

How to flush away those festive excesses

After the excesses of Christmas, a detox programme may be just what your body needs to recover. Women's Editor **CHRISTEN PEARS** reports

WE all know that feeling. Christmas dinner is over and we're sitting in front of the TV watching *The Sound of Music* for the 15th time. Too much turkey and Christmas pudding has left us feeling bloated and tired and just the thought of another mince pie makes us feel ill.

But there is a way to help your body deal with the over-indulgence. A detox programme will cleanse your organs and systems and leave you feeling revitalised and healthy.

"It's a question of balance. It isn't good to eat or drink too much in the first place but there are ways to manage it," explains natural health practitioner Rumana Ramzan. "We actually have very adaptable bodies and you shouldn't feel guilty as long as you re-adjust."

"At Christmas time, people tend to tend to overdo things so it's a good time for us to start thinking about our bodies and how to re-balance them."

Sitting in the sunny yellow clinic of her home in Neasham, near Darlington, Rumana explains that there are hundreds of ways to detox. At one end of the scale, there are very gentle methods and at the other there are fasting and colonics. "It's like spring cleaning your house or servicing your car.



Rumana Ramzan: it's really a question of balance

Dirt builds up very quickly and starts to cause you problems. You need to clean everything out.

"If you want to do a detox, you should work with a health practitioner. You need to find a programme that suits your body and you will also need someone who can support you, particularly if you are doing a very intensive detox."

According to Rumana, the key to a successful detox is a healthy diet that eliminates foods that could

cause problems such as wheat and dairy products, as well as stimulants including tea, coffee and alcohol.

"Making re-adjustments to your diet can have a huge impact but there can be other effects. Someone I know came off coffee and it made her very irritable and angry but once you get that out of your system, you start to feel better."

Detoxing can help with a whole range of conditions, including headaches, back pain, poor skin, insomnia and digestive problems.

"When I did my first detox, it made an enormous difference. I didn't get colds as often, my skin was clearer and I didn't feel bloated any more. I also had a lot more energy," explains Rumana.

"But there aren't just physical benefits. We are emotional beings and when you detox, there is an emotional cleansing as well as physical."

Cleansing the colon is the first priority, followed by the liver, gall bladder, kidneys and circulatory system. Once the programme is underway, people have been known to pass everything from gall stones and kidney stones to worms and parasites.

"It's incredible when you think what people are carrying round inside them. Of course they're going to feel better when they get rid of that."

Rumana advises carrying out a detox programme twice a year and although the effects are far-reaching, she encourages people to treat the experience as fun.

"Look at it as a learning experience and enjoy the process. Your health is something that you have to work at but it shouldn't be hard work. This is something that is going to make you feel better - whether you've over-indulged at Christmas or not."

● Rumana is holding a detox workshop at Tall Trees Hotel in Yarm on January 25 from 10am to 1pm. Tickets cost £35 and must be booked in advance on (01325) 722803.

Detoxing: you need to drink lots of water and cut out stimulants

