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Eve Persak, an American and wellness consultant, caters to clients in the Balinese jungle, where Como Shambhala Estate offers a tailor-made detoxification program with spa treatments and wellness activities. According to Eve, detox is something almost everyone can benefit from.

“Often times, people are just feeling heavy and fatigued,” Eve says during her visit to the Metropolitan Bangkok. “Energetically, it’s like they’re asking their body for things and it’s waving the white flag and saying, ‘No I can’t!’” At the estate, Eve has worked with people with heart disease, arthritis, digestive problems and skin conditions.

Eve likens going on detox to doing housework. “Every night we do the dishes and maybe a little bit of sweeping, but we know the closet’s filthy and the garage is a mess. But we don’t have the time or energy to get in there and do the deep cleaning.”

Simply put, that’s what a detox is—deep cleaning. Ten percent of the body’s daily energy is spent on absorbing nutrition. Removing sweetened and processed foods lessens the load. Eve explains that cleansing shouldn’t mean starvation, but rather eating clean, organic meals. This can include animal products, as long as they are free range and freshly prepared.

“There’s this misunderstanding that you need to be starving yourself or depriving yourself completely,” she says. “But from a scientific perspective, you require certain amino acids, fatty acids and nutrients. When we impose something that takes the body into a starvation mode, it doesn’t give your body enough credit to do the job.”

Some people detox one day every one or two months and some do one full week a year—“spring cleaning” as Eve calls it. But detox can be as simple as quitting caffeine, or ideally, giving up everything that comes from a package for a period of time.

In fact, Eve calls programs that limit people only to juices, teas and coffee grounds “aggressive” and “worrisome.”

# Deconstructing Detox

Detox done right provides relief for the weary and lays a foundation for a healthier lifestyle. **BY BARBARA WOOLSEY**

**M**ODERN LIFE CAN BE MENTALLY, PHYSICALLY AND EMOTIONALLY EXHAUSTING. Demands are high both at work and home and that leads to a lot of stress, not to mention a lack of sleep. We tend to eat whatever’s fast and convenient, especially on the road. The truth is we’re all just doing the best we can. So if you ever feel like your mind would kill for a vacation, chances are your body is feeling the exact same way. A detox could be just what the doctor ordered.

Cleansing is the hottest trend in alternative medicine these days, and it’s no shocker why. The human body quickly loads up on unhealthy chemicals as a result of fast-paced living. So, the sensible solution is to clear those toxins out.

FAKE TEXT ???MAKEUP BY HELEN ANDERSSON FOR FACE STOCKHOLM; BOTTLE COURTESY FACE STOCKHOLM

“The digestive lining regenerates every three days, so you don’t need to go in there with a harsh cleaner,” she says. “You want to make sure you’re supporting the body by giving it the resources to get that work done.”

Eve suggests starting any at-home cleansing by partnering up with a trusted expert, like a nutritionist, dietitian or naturopath. They can help plan meals according to individual nutritional needs.

The next step is cleaning out the kitchen cupboards. Removing processed and packaged foods takes away the temptation to cheat during the detox and also encourages a fresh start afterwards. Instead, stock the shelves with food that’s easy to digest, like fresh fruit and vegetables, which are particularly beneficial. The juice extractor is about to become your best friend.

The dietitian recommends making a healthy juice for breakfast. Green juices are “in” at the moment, but it’s better to have a different-colored juice every day made from vegetables and some fruits.

“Sugars [from fruit] are absorbed more gradually and your blood sugar will peak and decline rapidly,” she says. “Whereas vegetable juice has a more polite wave, more of an energetic continuum. Why not save yourself the rollercoaster ride?”

Lunch can be a salad or raw vegetables and dinner is best served with something cooked, like a soup or puree. The dietitian also suggests stocking up on light snacks like brown rice, vegetables and fruit.

The cleansing experience will vary from person to person. And it’s normal to feel lazy, dizzy and tired, she says.

“Even though based on external appearances you’re not doing much, your body is doing energetically expensive work on the inside,” she explains. “That energetic drop that you’re experiencing is a good sign that your body is getting busy.”

A pinch of sea salt can provide energy and hydration. Coconut oil and flax seed oil also help by lubricating the system. The dietitian recommends not scheduling a detox in the middle of any big work projects. Physical activity should also be kept to something calming like yoga or tai chi.

While Eve doesn’t advertise weight loss as being a byproduct of detox, she says it usually does end up that way. After the detox, people also tend to find leading a healthier lifestyle much easier. It could be kicking a few bad habits, or at least realizing that one cup of joe in the morning instead of three is no tragedy.

“What people don’t realize is the body is beautifully designed to clean itself,” she says. “Our body knows what to do if we just support it.” ●

## LEAN & CLEAN GREENS



- 2 apples
- ½ bulb of fennel (40g)
- ½ cucumber (150g)
- 100g of spinach
- ½ of a green bell pepper (80g)
- 30g celery
- 1 teaspoon Spirulina powder (5g)
- 1 tablespoon sunflower seeds (15g)
- 1 tablespoon macadamia nuts (15g)

Push all fruit and vegetable ingredients through a slow juice extractor. Pour the freshly-pressed juice into a blender. Add the remaining ingredients—nuts, seeds and spirulina. Blend well, until nuts and seeds are finely chopped. Enjoy!



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