



# Body Cleanse

AT A TIME WHEN ALL OF US ARE THINKING ABOUT WAYS TO IMPROVE OUR HEALTH AND FITNESS, TRUE HEALTH EDITOR **SUSIE PERRY DEBICE** TALKS TO NATASHA CORRETT, AUTHOR OF *HONESTLY HEALTHY CLEANSE*, ABOUT THE IMPORTANCE OF REGULAR CLEANSING.

**N**atasha Corrett could never have predicted how successful her first book *Honestly Healthy*, co-written with Nutritionist Vicky Edgson, could have been. Now she's launching her third book based on her alkaline diet and recipes, which is set to be just as successful. Now we get a chance to find out more about the lady behind the brand.

**TH:** When did you first discover the benefits of an alkaline diet?

**Natasha:** One summer five years ago, I had been working so hard – cooking and delivering vegetarian lunches to people's offices – and my dodgy back gave way. I could hardly walk. It was a Friday afternoon and I couldn't get an appointment anywhere; then, my mother told me to go and see her Ayurvedic doctor for some acupuncture. During the session the doctor told me I was far too acidic and that I needed to do an alkaline cleanse. He said that my body had become incredibly acidic from years and years of yo-yo dieting, even though I thought I was super-healthy, being vegetarian and knocking back a green smoothie with spirulina every morning.

So I set upon a 21 day alkaline cleanse. After the first week I started sleeping better, I had more energy, and my skin started to clear up. After the three weeks was over, I found I'd lost weight, my nails and hair started to grow stronger, and I felt so full of energy. I realised that this alkaline cleanse was not a diet or detox, but an amazing way of eating that I could easily incorporate into my day-to-day life. I was so inspired that I decided I must do more to spread the word. So I completely re-branded my food delivery company, and Honestly Healthy was born.

**TH:** How often do you recommend doing a cleanse?

**Natasha:** Personally, I like to cleanse a couple times a year because it keeps my body feeling amazing. However, it's not just about the actual cleanse. The transition periods of going into and coming out of a cleanse are just as important – so remember the two Ps – plan and prepare. Make sure you are not planning a big night out the day you finish your cleanse, and get prepared by sorting out your menu for the week and preparing as much as you can in advance; you'll make everything else so much easier and be better able to keep right on track.

**TH:** What's the best thing about your *Honestly Healthy Cleanse*?

**Natasha:** Each of the four cleanses (#feelgood, #slimdown, #highenergy and #lifechanging) are designed to fit in with your lifestyle. So, depending how you are feeling and what type of cleanse you are looking for, be it a weekend cleanse, a pre-event slimdown or a cleanse that supports you during a week of heavy exercise, then all bases are covered. Plus all my recipes are really simple to make. Like many of you, I don't have the time to be creating meals that take ages to prepare, so if I can make them, you can too! I find that cooking is really meditative – a great transition from workday to evening – and perhaps this is something you'll find too, once you've got the Honestly Healthy habit.

**TH:** If you have never done a cleanse, then what should you expect?

**Natasha:** If you have not undertaken a cleanse before, it's good to be warned that you might feel worse before you feel better. The process of

drawing toxins out of your body creates classic symptoms such as headaches, tiredness, irritability, skin break-outs, bloating and constipation.

Cleansing affects your body in many ways, so it's best to know what might happen so that you feel prepared rather than overwhelmed. Whichever symptoms you display, it's your body's reaction to the detoxification process; do know that they will pass, and soon you will start to feel amazing. Remind yourself what a wonderful thing you are doing for your body – you are giving yourself a gift. From experience, my three top tips to make any cleanse go as smoothly as possible are:

1. Remove trigger foods – any food that you normally turn to for a 'fix' is best out of the way, so hide it or, better still, get it out of your home. If you can't see it, you won't want it.
2. Drink plenty of water – ideally, you'll want to quaff at least two litres of water per day.
3. Calm your mind – clear your mind from work and problems. Do whatever works best – read a book, meditate or pay yourself some attention; many a good idea has come out of a cleanse, as your brain has some clear time to think differently.

**TH:** Could you share a health tip for 2015?

**Natasha:** If you can do one thing for your health today, add one great nutritious ingredient to your diet. If you find doing an entire cleanse is going to set you up for failure, start slowly by adding one healthy meal to your day, and then steadily increase this each week. In this way it's a gentle transition for your mind too, as at the end of the day it's only your mind you have to trick – your body really wants to be healthy.

**Cleanse** [kleɪnz] -

cleansed, cleans-ing, cleans-es  
To clean one's body or parts thereof. To make clean, to remove dirt, defilement, or guilt. To purge or to become clean.

