

Detox Diary:

By Kasha Van Sant

It's Alimentary My Dear Watson



Take a frank insight into caffeine highs and sugar lows, tonics, colonics and tantrums...

There comes a time in everyone's life when you must stop and assess your life, and for me, this time has been long overdue. Having finally paid a visit to that door in my head marked 'do not disturb' I summoned the courage to venture within.

My master plan was to discover the fountain of youth, plunder energy reserves and generally mop up a lifetime's worth of toxins. So it doesn't take a genius to do the sums and work out that a four-hour daily commute, long working hours and running on empty adds up to Cortisol overload.

Stress was scavenging my life and I had to address it. My plan involved a complete, month-long cleansing overhaul. I would begin by removing caffeine, chocolate, meat, fish, sugar, alcohol, wheat and dairy products from my diet. With health food saviour Holland & Barrett in my corner, I could not go wrong.



Week One Tea for two and two for tea

I began with the **Pure Plan 10 Day De-Tox** created by **Ortis** and priced at £13.25. Containing cleansing herbs such as birch and meadowsweet, artichoke, burdock and fennel as well as many others to flush out the kidneys and liver, all I had to do was add 15ml of the dark liquid to one litre of mineral water, and sip throughout the day. It looked ominous but certainly kick-started my kidneys.



My second weapon in the detox war came in the form of the **Danish Detox Plan** supplement from **Biofirm**; this blend of chicory root, citrus pulp and other detoxifying goodies has been keeping the Scandinavians slim and trim for years. I took three tablets a day and followed the instructions on the packet. My appetite was suppressed, though this



could have been due to the good fatty acids from my nut- and seed-rich diet. This wonder supplement helped my circulation and kept my intestinal microflora very happy indeed. Tablets cost £19.95 for 90. For more information visit www.newnordic.com

Crystal Spring Detox Pads available from www.crystalspring.co.uk or call 02380 695 550. We all know that

the Japanese are clever little so and so's when it comes to innovation, not to mention harnessing nature to help draw out all those impurities using the principles of Reflexology. Tree and bamboo extracts, herbs and tourmaline crystals would help me deep-clean my innards. I attached a teabag-style pad to my foot each night and, while I counted sheep, the crystals in the teabags ingeniously heated up, and the resulting sweat lured excreted toxins into the pad. The next morning my teabag had infused



all manner of dark nasties. I was strangely fascinated and very pleased to see the effects of my internal cleansing.

As the week drew on I found my thighs were the first to succumb to the rigours of those Danish super herbs. Biofirm was cracking its whip and the wobbles were being reigned in. Pure Plan had also kicked in with my frequent visits to the loo, so I knew my kidneys were behaving.

Week Two Karma - just don't come back as an insect!

Biofirm was still part of my life, loyally cleansing and restoring my internal bacterial flora, while the ritualistic tickling of feet to examine my Crystal Spring Detox Pads each morning was a delight. As promised, my trusty teabags were indeed becoming lighter with each daily extraction.

My detox regime now required a new offensive – against the skin, which, as the largest organ in the body, could not be ignored in the toxin war. It made



perfect sense to remove everything that came up to the surface, although I had remained remarkably pimple-free to date.

So I booked in to see celebrity hair and beauty therapist **Janet Ginnings** at her salon on Curzon Street in London's Mayfair. She had the remedy that I needed to slough away the undesirables that had reached the surface. Her treatment involved painting me with **The Moor Body Mask**. This is 100% pure moorland peat containing over 250 herbs, detoxifying juniper extracts and marshmallow to soften skin.

I stood still as Janet painted me like a wooden fence with the black musky bitumen. Just imagine those sacrificial insects that lost their lives to benefit me and my lymph nodes.

"This really cleanses the skin and draws out all the impurities, you know. I have to stand you up to do this, but you will soon be wrapped up and warm."



Indeed I was. Covered with cling wrap and blankets, I felt like a microwave meal for one waiting for the 'bing'. It soon came in the blink of an eye and Janet reappeared telling me to shower. Returning to inspect her handiwork, she nodded in approval and I got ready to rush off to work and drink copious glasses of water to continue flushing out toxins.

If Janet Ginnings is good enough for Caprice then she's good enough for little old me. For more details call her salon on **020 7499 2767**. My Moor Spa Body Mask treatment is priced from £40. For more information on Moor Spa products and treatments throughout the UK call **0845 130 6768** or see their website: www.moorspa.co.uk

The D word may have struck terror into most people that I spoke to, especially when they realised I had committed the ultimate sin by removing chocolate and coffee from my diet. But I soon made the acquaintance of honey, bananas and dates when the sweet pangs began. Like most people who misunderstand the humble detox and judge it without a fair trial, I had assumed that it would rob me of enjoyment and brandish me an eco-maniac.

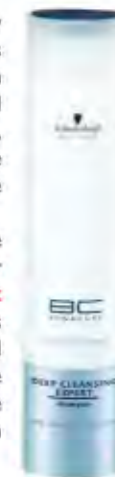
The truth was that I was secretly feeling quite good about myself. The dark circles around my eyes were diminishing along with those dreaded sluggish starts in the mornings, and my skin looked and felt great.

Week Three Ooh! Look at those fat bubbles...



