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GOOD HEALTH

8 PAGES TO HELP YOU GET THE MOST OUT OF LIFE

Seven weeks of raw food, digestive enzymes, colonic irrigation, massage and checks on your chakras ... it's the ultimate detox and it costs £2,000

Dare you detox?

DETOX has become the buzzword of the Nineties. If you want to look youthful and feel fantastic, the secret, say health gurus, is to purify yourself from the inside out by ridding your body of toxins. But would you be brave enough to endure the demands of the world's toughest detox programme — seven weeks purification that includes a vitamin-rich diet, health supplements and rigorous treatments. GOOD HEALTH sent Dawn Pearson, 28, a student from Wimbledon, to the Campion Clinic in North London. BONNIE ESTRIDGE follows her progress to discover if all the painful purging was worth it . . .

WEEK ONE

DAWN says: I have heard of this detox programme and, despite it sounding like a hard seven-week slog, I want to make a lasting commitment to my health, because for some time I have felt very tired after eating. I also hope to improve my general well-being.

I have always been interested in natural therapies and I am fascinated to see just what detoxifying the body can do.

On the first day, I face a comprehensive 'body, mind and spirit analysis'.

This is done via Vega Expert Testing, which measures the energy frequencies in the body using probes attached to different acupuncture points, which diagnoses your physical and mental state from the iris of the eye.

I sit comfortably while the Vega machine tests the health of all my organs, assesses stress levels and looks for viruses and parasites. As well as checking for vitamin and mineral deficiencies, the Vega tests which chakras — the body's energy centres — are functioning well and which are closed.

The results show I am deficient in vitamins, minerals and trace elements.

There is a virus in my duodenum; and my liver, pancreas, colon, ileum and reproductive organs are not working as efficiently they should be.

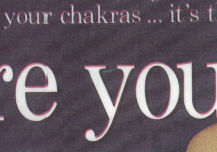
This does not surprise me, because I have had painful periods for many years.

The iridology test involves taking photographs of my eyes, to reveal my emotional patterns, weaknesses and strengths.

Treatment in the first week includes taking digestive enzymes and synergy — a "super-food" — at the start of each meal to help build up nutrient levels. The Vega treatments is also pre-programmed for this days to tackle the doodenal virus.

My diet for seven weeks is vegan, with 80 per raw food — which comes as a shock. The last week will feature an intensive juice fast.

The thought of living with no tea, coffee, alcohol or cheese sandwiches bothers me more than the looming prospect of colonic irrigation, and I am not sure I can even begin to eat like that — let alone stick to it.



PICTURES: Mark Lang

Hooked up: Dawn undergoes analysis

WEEK TWO

WHEN I arrive at the clinic I keep thinking about bacon sandwiches — my boyfriend Richard made them this morning. I found them difficult to resist as I sat drinking my vegetable juice.

Once attached to the Vega machine I feel de-stressed within 15 minutes. It sends very weak electrical currents along the same energy lines in the body that acupuncturists use — this opens up the meridians and brings real relaxation. I forget all about bacon sandwiches.

I am then given Bowen therapy — a feather-light manipulation in which the practitioner makes rolling movements, using thumbs and fingers, on presike points on the body.

This encourages the body to realign itself, without the adjustment of hard tissue found in osteopathy. Having once had osteopathy, I am amazed at how relaxed my aching neck and back feel after this ultra-gentle treatment. Forty-eight hours later, all my neck tension has gone.

The therapist found my jaw was slightly misaligned, and gently moved it back into place.

Sticking to the diet is difficult — I ate a completely unrestricted diet before the detox; I also drank plenty of coffee, tea and alcohol. Now I have to spend ages chopping and slicing fruit and veg.

Relax: Gentle Bowen therapy

A typical meal for me now is five different fruits chopped together, or a large salad with no dressing, sometimes with brown rice or pasta added.

The most difficult thing is social eating: we have to phone restaurants first to see if the food is suitable (often it isn't) and dining with friends is tricky.

WEEK THREE

I am prescribed a blend of herbs — the Female Corrective Formula — to take twice a day to help my irregular periods.

Most of the herbs are terribly bitter and it is quite an effort to swallow them. But if it's going to help my period pains I can keep going.

I am concerned whether I can stick to the restrictive diet of mainly raw food and no alcohol on a week's holiday to Goa, but staying in a fire-star hotel helps as there is plenty of fresh fruit and vegetables.

A few days later, I feel as though I have more energy — my eyes look brighter and my head feels clearer.

I won't go into graphic details, but suffice it to say I can tell the toxins are fighting to leave my body. I am also alarmed to notice that my skin is much more spotty than usual — which is more evidence that my body is being deep-cleansed.

