



# Dear detox diary...

Lydia Williams starts the new year with a spring clean and road-tests the latest local detox packages

**A**s a self-confessed yo-yo dieter, I have regularly detoxed as a way of trying to redress the balance of my rather erratic culinary habits. Post-shingles and with three sets of antibiotics under my belt in the last six months, I thought it was about time to take the hint my body was giving me and give it a drastic overhaul. To the rescue came three local detox companies, all armed with weird and wonderful juices, treatments, supplements and a spot of dry-brushing...

## RAW FAIRIES Pretox

Although a perennial detoxer, never before have I detoxed for 12 days or on a specific raw-food only diet. The Botanical Cleanse from Raw Fairies, the UK's first raw-food delivery company, offered just that – 12 days of raw goodness, packed with superfoods like acai berries, bee pollen, aloe vera and blue-green algae, plus an extensive supplement and dry-brushing programme – focusing on your colon, liver and lymphatic system, giving them all a thorough MOT.

### Detox

Bright and early on D-day I woke up and had a spoonful of fruit and fibre to my lips before I remembered my new vows. My daily delivery arrived with my welcome pack – a selection of herbal teas, organic skincare goodies and Epsom salts. The daily menu talks you through when to eat (or sip) what. I breathed a sigh of relief that the bulging carrier bag looked like it should sustain me throughout the day.

The next morning I waited, ready to pounce on the (thankfully) punctual delivery guy; the day's menu included three smoothies, two salads and a sun burger with tomato red pepper relish. I wasn't actually sure how I was going to fit it all in. By evening, I was waiting for the

flood of horrible side-effects and pangs of hunger, but none kicked in. I just felt holier than thou.

Over the next few days, just as I get complacent (and full), things are taken up a notch on the detox front – two salads and three juices is the daily quota. In a weak moment (literally) I 'bulk' up my dinner with an extra carrot. The guilt is too much and I immediately put in an extra 10 minutes dry-brushing before bed. As I do, my eyes fall on a box of Epsom salts even they look appetising.

Day six and seven are the pinnacle of the detox marathon, with strictly five juices a day. Yet soon, I reached a euphoric state: when friends had asked previously, 'What do you miss?' My old self rattled off fries, pizza, white bread, pasta, cheese; my new self just shrugged, thought about her calorie-laden, old lifestyle and said, 'Nothing.'

Day eight – my jeans fell down when I put them on.

As the Detox drew to a close solid foods were gradually re-introduced, and the boyfriend accused me of 'wasting money' on a facial – as I was glowing. I smugly told him it was the magic effects of my detox and he was suitably impressed. It was almost a novelty to chew again, after my juice-only regime. Gone are the days when I would Hoover up a bucket load of pasta without a second's thought.

### Retox

I made it. And it wasn't the gruelling, depriving, miserable experience that I feared. Rarely did I miss the processed additives and sugar crashes of my past life – I feel spring-cleaned. An obvious side effect is a rather dramatic weight loss, but for me the most rewarding result is a sense of clarity, health and vitality. I can't thank those pesky fairies enough.

12-day Botanical Cleanse, £695, [rawfairies.com](http://rawfairies.com)

