

Natural Health

& BEAUTY

GET THE LIFE YOU WANT!

Stress-proof your day
Detox and drop pounds
Tap into your inner calm

So you want to be a therapist?

Your new career starts here...

BE A SOUND SURVIVOR

We can mend your broken heart

9 ALTERNATIVE PICK-ME-UPS

(they really work!)

BRAIN CHILD

Bright, happy kids – and how to get them

READER STORY:

"HOW HYPNOTHERAPY CHANGED MY LIFE"



CELEBRITY EXCLUSIVE

"If I haven't done it, I start craving it"
What is Jayne Middlemiss addicted to?

Day three

On waking A large glass of hot water with a thick slice of organic unwaxed lemon

Breakfast A large glass of hot water with a thick slice of organic unwaxed lemon
Half a cantaloupe melon filled with fresh berries
A mug of rosehip tea

Mid-morning Carrot, apple and beetroot juice – put three large organic carrots, two quartered apples and two small raw beetroots (with leaves) in a blender or liquidizer and whizz together until smooth

Lunch A large glass of hot water with a thick slice of organic unwaxed lemon
A bowl of porridge with cinnamon and dried fruits made with semi-skimmed milk and water
A large glass of tomato juice

Mid-afternoon A large glass of hot water with a thick slice of organic unwaxed lemon

Supper A large glass of hot water with a thick slice of organic unwaxed lemon
A mixture of chopped-steamed leek, cabbage, spinach and kale, drizzled with olive oil and lemon juice and with a generous sprinkling of nutmeg
A large glass of carrot juice
A mug of mint tea

Evening Four each dried or soaked prunes and apricots

Bedtime One slice of wholemeal bread with a little honey
A mug of mint tea

The extras

This cleansing plan is quite drastic and your body will need extra support to help it through. Take these supplements for extra support:

- To maintain nutrient levels: one high potency multi-vitamin and mineral supplement; 500mg of vitamin C, three times a day (if possible, take ester-C, as it's non-acidic and less likely to cause digestive upsets); a high-potency B-complex to stimulate energy conversion
- To convert to food into available energy: co-enzyme Q and kelp, a major source of iodine
- To directly increase your body's energy supply: guarana for slow-release, long-term energy; ginseng for increased mental and physical energy and a boost in natural immunity



Spring clean your body

Give your body a helping hand in eliminating toxins with these cleansing treatments

- HealthAid Weekend Detox Plan, £7.99
- Farmacia Urban Healing Active Fruit Elixir Detox, £4.99
- Global Healing Center Oxy-Powder, £20
- Aloe Pura Aloe Vera Juice, £5.99
- Weleda Organic Birch Juice, £5.95
- Dr. Oz's Pure Plan 10 Day Detox Plan, £13.25
- Blessed Herbs Colon Cleansing Kit, £50
- Yogi Detox Tea, £1.80



FURTHER INFORMATION

• Michael van Straten's many years' experience as a practising osteopath, naturopath, acupuncturist and nutritional consultant have given him an unrivalled fund of knowledge of complementary therapies. You can order his book *Super Detox* (normally £12.99, Quadrille) at the special price of £9.99, including postage and packaging within the UK. Please phone the order hotline on 01256 302 699 and quote reference 0LR495 with your credit card details.

