

## HEALTH

# DETOX DIARY

Is your body a toxic waste dump? PM investigates detoxification therapy and chronicles the experience.



**M**odern times have made us accustomed to ease and convenience, and life in KL, in spite of its occasional hiccups, offers a steady stream of rapid alternatives to what health and wellness practitioners would classify as "good living". It is all too easy to opt for the unhealthy, practical alternative rather than that which is more appropriate to the maintenance of our health and well-being. So, we plump for the simple and pleasurable, the cheap and nasty, all of which serves to do nothing but poison the temple that our body is supposed to be.

We believe we know what is right and believe we know how to eat properly, and some of us even make a conscious attempt to do so. But we are often victims of mass media and our knowledge is tainted still by the concepts of marketing savvy and convenience. Is milk really as healthy as it is supposed to be? Is breakfast cereal and toast really a healthy alternative to roadside *nasi lemak*? How about diet soft drinks? Surely they have fewer calories than an ice lemon tea. Steamed rice instead of chicken rice, soup noodles instead of fried, vegetables instead of meat...we are educated and persuaded by large corporations and their friend the media to believe particular rules about food, particular application principles. And it is time we perhaps started questioning once more the basis of all

our health assumptions.

Pure Health Sdn Bhd seeks to redress these assumptions, providing you with all the information, support and tools you need to take control of your health and your life. Recently established by Brian Wong and Wendy Tee, the wellness centre located in Plaza Damas, Sri Hartamas, offers the necessary information and education combined with detoxification therapies and wellness planning.

Established earlier this year, Pure Health is the product of Brian and Wendy's passion and commitment to bringing wellness and the excitement of a truly healthy lifestyle to others. They are both members of the International Association of Colon Hydrotherapists, having studied and been certified in the USA and Brian possesses a Bachelor of Science in Holistic Nutrition from the Global Institute for Alternative Medicine in Florida, USA. Both are young, energetic, and personable and their enthusiasm is contagious.

Says Brian, "People may not even be aware of the energy and vitality that is gradually stolen from their lives due to the accumulation of toxins in their bodies." And Pure Health is designed to specifically empower people with the knowledge and therapies that will allow them to retake control of their health and happiness.

One of the primary detoxification processes used at Pure Health is that of Colon Hydrotherapy, also known, amongst other things, as a colonic or colonic irrigation. Once the domain of the rich and powerful and more recently Hollywood players and Music industry giants, the concept of the colonic is the subject of much wincing and concern amongst the general public. But its health benefits are well documented.

"After experiencing colon hydrotherapy treatment overseas," remembers Brian, "we decided to incorporate it into our detoxification program here in KL because of the dramatic and positive difference it made to both mine and Wendy's personal health." So convinced were they that it was crucial to bringing wellness to the people of KL that they completed 1500 hours training, including examinations and an internship in the US, in order to gain certification as colon hydrotherapy practitioners.

"People are sceptical at first, but once they have experienced the painless procedure, as well as the significant difference it can make to their health, they become powerful advocates of the therapy". Pure Health couples such therapy with a strong commitment to education that allows people to appropriately manage their health subsequent to detoxification. It is that commitment

and true desire to assist people attain their health goals that makes Pure Health stand head and shoulders above so many in the wellness industry in KL.

Because of our modern lifestyles, health cognisance and the need to detoxify are at an all time high. If you are searching for a solution to your own health and wellness concerns or issues, Pure Health and its young, energetic proprietors, combine education, therapy, future planning, as well as the moral support people need to make it happen.

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Pure Health™ set our Editor-in-Chief, Luke Elliott, on its five-day detoxification program. Here is his diary of the week of cleansing.

I like to think that I have always been a proponent of the "hard living" kind of existence that is immortalized in infinite tobacco and alcohol commercials. I like to drink, I like to smoke and I like to eat my share of deliciously unhealthy foods. I will exercise occasionally, I appreciate the couch and remote control on weekends and I am a big fan of indulgence, indolence and general excess. The past couple of decades have hence rendered me the perfect candidate for detoxification.

Upon hearing of the detoxification process, I was relatively comfortable with some elements and rather petrified by others – five or six days with no food, no drinks and only water and the odd supplement to keep me alive seemed like a

serious challenge. The infrared sauna and lymphatic drainage massage seemed more akin to indulgence than therapy and were happily accepted by my toxin-addled brain. The colon hydrotherapy was not something I was particularly interested to consider, until I was assured that it would be perfectly painless and infinitely constructive. I begrudgingly agreed, readied myself for 5 days of pain and set off with scepticism, a sense of apprehension and a determination to stick it out, come what may.