How detox works

KITTY CAMPION is a herbalist, healer and naturopath. She says

I DEVISED a seven-week programme because this length of time gives maximum results. Because of modern life, toxic pollution our bodies build up a harmful level of toxins. To get back to optimum health it is necessary to purge these from our system. Hence my detox programme. I use two forms of diagnosis: iridology and computerised Vega Expert Test. The iris is like a miniature recording screen and can reveal the predisposition to disorders and diseases before there are any symptoms.

Vega testing, which reads the energy signals in the body, is capable of locating fungal, viral, bacterial and parasitic infections as well as food and intolerances, nutrient deficiencies, poisoning and all aspects of stress. The other treatments are designed to cleanse, remove, revitalise, balance — and pamper!

Veganism is the purest diet there is and consists of fruits, vegetables, nuts, grains and seeds. Foods which introduce toxins and parasites and encourage excess mucous — meat, fish and dairy products — are eliminated.

Dawn should continue to follow a vegan diet, with only occasional treats. I am a committed vegan but enjoy the odd Belgian chocolate. Those who have followed a pure vegan diet often find that such things as ice cream make them feel unwell. During the programme, Dawn has become more energetic, well-balanced and looks fabulous.

■ *Campion Clinic, 14 Englands Lane, London NW3 4UY; tel: 0171-722 9270.*

WEEK FOUR

BACK from Goa, I am dreading my first colonic irrigation. However, it is not as uncomfortable as you may imagine. It is like being flushed out with warm water. My sinuses and throat cause a huge reaction and I start coughing and sniffing. There is a reflex point in the colon that relates to the lungs and this is being stimulated by the irrigation. I used to smoke so a major clear-out is taking place.

For worse is being given a charcoal compound, five teaspoons of which I have to take every day in apple juice. This sticks to waste matter in the colon and helps it loosen for subsequent irrigation. Yuck. But the concoction makes me feel nauseous.

I also experience Time Risk Therapy — an emotionally cathartic experience using trikology.

This is supposed to help identify when I last had a trauma that deeply affected me; a broken relationship a five years ago.

The therapy involves having flower essence stroked into the centre of my forehead (my third eye chakra) using a feather.

There is a great sense of relief — I feel free of old emotions.

WEEK FIVE

I HAVE been finding it really difficult to drink the charcoal cocktail and the prospect of more colonic irrigation seems almost pleasant by comparison. My body has yet more herbs to help cleanse my colon, but I'm not sure I can face the consequences. I have managed to stick to my diet. Eating raw vegetables at every meal is nothing compared to the revolting concoctions I have to drink. I have been doing a 'liver flush' every morning. This consists of olive oil, lemon juice, cayenne, herbal tea and a glass of drinking large quantities of very oily salad dressing and I have to hold my nose to get it down. I am, however, feeling far more alert, especially in the mornings.

Unfortunately, by 4pm I'm very tired — apparently this means my liver is working hard to regenerate.

The biggest downside is the restriction on my social life. We have had a lot of friends when you dine out if you have to stick to a strict vegan diet. And I have to stay away from the pub, too.

I'm surprised at Richard's tolerance but, as long as he has his bacon sandwiches in the morning, he is happy. We've had a few rows when I've tried to steal one of his chocolate biscuits in a moment of desperation, but he has promised to keep them away from me.

WEEK SIX

A HORRIBLE train journey — which makes me feel stressed — is followed by a colonic irrigation session.

It seems the charcoal cocktail is working well, but it still makes me feel nauseous.

I am pleased that I can stop taking the charcoal when I am led to a couch and given the most wonderful facial I've ever experienced.

My skin is still spotty; apparently, my lymphatic drainage system is clogged. But now any problems have been cleansed, scrubbed and massaged away with wonderful products from the Italian aromatherapy company, Darphin.

I forget about the charcoal, and my resolve to keep taking it overcomes the thoughts of how disgusting it is.

I feel very peaceful and relaxed, despite the thought of an important exam looming later in the day.

The next morning my face looks much clearer and my skin is glowing and firm.

WEEK SEVEN

FOR seven days, I have to endure two daily treatments, one of which is a colonic irrigation.

I am only allowed to have liquids. I was dreading this as I assumed I would be hungry but I would survive without eating. The thought of munching raw carrots seems like heaven.

I surprise myself with my determination. I am so near the end that I can't give up and in fact I haven't felt hungry.

I survive — and feel better than ever — by drinking fruit smoothies and freshly-squeezed vegetable juices.

I assumed I would feel tired and lethargic but I wake up bright and early, full of energy and feel very uplifted. My dreams are also more vivid.

The other therapies are a Vega treatment to detox my liver, aromatherapy, relaxation, facials, reflexology and colour puncture therapy — which balances moods by shining a torch through coloured filters onto meridian points.

VERDICT

I AM elated at how well I feel. There were times when I was tempted to give in — cutting out alcohol particularly, curtailed my social life. I now know how my body functions and how it affects my state of mind. My aim wasn't to lose weight but I did lose two pounds. I am determined to keep up the good work and I will stay a vegan (perhaps with the occasional lapse).