I had parted ways with Biofirm and Pure Plan although I had become rather partial to the taste, and said hello to **Apple Cider Vinegar** tablets. These vinegary life-savers were teamed up with globe artichoke and dandelion, and I could foresee more trips to the loo. I was right! I am not sure if that was due to the water I had to take with the recommended 1-3 tablets per day. Being the extremist that I am, of course three was the magic number for me. The tablets cost £11.95 for 60 tablets; for more information visit www.newnordic.com

I have to admit that my diet was hitting a brick wall and my craving for different food was becoming more evident. I was grateful to Holland & Barrett who held out a hand in friendship when it came to vegan options. Nut butter and soya were order of the day, but the lack of bread, which, absurdly enough, I had never eaten much of anyway, gave me a yearning to bite into something solid. My indiscretions were wheat, lactose and gluten-free bread, which felt great. With each progressing day I was hoping to avoid all those detox clichés. Still, they kept coming back at me, like shiny hair – courtesy of **Schwarzkopf's Deep Cleansing Expert Shampoo**. Specially designed to detox those tired tresses and scalps, this little £7 wonder stripped my overburdened and oily hair. My glistening eyes, however, could have been the last remnant of my Squirrel Nutkin diet or may even have been due to the tearful realisation of what was to come in the final week.



My experience of the Crystal Spring Footpads had taught me about the elimination of toxins from the feet, so I hot-footed towards the **Aqua Detox**, having heard that **Felix Economakis of The Heath Clinic (020 7794 8730 or**

felix@heaththerapy.co.uk)

was something of an expert in this process. Although the Aqua Detox is by no means a new weapon in the detox warfare, it is still relatively unknown. I was planning a one-woman revolution to push my body to the limit when it came to toxin expulsion, and Felix was going to help me.



I arrived at The Heath with feet already pummelled from speed walking; Felix and his wife Christina were armed with the kit. It sat there menacingly on the polished wooden floor sizing me up. What would seem like a regular foot spa soon turned out to be much more, with its fancy plastic internal jacket into which saline solution was poured.

"You must drink a glass of water before we start."

This was to facilitate the ionic exchange that was about to take place. Soon the fizzy bubbles of the foot spa got to work dragging those reluctant toxins out of my body via the 2000 or so pores on the soles of my feet. Now this did not happen without a battle, the magnetic electrode that was placed in the foot bath was responsible for detecting the organ specific oscillations within my body. Maybe my liver and kidneys were calling out their silent SOS, but judging by the state of the water after my 30-minute session paddling, maybe they were not too unhappy after all. The colour change in water from clear to orange and then black in some cases, acted as an internal barometer. My water was golden brown with fat globules! My acidic innards were now sufficiently alkaline and "light footed" as predicted I sprang out ready for my next adventure.

Week Four Just relax and breathe in...

My detox was nearing a conclusion and, I have to say, I met my final week with a sense of relief. So, I looked great and everyone was telling me so. Although I was still running around like a headless chicken, I now at least felt free-range rather than battery-reared.

I was still taking my Apple Cider Vinegar tablets and so far the tightening and firming was going as planned. My skin was clearer but my scalp felt a little tender and dry, but I was soon to discover why. There was one more devastating weapon in my arsenal that I had to wield if I was to win the war.



I had made up my mind and was determined to grit my teeth and undergo the dreaded colonic irrigation.

I had been met with 'ooohs', 'aahs' and 'ouch' but I was not to be deterred, besides my appointment with **Amanda Griggs** at **Balance, the Clinic** on King's Road in Chelsea, London, was already made. I arrived at Amanda's clinic to be greeted with the most peaceful, ambient environment imaginable. Amanda was sleek and sultry in her flowing white linen and soon my trepidation evaporated with her warm smile.

After filling out my health details, she led me to her treatment room. Being the chatterbox that I am, I was soon telling my tales of the detox, but Amanda's summary was a little surprising. I was overloading my system with sugar! I suppose it made sense, albeit fruit sugars and honey, but she was right. I discovered that I am Hypoglycaemic and thrive on stress! And all this before we'd even got down to the 'nitty gritty'! I lay on the couch in the room waiting for what surmounted to a violation of sorts. I expected pain and embarrassment, but this never materialised. Amanda was so professional and therapeutic I lost myself in the whole experience, amazed at her skill.

"I have never seen such a stubborn colon, but I will win the fight," promised Amanda. "Your whole body is so stressed and tight; you are always ready for the fight or flight." This too was true and, when I actually stopped to think, I realised that relaxation did not figure in my life at all. Apparently, my mind was strong and it totally controlled my body; if it said 'jump' my body said 'how high!'

This 90-minute session saw Amanda massaging my belly, poking my toes and adding and removing water, camomile and herbal infusions to and from my large intestine. The sensation alternated between cramps and relief. When it was all over, Amanda gave me a full brief about what was missing from my diet and what I needed to add. Essential fatty acids were the order of the day. Amanda had spoken, and for once in my life I was ready to listen. Stress could destroy my life and there was no way that I was ready to let that happen. My mind was made up and I would definitely see Amanda again. All I can say is that it was a 'gut instinct'!

To contact Amanda Griggs, and I suggest that you do, call her on **020 7565 0333** or visit www.balanceclinic.com

With my detox complete and my perspective of my diet and lifestyle altered, I was ready to find the new me. I needed essential fatty acids to take care of dry skin and hair. **Nutri Centre's Veg EPA** contains omega-3 and omega-6 fatty acids, which are great for the skin, joints, brain function and much more. To get your hands on a pack of 60 capsules, costing £11.95, call **0800 587 2290** or go to the website www.nutricentre.com

So far so good... by the way, did I mention that I lost three-quarters of a stone and 8 inches around my body? Remember, if you need to call me to ask a few questions feel free to do so, I always welcome feedback and input. Ciao for now, love Kasha! (Call 08707 555 502 or write to the usual address)

Ortis's Pure Plan 10 Day De-Tox, Bioform and Ortis and Apple Cider Vinegar tablets are sold by Holland & Barrett, Boots, Tesco and other reputable health stores.