**SUNDAY**

I attended a 2pm, pre-detox workshop. The workshop primarily encouraged participants to understand the three basic steps of the detoxification and wellness program: Stop the Poisoning – understanding how your body works and how what you put into it affects its performance; Detoxification – the five days of liquid fast, colon hydrotherapy and other detoxification practices, and; Rejuvenation – creating and putting into practice plans for future wellness.

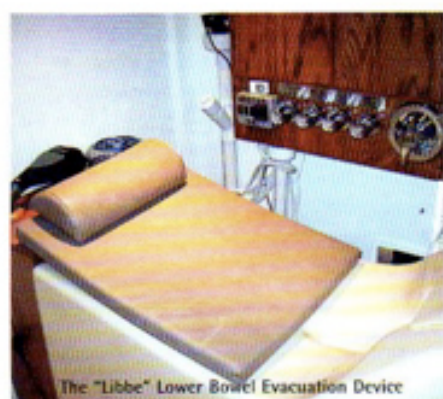
The environment was friendly and I was made to feel somewhat proud that I was making a commitment to my health. I headed home; complete with an understanding of the strain I had been putting my body under all these years and with a commitment to complete the program, no matter what difficulties might come my way.

At dinnertime, I lined up three glasses of distilled water, dropped liquid spirulina into one, apple cider vinegar into the second and psyllium husks into the third. After painfully downing each in turn, the shot glass of Udo's Oil that followed had me reaching for the tissues. It wasn't the worst thing I had ever had in a shot glass, but it was close.

I hit the sack, ready to start the detoxing. I had been warned of all the "healing reactions" that can result as a part of detoxification, including headaches, flu like symptoms, nausea, irritation, skin breakouts and fatigue, and was prepared to handle them. I was ready.

**MONDAY**

My dinner from Sunday night was repeated in the form of breakfast this morning. This was coupled with skin brushing (brushing the skin in the direction of the heart) and rebounding (gentle bouncing on a mini-tramp or the edge of the bed) to encourage my lymph system to move toxins through my body to prepare them to be expelled. Lunch is usually my first meal of the day and avoiding it was not a problem, a testament to my intense day 1 commitment and excitement. The day whizzed by and before I knew it, I was straddling a "Libbe", an FDA approved piece of equipment ominously



described as a Lower Bowel Evacuation Device, ready for my first ever colon hydrotherapy session.

I had been prepped that it wouldn't be painful whatsoever and that if there was any discomfort, it was merely a result of the release of built up toxins into my system ready for evacuation.

The main proponent of my fears, the tube that is inserted into the anus to pass the distilled water into your system, turned out to be nothing more extreme than a small pencil sized piece of plastic hose that only need to be placed 1.5 inches inside your body. No problems there. The sensation is unusual at first, not uncomfortable, just different, and the understanding of how to release the material the irrigation is loosening is rapidly acquired. Coached gently through the process and the details I needed to know, I was relatively comfortable and functional on the equipment within a matter of minutes. The whole session was entirely private with help only a simple buzzer away. When told the session was to last 45 minutes, I was somewhat concerned at the length of time, but it absolutely flew by and before I knew it, I was no longer looking at the tube by my side to see what was coming out of me, but dressed and ready to head home. I was warned I would be tired after the colonic and I certainly was. I took my supplements – the same menu as breakfast and lunch had been, and went straight to bed. Apart from having to go to the toilet every few hours, I slept straight through until morning without a concern in the world.

**TUESDAY**

I woke feeling rather ordinary, had my liquid breakfast and headed to work. As the day passed I progressively felt worse – hunger was not even an issue because of the general discomfort I was experiencing. Headache, nausea, gas, irritability, bloodshot eyes... I was worried. I picked up the phone and called the centre who were extremely supportive, telling me I was experiencing a textbook case of healing reactions. I felt happier, but certainly not better. When it came time for me

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to head over to the center for my second colonic I was pleased that I would soon be able to go home, go back to bed and feel sorry for myself.

The therapy proceeded much the same as the first session, though I felt more tired and groggy than I had imagined. Again, I headed home and slept immediately, stirring periodically to expel the copious amounts of water I had been consuming.

WEDNESDAY

Welcome the hump! If Tuesday was bad, then Wednesday was horrible. I was extremely hungry, extremely lethargic, tired, irritated and just couldn't shake my dull, throbbing headache. Again, I was assured that it was normal, again, just the result of the toxins being freed from within my body so that they can be eliminated from my system. Colleagues remarked on my appearance, my short temper and general irritability and were all somewhere in between concern and laughter regarding my predicament.

I headed to the center earlier in the afternoon for an infrared sauna prior to my colonic.



