

## BODY AND MIND



Kitty Campion: 'Each week [the course] concentrates on one organ of elimination - colon, lymph glands, lungs etc'

JOHN COOPER

# Cleaned up from the inside out

Jerome Burne begins a column on bodily health by visiting a clinic which aims to remove every vestige of toxin and create a revitalised you

How would you like to get really clean? Not just surface clean from stepping out of the shower, but deep-down, inside-purified, new-born clean. All the gunk, residue and toxins lurking inside your body from too many late nights, junk food, binge and careless living, sluced away, a new you emerges.

We are not talking carrot and lettuce leaves for a weekend. This is the trillation of detoxification. Seven weeks of hard slog and determination.

You will be eating mainly raw food, you will do some meditation and yoga, there will be massages to stretch you, loosen you and drain your lymph glands, individually prescribed herbal medicines and yes, you will be colonically irrigated.

The Kitty Campion total detox is not for the faint-hearted. You either have to be desperate - chronic problems that nothing else will shift - or the type who revels in the kind of physical challenges encountered in say, trekking in the Cairngorms in January.

Even so Campion has never been short of clients. For years she has been cleansing the brave around Stoke-on-Trent - 13,000 of them - and last month she brought her distinctive brand of naturopathic boot camp to London.

Face to face Campion is a sergeant-major. She is a soft-

faceted, softly spoken woman, just turned 50, who looks as if she might be a retailer rather than the dominiatrix of detoxing.

In fact, during the early 1970s she ran a very successful business selling herbal skin-care products. "At one point, I was running neck and neck with Anita Roddick [of The Body Shop]," claims Campion, "but I wasn't mixing with the right stockbrokers."

Instead she was also reading modern American poetry at Keele University. The leap from text to rhyme happened in the British Museum. "I would get so bored researching some obscure writer, that I would wander round the manuscript room," she says. "That's when I became entranced by the pictures in old herbaria and began mixing up simple remedies."

As her business flourished, she became more interested in the healing side, and earned enough to put herself through a herbal medicine course as well as learning various forms of massage.

"I also developed a passionate interest in the bowels, which would bring dinner parties grinding to a halt. We don't like to think about them but they are the foundation of health," she says.

Although she walks on the wild side as far as healing and health are concerned, she does fit in such an intelli-

gent and practical way that you can't but be drawn along with it. First step for clients is to supply a detailed personal history. "I want to know your ancestry, who you live with, everything about your heart's desires," she says. Next step is to go eyeball-to-eyeball with her over the iridology machine.

This is an expensive piece of equipment that takes high-resolution pictures of the iris. The idea is that weaknesses and problems in the body show up in patterns and discolorations in

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the iris of the eye. If you divide the circle of the iris into segments, so the theory goes, then each one represents a different part of the body.

Conventional doctors will have no truck with it but Campion's line is that, while it is not very good at showing up current diseases, it is brilliant for highlighting structural weaknesses - spotting where problems are likely to emerge. "It'll tell if you are the sort who can drink and smoke and live to 100 or if you are the type who, even if you are very

careful with your health, are

still going to get colds and pulled muscles."

For a snapshot of your state of health she relies on another piece of computerised technology called Vega Expert testing. This is, if anything, even further beyond the medical pale than iridology, being based on a mix of electrical pulses, acupuncture meridians and homeopathic remedies. A painless probe to one toe sends a very weak electric current along one of the energy lines in your body that acupuncturists use. The

banned such instruments, although they are widely used there. As far as it is known there have been no proper clinical trials of them.

Once all the diagnosis is done it's time to work out the personalised treatment plan. "The course lasts seven weeks," says Campion. "Each week concentrates on one organ of elimination - colon, lymph glands, lungs etc. The last week you go on a really intense juice fast and have two treatments a day."

These treatments include herbal medicines in "heroic doses", exotic forms of massage such as Chinese Tuina, lymphatic drainage and Reiki and colonic irrigation. And of course you can't have tea, coffee, alcohol or meat and you are eating largely raw food.

I did warn you this was tough, but Campion offers lots of support as well. "We only take on 10 people at a time so there is massive support for one another. I'm aware of how isolated and lonely even the busiest and most successful people can be."

Often the group provides the kind of support that people are not getting elsewhere. Campion explains the logistics. "We ask people to come in for classes if they can. The first one is at seven in the morning and the last one at night to fit round the working day."

Executives who have taken part have nothing but praise. One of these is John - not his real name. "I don't want my board going wobbly on me, thinking I've flipped" - who runs a multi-million pound business supplying computers to the military.

"I came to see Kitty because I was feeling run down and horribly stressed. I had swollen glands, a sore throat and I got colds all the time. Worst of all I felt my brain was clogged up. I was losing the ability to communicate. Also I'd discovered I had a low sperm count because my wife and I were trying to have a baby."

The Vega machine showed that he had been poisoned while working in a chemical factory in Germany and detected an overload on his lymphatic system because of a dormant virus. There were also pesticides affecting his colon.

"I totally changed my diet and I had colonic irrigation every week for four weeks. After six weeks I went to my GP and found that my sperm count had doubled. Then I had another week of colonic irrigation and massages every day. At the end of the course, I felt transformed. My mental alertness is now superb. I never get colds and my energy is phenomenal."

■ *The Campion Clinic, 16 England's Lane, London NW3 4TG. Tel: 0171-722 3270. Price £2,000 plus VAT.*