

Inside out way to the glowing good looks of top celebrities

FRIENDS star Courtney Cox may be pushing 40, but she's as slender as a 20-year-old and has the glowing complexion of someone less than half her age. She puts her youthfulness down to regular detoxing when she abstains from processed foods, caffeine and booze, and instead eats fruit and vegetables and drinks enough water to float a small boat. The regime is said to rid the body of toxins and advocates say they feel full of energy after going back to normal eating habits. TV presenter Carol Vorderman is also a detoxer. She does a 30-day-a-year programme which she says gives her a radiant complexion and shiny hair. But the downsides are usually a couple of days of lethargy, hunger and the odd spot as the skin eliminates toxins. We spoke to a health guru who advocates spring cleaning the mind as well as the body and persuaded two readers to give detoxing a go.



GREAT SHAPE - Courtney Cox

Case study 1: Jenny Craig



FEELING FINE - Jenny Craig didn't find the regime too hard

ENERGETIC Jenny Craig, 55, of Whitley Bay, is a full time care worker for HomeCare and spends most of her day on her feet. She'd love to be a few pounds lighter but is otherwise happy with her eating habits and didn't think a weekend detox would be too much of a shock to the system. Jenny, who has two grown-up children, Louise, 27, and Mark, 26, said: "I've definitely become more health-conscious over the years, in fact we are quite a healthy family. "I eat at least six portions of fruit

job means I'm on the go all the time. "I did not find the eating regime of the detox all that difficult, I don't drink very much although I did miss my cup of tea in the morning. "I also try to drink at least a litre of water a day so I didn't find drinking four pints a real hassle. "But trying to fit a weekend detox into my life is difficult because I do Saturday and Sunday shifts, so I didn't have the time to relax to get the full benefit. "But I did stick to it pretty well, and although I'm sure all that healthy

Case study 2: Rumana Ramzan

NATURAL health therapist Rumana Razan, 35, is a member of the Institute of Complementary Medicine. She runs a clinic in Darlington called Natural Health and treats clients with a range of complaints from digestive disorders to insomnia. She advocates a holistic approach to reaching optimum health and draws on many different fields to tailor-make programmes for clients. A natural diet is at the heart of her health and detox programmes. She said: "The way we think and the what we eat and drink all affect our health and I take people through a very detailed questionnaire to examine their lifestyle."

Step one is to see whether clients are allergic to anything. This involves a technique known as kinesiology where she puts a small amount of certain foods under the tongue - common offenders are peanuts and milk. She also applies pressure to muscles, and depending on how they "react" Rumana can tell whether the food should be eliminated from the diet. She said: "The technique also lets me know whether the body is deficient in vitamins and minerals."

Rumana also practices Iridology - based on the principal that the state of the eye reflects health. It was founded by a Hungarian called Ignatz Von Peczley who noticed that certain spots appeared in his pet owl's eye when it broke its leg and then



CLEANSING - Rumana Razan says a natural diet is at the heart of good health

cleared up when it had healed. Rumana explains: "The eye is like a map of the body - designated areas correspond to different parts of the body and any anomalies indicate health problems."

She is also a passionate believer in getting the most out of good wholesome food. She said: "I do recommend supplements, but many people cannot afford them. A good investment is a juicer, for example there is nothing like freshly squeezed carrot juice which is packed with vitamins A, C and E for maximising health."

"I am also a great believer in using herbs in cooking, nothing fancy, just common ones like rosemary which is an excellent mood lifter and thyme which aids digestion."

At the heart of Rumana's detox plan is cleansing the vital organs of the body including the bowel, kidneys and liver. She recommends ridding the bowel of "debris" just like changing the oil of the car with a two-week herbal programme. For the liver a daily drink made of ginger, olive oil and garlic is advocated and for the kidneys herbal teas and parsley are an integral part of the detox.

She also recommends skin brushing and hot and cold showers for a sluggish lymph system and for circulation. She added: "An integral part is detoxing the mind by banishing negative thoughts."

"I'll examine self esteem and get clients to visualise critical thoughts and imagine taking them out of the body. "The underlying message is to learn to like yourself and be your own best friend." Rumana is running a £35 detox workshop, on Saturday, 25th January, at the Tall Trees Hotel, Yarm, Teesside, 10am - 1pm. Details: www.rumanahealth.com

Feel good and follow a four-day detox diet

THE book *The Food Doctor in the City* suggests the following diet:

SHOPPING LIST:

- one carton of vegetable or 3.5pts/2 litres of homemade vegetable stock/ or vegetable bouillon powder (available from health food shops)
- 10 green apples 9 x 1 litre bottles of still mineral water.
- 1lb(450gms) of white fish (cod or haddock)
- 8ozs(225gms) tuna, salmon or mackerel
- 2 heads of broccoli

- two large lemons
- salad leaves
- extra virgin olive oil
- juicer

What to do: If you plan to start a detox on the Friday, start to prepare on the Monday by increasing the amount of fruit and vegetables you eat. By the Thursday you should be eating six pieces of fruit and six different servings of veg. Alcohol consumption should be zero by Wednesday. Protein from animal sources should be reduced. Cut out all tea and

SATURDAY: Breakfast: hot water with a slice of lemon and ginger. Have a juice drink of liquidized carrots, beetroot, spinach and nettle leaves. Take a brisk walk then gentle stretching exercises for 15 minutes. Spend the rest of the morning reading and watching television. Have another juice mid-morning. For lunch poach 1oz of fish in bouillon, then add broccoli florets and poach for another five minutes. Rest again and have two more glasses of vegetable juice. Drink

from liquidized veg. Stay quiet and have an early night. **MONDAY:** Eat three pieces of whole fruit. Lunch should consist of salad, raw veg and a small portion of tuna or mackerel. After Monday resume your normal eating habits. Continue to drink lots of water. By Tuesday you should feel lighter, more energetic and better overall. **TIPS:** A dry mouth, mild headache and muscle ache are