The Infra Red Sauna

The infrared sauna operates at around 120 Degree Fahrenheit and penetrates one to one and a half inches below the skin in order to free toxins within the body for expulsion through the sweat glands. And it makes you sweat like you would not believe. After 45 minutes in the sauna, my skin was covered in blotchy red patches, but I was feeling quite refreshed. For the moment.

From there I went straight in for my third colonic. It turned out to be my most "productive" colonic, helping me expel the most rubbish from my body. Again, I felt very tired and headed home again to lie in bed, for the first time in two days contemplate food (a psychological reaction

so I was told), and generally wonder if it was all worth it. I felt miserable.

THURSDAY

Considering how I had felt when I went to bed the night before, I miraculously woke up feeling sheer and utter joy. Unlike the previous 3 mornings, I had no problem downing the supplements. I got to work, the hunger was there, I was only mildly irritated and I was generally much happier than I had been over the three previous days.

Up from the office and off to the centre I went, with a smile on my face and the finish line in sight. The internal challenge, wanting to finish, knowing that I had to do it and wanting to battle the weaknesses that had subdued me for so many years, was almost vanquished. And I felt good.

Today, my lymph system was the focus and was to be stimulated by way of a lymphatic drainage massage. The lymph system is the body's internal cleaning system and lymph fluid is the passenger bus that carries toxins through the body to points of expulsion. There is more than four times as much lymph fluid in the body than blood, yet unlike the heart which pumps blood through the body, lymph fluid does not have a pump to assist in its circulation. As such, it relies on movement and activity to work appropriately – ever notice how lazy people are sick more often?

The masseuse operated specifically to encourage this stimulation and worked through blockages in the lymph system and amazingly, was able to identify old injuries that I had sustained by where the blockages in my lymph system were and work specifically on those. From there I headed straight on to the colonic. The headaches I had experienced in previous sessions remained, but unlike my previous days, straight after its completion I felt relatively energized and very pleased with myself. I again went straight home, crashed early, but, unlike other nights where I managed to sleep all the way through until morning, I had problems.

FRIDAY

I woke at 3:30am and couldn't get back to sleep. I had been warned that as the toxins were removed, my energy levels would start to pick up and they sure did. I had had five hours sleep and felt like I had been sleeping for weeks. Rather than lie there and mull over food or the reason I couldn't sleep, I went into the office. Everything I was supposed to complete for the remainder of the week was complete before 10:30 in the morning and I had so much energy I thought I was going to start running on the spot.

Instead of raising eyebrows in the office, I headed off to the clinic earlier to finish my pro-

gram. My last session was unremarkable, hopefully an indication that I was much cleaner than I had been at the time of my commencement. I was excited that I had made it, but when the session was complete, the tremendous energy I had felt all day disappeared – I was tired again!

There I was, all set to go out and celebrate my first ever sincere commitment to my own health with a big glass of distilled water (I wasn't allowed back onto solid foods until the following morning), and I was struck down by the demon called sleep once more. I didn't fight it and probably wouldn't have been able to had I wanted to, hoping that things would be 100% normal in the morning.

SATURDAY

By 8:30am, I was up. By 9am I was showered, clean and drinking fruit juice. By 9:30 I was laughing at myself, happier than I have been in a while, generally stunned at my level of excitement and then laughing at my being stunned too. The world was so very happy. I went shopping, buying the right type of groceries, finding inventive ways to create culinary delights within my new consumption repertoire. When I got home, I was out of control with excitement and energy – I cleaned, reorganized and improved my entire kitchen – cupboards, fridge, oven, grill, appliances...nothing was spared. Ultimately the food came and it was good. I ate slowly, savouring flavours, enjoying the feeling. Passing through the stomachache came again the happiness, but not the usual post meal lethargy that accompanies my average lunch. The evening saw me out and about, smiling merrily, and still enjoying life. At 1am, I was still going. And the only problem was, I couldn't stop. Finally, at 3:30am, my body winked and shut itself down.

SUNDAY

I was up again after only 4 hours of sleep and feeling more alive than I had felt in years. I went shopping for more bits and pieces again because I didn't know what else to do with my energy, followed that with a relaxing lunch and an afternoon of relaxation. It is now Sunday afternoon and I am still excited. I am going to cook dinner, I am going to clean the apartment, and I am going to iron all my shirts. And tomorrow, I am going to hit the gym with renewed enthusiasm. My body feels clean. I have more energy than ever before and I sincerely feel like I am being given another chance to do things a little better than I have done in the past. I have been given a plan to follow after my detox and I intend to stick to it – it is not oppressive, understands my love of certain naughty things and accommodates them, as long as I behave myself some of the time.