



MINDY— DETOX REBOOT

My attempts at being healthy have been known to border on extremes. Blame it on my fanatically healthy mum who reared my sister and I on saltless, oil-free steamed meals that had friends avoiding sleepovers at our place like the plague. She tried all manner of unconventionality to keep us in the pink—she bathed us in Guinness, cracked raw eggs into our Milos, shoved bitter herbal tonics down our throats and extolled the virtues of *jamu*. If none of these attempts actually made us healthier, they at least cultivated the ultraist side of me—in my youth, I'd cycled 57km around the Lakes of Killarney, Ireland, on nothing more than a whim and a squeaky BMX. I did 100 abdominal crunches a day, swam four times a week and Jane Fonda-ed in-between. And the more bitter the tonic, the more I liked it. In a sense, I was once the woman I now aspire to become again.

You see, these days, my extremities have erred on the dark side. The Marie Claire team once saw me scarf down two double cheeseburgers at one go. I skip my yoga classes. On weekends, I'm fused to my couch watching God knows what (once, it was two seasons of *The Wire* in a single day—23 episodes, each 50 minutes long—you do the math). Stress relief sometimes calls for a pint of draught stout, and I have discovered that watching TV with a big bag of tortilla chips dusted with synthetic cheddar at my side can be comforting. I usually finish the bag.

Drastic times call for drastic measures. I decided that my path to redemption needed a kick in the butt by, well, shoving a pipe up it. "Good for you!" exclaimed our cover stylist when I told him my plans to try colonic irrigation. As it turned out, he is a diligent subscriber. "It's quite relaxing," he said reassuringly when I asked him what it felt like. "You can play Angry Birds while you do it."

Armed with that statement, I found myself at Pure Health Wellness Centre going through a checklist of maladies

with co-founder of the centre, Wendy Tee. While I didn't suffer from any serious ailments, my body was displaying symptoms of stress and an unhealthy diet. Wendy explained the process of colon hydrotherapy and how it helps eliminate waste and toxins from our bodies via an integrated five day detox program. I was fascinated by the pictures she showed me of toxins and impacted fecal matter removed from clients and couldn't help feeling horrified that all those burgers, chips and pints of stout were still trapped inside my colon, and were probably now encrusted to the size of grapefruit.

I'll spare you the more graphic aspects of the session but suffice to say, Wee Chee was right. The room was high tech and sanitary—cosy even—and the treatment itself was actually quite pleasant. My initial thoughts of "shoving" a pipe were quickly dispelled—there was no "shoving" of any kind and the process was left more to warm water temperatures and—how shall

I put it—gentle persuasion.

Level 4 of Angry Birds, a couple of YouTube videos and one feature story later, and it was over. I slept like a baby that night, and the next day, I felt a lot more energetic, physically light and actually raring to go. It's a feeling I want to keep replicating and I'm eager to go back for more sessions just to make sure all the junk I put in is out.

I've since reentered a healthy phase in my life albeit not so extreme as before. I'm taking my vitamins on a daily basis, eating more fruit and veg, and my yoga teacher has seen me three times this month. Still, I broke down yesterday and ate two large slices of chocolate fudge cake so it's only a matter of time before the next deep cleanse beckons.

The health-conscious (and curious) can book a colon hydrotherapy session at Pure Health Wellness Center in Sri Hartamas. Call 03-6203-2097 for enquiries.

