

Diary of a Detoxer

December 2008

Towards the end of 2008 I decided to fly all the way from Zimbabwe to Spain after deliberating for at least 2 years. I had found out about Detox International from the TV program “Spa of Embarrassing Illnesses” which I had watched avidly and which had made up my mind that to detox was what I needed. I have struggled with my weight all of my life and have tried every type of diet but my body would always bounce back to my old weight no matter what I did. I was constantly plagued by unhealthy cravings for the wrong types of foods, exhaustion, foggy thinking, (more like completely non-existent thinking!) mood swings, PMT and various other symptoms which affected my quality of life and made me unhappy although I could never put my finger on quite what was ‘wrong’ with me; trips to the doctor never helped at all. I now realize that all of this was due to my body being in an acidic state due to my unhealthy diet, (a direct result of my lack of knowledge.)

Of course another major stumbling block to me living life to the full was my chronic asthma for which I was taking a steroid pump twice a day and a reliever pump anywhere from twice to ten times a day and had been for the past 30 years. I am a keen cyclist, (although not a particularly talented one!) and my asthma frustrated my efforts to improve. Anyway, enough of the problem and more about my cure!

When I arrived in Spain I was still not sure exactly ‘why’ I had come. Rather than being able to say I was there for ‘x’ or ‘y’, for me it was more of a combination of things ranging from asthma to PMT, being overweight and being permanently exhausted. As our wonderful detox managers explained, as soon as our bodies recognized that we were giving them a break from digesting food and giving them the space to detox, they would let us know exactly what needed to be sorted out.

My own body very quickly pushed the asthma to the front of the queue and in my first session with the wonderful Ziza on my first day of detox, the asthma made its presence known. I had discussed my asthma drugs with Philippa and she had advised me just to cut down as much as I could during the process. At that point, at the beginning of day one, I had no intention of giving up my drugs. Little did I know I would be off them in 24 hours. Although I had expressed a faint hope that getting off the drugs for good was my greatest wish, I had hardly dared to believe it was possible. I was then still filled with fear about what might happen if I stopped them and one of my fellow detoxers even reinforced this fear by reminding me that these drugs can have serious rebound effects if stopped suddenly. But I was in a very special place mentally, I had flown half way around the world to be there and I was embracing the experience 100%.

This is very important; in order for the detox to do its best work I do believe the detoxer must open their mind up completely and accept that for one week at least, anything is possible. Of course the wonderful therapists, especially Ziza and Yair, are there telling you just that; all you have to do is let go and allow yourself to believe it. I took both my pumps on the morning of day one but by the end of that day I was so encouraged by the whole



process, (and the blinding headache I was suffering from by then!) that I really did not feel like taking that preventor pump before bed, I wanted my body to have the best chance to detox completely and felt that the drugs might slow the process down by forcing my liver to process them. I decided to use my intuition which told me not to take the drugs.

I slept through the night with clear lungs and although I did experience wheeziness at least 3 times a day during the detox, I breathed my way through it either in a yoga or therapy session or sometimes just on my own and found that each wheezy attack was passing without drugs, leaving me breathing fuller and deeper than ever before. I worked on my asthma in all of my therapy sessions whether it was exploring its emotional roots with Ziza and Yair or straightening out my shoulders with Heath, everything helped. Rather than getting worse at night, (which asthma is apt to do,) I was sleeping and breathing deeply and waking feeling refreshed like never before. In fact the feeling of sleep on my detox was almost ecstatic, I can only liken it to having pethedine after an operation!

I am quite sure that the break from all food was helping my body too and that my asthma had a physical, (even genetic,) aspect, as well as an emotional and spiritual one but the holistic nature of the detox helped me to tackle each aspect of it. I had a few wheezy fits when I got home and nearly reached for the pump but then reasoned with myself, (as I had throughout the detox,) that I would just see if it passed on its own and could always fall back on the drugs if a serious problem developed. After all, I had been managing my asthma for 30 years and was an expert by now. The wheeziness did pass on its own and whether it was a reaction to the emotional shock of getting back to my busy life, allergens in the air or dietary factors I am not sure.

As I write this it is now the end of my first week home and my lungs have settled down really well. I am off on holiday to Australia tomorrow and although I am still drug free, I will take my pumps with me just to be safe, I am a sensible person after all! Today is my eleventh day with no drugs and my lungs feel clearer than ever, I have no mucous and just the occasional cough to clear the airways but I feel fantastic and I know in my heart of hearts that my asthma is a thing of the past. I would encourage anybody with asthma to do the detox and to try, even just for the week, to cut down on their drugs. Of course if your asthma gets worse you should get it under control as soon as possible but you might just find as I did that a Yoga session with Yair is all you need to breathe deeper and clearer than you ever have before, those chest thumping Qi gong 'ahhhhhhhhhhhhhhh' exercises really help. I am filled with gratitude towards all of the wonderful people who helped me through my detox but at the end of the day it was me who did it, I just had to learn to trust myself.