessary for a final cleansing of my insides. I managed the two tubes, diagnosed with a clean bill of health and was glad to know that over the course of the 5 days I actually dropped close to 4kgs of weight/waste. I was told by Perpetua that I could start eating solids again but it would be wise to eat moderately and I should be on a post detox for another two days. After that it would be entirely up to me to follow whatever routine/diet I wanted (*Roti Banjir* Diet).

POST-DETOX

At the end of the entire treatment, I did question my past dietary habits. I looked at it objectively and decided it wasn't and that I certainly had to include more greens, fruit

for my daily intake. However, after thinking further about all the harmful toxins and rubbish we put into our bodies, I decided that giving up 'bad' stuff like

coffee and alcohol would prove to be too much of a sacrifice for anyone. After all, if you finish a long hard day of work, a pint of wheatgrass wouldn't even come close to a frosted cold one at the local pub. The key word, I decided, was compromise, and indulge in all those sinful goods on a moderate basis and drink loads of water to help aid the digestion.

As far as colon hydrotherapy goes, I recommend it. It's by far the best thing I have done for my health and well-being this year. In addition to physical cleansing it gives you a clearer mental picture as to why you should take better

care of oneself. As far as doing it again though, well my spirit is willing but I don't think my rear is ready for that tube anytime soon. **NM**

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INTERESTED?

Pure Health™ offers detoxification programs and cleansing therapies, including infra-red and oxygen therapy (in which 12 litres of pure oxygen is pumped into you). The wellness centre also performs antioxidant screening in which the level of carotenoid antioxidant is gauged through the palm via a blue light beam. The treatment equipment at Pure Health™ is FDA certified and the centre is governed by a strict hygiene code.

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