

Detox in a bottle

Menios Constantinou

I'VE always viewed detox diets with suspicion. I think that most of them, especially the bizarrely popular fads, are basically starvation diets. So why did I agree to do a three-day detox program that would involve consuming little more than six servings of juice per day? Well, this particular company billed its product as "the healthy and balanced way to detox", but to be totally honest, I'm not quite sure. Boredom, perhaps? Whatever the case, on the night before my first day of cleansing, I was pretty damn nervous.

DAY ONE:

THE first day is apparently the hardest to get through because you're bound to crave real food and experience a detox symptom or two.

About 8am I had my first juice on the way to work, and went through the day feeling fine. After work I still had enough energy for a body surf. Later, I did a 20-minute workout, and before bed I had a slight headache, probably due to caffeine withdrawal.

DAY TWO:

I woke up feeling quite energetic, considering it usually takes an hour before I can manage more than a grunt. All without caffeine. I had no cravings, no hunger pains and, if anything, I felt bloated. Weird.

I went through the day feeling fine and went to the gym straight after work. I was worried about how the lack of solid food would affect my strength, but I got through the workout without a hitch.

Back at home, I started to crave food. I went to the pantry and took a whiff of some nuts, then opened a jar of honey for another sneaky sniff. I wasn't really hungry, I just missed the act of chewing and smelling food. I crashed out on the couch and dreamed I was eating a humungous bowl of pasta.

DAY THREE:

AGAIN I woke up with more energy than usual. I looked in the mirror and my skin was noticeably clearer. I felt good. My head was clear and I was alert, even without my double-shot latte. Is this thing actually working? I



wasn't ready for my first juice until 10.30am. Still no hunger pains, still no cravings. I was feeling pretty happy with myself. This is too easy, I thought.

Having said that, I couldn't wait for breakfast the next morning. What would I have? A gigantic omelette? Or maybe a big fruit salad with yoghurt and nuts. Mmmm . . .

THE AFTERMATH:

THE day after I completed my detox I can honestly say I felt cleansed. I was more mindful of what I ate, and paid more attention to chewing my food properly to aid digestion.

But how does the Urban Remedy detox

work? The human body detoxifies naturally, but we tend to put a lot of crap in it which slows the process.

The theory is that the juices flood the body with nutrients, vitamins and minerals that are easily absorbed, which give the digestive system a rest. The energy normally used to digest food is freed up, allowing the body to scour for dead cells, toxins, damaged tissues and fatty deposits, all of which are then burnt for fuel.

Info: Urban Remedy has more information about their three detox programs, which can be done for one, three or five days, online at www.urbanremedy.com.au.