## HONESTLY HEALTHY CLEANSE



Natasha is a believer in the health benefits of eating an alkaline-based diet, and her brilliant new book, *Honestly Healthy Cleanse*, contains over 100 recipes following alkaline eating principles. Perfect for anyone looking for healthy eating ideas split into sections that address common health complaints: #feelgood - three days of smoothies, juices, teas and soups to help your body rest from digesting and help draw out toxins. #slimdown - a six day cleanse to leave you feeling a few pounds lighter and glowing with health. #highenergy - tone up and cleanse six day solution for high energy and high impact workouts. #lifechanging - change the way you live to feel and look better in just 30 days, with delicious healthy recipes.

■ **Honestly Healthy Cleanse** by Natasha Corrett is published by Hodder & Stoughton £25.

## Cleansing just got oh so simple!

THERE'S NO WAY ROUND IT - DOING A CLEANSE TAKES COMMITMENT, BUT IF YOU WANT TO DO A CLEANSE AND DON'T HAVE THE SKILLS, THE EQUIPMENT, OR SIMPLY CAN'T OR WON'T SPENT TIME PREPARING THE JUICES, THEN IT'S STILL ENTIRELY POSSIBLE TO DO A CLEANSE. THERE ARE NOW COMPANIES THAT POST OUT ORGANIC COLD-PRESSED JUICES TO ANY LOCATION WITHIN THE UK, SO YOU CAN ORDER ONLINE AND SIMPLY POP THEM IN THE FRIDGE WHEN THEY ARRIVE. WE ASKED TRUE HEALTH EDITOR **SUSIE PERRY DEBICE** TO PUT THESE THREE TO THE TEST.

### Raw&Juicy

**The package** - Alkaline Rainbow Cleanse

**Info:** A vegetable-based, low sugar cleanse, full of alkalisng vegetables, herbs and spices, perfect for a first-time cleanse. The only fruits used for this cleanse are lemons, lime, grapefruit and tomato. You get the added flexibility of options to swap in favourites and swap out juices that you're not keen on as you go through the cleanse. Plus you get your very own juice coordinator (available 24/7) to guide you through the experience.

**Includes:** 4 x 500ml juices, 1 x 500ml nut milk and a hot vegetable bouillon drink daily. Daily supplements of kelp, activated charcoal, psyllium husk, mega green mix and aloe vera. Plus an enema kit for cleanses over three days.

**Susie says** "The best thing about this cleanse is you can list all the fruits and veg you don't like and they won't be used. Knowing that I had someone to call for advice and tips was really comforting, and I felt in good hands. Plus the juices were delicious – a very easy and achievable start!"

**Price:** costs £375 (five days), or £75 a day for as long as you like!

**Contact:** [www.rawandjuicydetox.co.uk](http://www.rawandjuicydetox.co.uk)



### Raw2Door

**The package** - Signature Juice Level 2

**Info:** If you've cleansed before and enjoyed the experience, then Level 2 is for you. This is a deeper cleanse with a higher green content than their Level 1 cleanse, but not as intense as their Alkaline Cleanse Level 3. By increasing the amount of raw green juices you're drinking, you'll be helping your system shift from an unhealthy acidic environment to an oxygen-rich, alkaline one. It's worth it - you'll be left feeling revitalised and rejuvenated.

**Includes:** 6 x 500ml raw un-pasteurised organic juices a day, BioKult probiotics, psyllium powder and Epsom cleansing salt bath crystals.

**Susie says** "There was a lot of variety in this cleanse, so I was always excited about what I was going to have next! The Hot Tamali coconut water had a real kick and gave me a boost, and I loved the delicious Chai Macca almond milk; this felt like a well-deserved treat!"

**Price:** Costs £240 (three days), £375 (five days)

**Contact:** [www.raw2door.com](http://www.raw2door.com)



### Purifyne Cleanse

**The package** - Green Cleanse

**Info:** Perhaps best for more experienced cleansers, as this cleanse promotes healing at a deeper level. The juices contain dark green, tasty, chlorophyll-rich vegetables topped up with some low-GI fruit - ideal for neutralising the body's acidity and creating a healthy and balanced pH. Meanwhile, potent nutrients flood your body, giving you the energy your lifestyle demands. **Includes:** 4 x 500ml certified organic, cold-pressed vegetable and low GI fruit juices daily, 1 x 250ml Raw Alkaline Soup daily, 1 x 500ml Potassium Broth per delivery, and a highly-effective set of alkaline detox supplements.

**Susie says** "This certainly was a step up, but it was actually a lot easier than I thought it would be. I really enjoyed the daily alkaline soups, as these helped me feel full and the potassium broth gave me a real lift. My head felt clearer and body much lighter after this cleanse."

**Price:** Costs £240 (three days), £375 (five days)

**Contact:** [www.purifynecleanse.com](http://www.purifynecleanse.com)

