

Winter warmers

Lisa Haynes reveals how to be fashion savvy this winter, and still stay nice and cosy



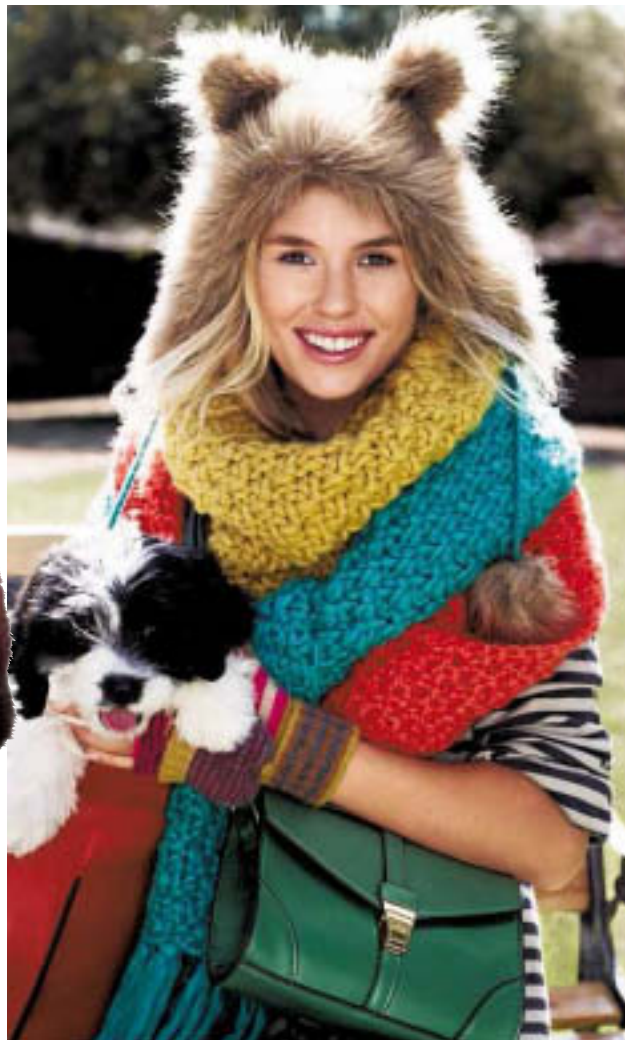
● Cashmere poncho, £523; cashmere arm warmers, £95 and trousers, £85, Peter Hahn (0844 557 1214/peterhahn.co.uk)



● M&Co Russian Cossack hat, £7.50 (0800 0317 200/www.mandco.com)



● Bear faux fur snood, £37.50 and Bear faux fur clutch bag, £29.95, Ruby and Ed (01664 452906/rubyanded.co.uk)



● Faux fur trim hood, £12; chunky knit snood, £16; plain knit chunky scarf, £8; long lofty snood, £9; Alessandra bag, £12; Portobello retro stripe capped gloves, £5 and Simone pocket tote, £20, Accessorize (0844 8110068/accessorize.com)



● Urbancode violet faux fur collar, £26.25 (littleblack dress.co.uk)



● Next trapper hat, £12.50 (0844 844 8000/next.co.uk)



● Giant cashmere voile scarf, £230 and cashmere hat, £40, Eric Bompard (0207 730 9826/eric-bompard.com)

DETOX:

Out with the bad – and in with the good

Move over festive boozing and over-indulgence. January's here – and detoxing is the flavour of the month, writes **Abi Jackson**

Do a quick poll among your colleagues or friends right now and chances are some will be attempting (or talking about attempting) some sort of detox. It's no surprise really. The average person in the UK reportedly consumes around 6,000 calories on Christmas Day. With far more booze and sugar on the menu than usual, and feasts that require belt removal and a lie-down afterwards, no wonder many of us are feeling monumentally sluggish and bloated.

We're also somewhat conditioned to see the New Year as an opportunity to turn ourselves into 'new and improved' versions, which usually means slimmer, fitter, more energised, healthier, glowing versions of our exhausted, slothful selves.

Detoxing may seem like a recent celeb-fuelled phenomenon, or just a fancy word for dieting, but that's not really the case. Celebrities have no doubt helped make the detox more mainstream (sales of Madal Bal syrup, used to create the maple syrup/lemon detox drinks, skyrocketed after pop star Beyonce revealed she'd followed the regime to shed weight for her Dreamgirls film role in 2006), but many of the principles and methods can be traced back thousands of years, for instance in Indian and Chinese medicine.

The Ancient Egyptians were fans of colonic irrigation (the ultimate internal cleanse!), and fasting has been around since the dawn of time. While weight loss is often cited as a key motivation, and indeed one of the rewards, detox devotees will tell you the benefits are far wider. As the name suggests, the basic principle is to eliminate toxins – chemicals absorbed through food and drink, cosmetic and cleaning products, the atmosphere around us – from the body. Methods of achieving this range from more extreme (like 10-day liquid-only fasts) to moderate three or seven-day plans, with specific food types (such as refined sugars, dairy and junk foods), alcohol and caffeine banned.

And while elimination is often the focus, adding more 'good stuff' to the system features in many plans too, such as juicing. As well as feeling and looking physically better and healthier, fans say they feel mentally recharged after a detox too.

"The key principles for me are to clean the system," says Fiona Robertson, 48, who runs detox holidays at Retreat Biarritz (retreat-biarritz.com). "Firstly by returning to a simple cleansing diet, introducing more vegetables and fruits. "Secondly to clean the digestive system and re-set your body's way to eliminate old waste and toxins on a cellular level. Once you eliminate toxins and old waste successfully, your skin will glow and your eyes will sparkle."

Robertson's first encounter with detoxing was during a trip to Thailand in 2003.

"I walked into a bar and saw a leaflet proposing a detox experience and I thought, 'I must try that – I'll never do that again'. How wrong I was!

"I experienced a lift in energy,

a clear mind, became really focused. I made some major decisions in my life that were to bring me to where I am today, running a business helping people detox, helping them gain more energy than they've ever experienced before."

As well as running the retreat, where the detox programme incorporates high-fibre shakes, raw food meals and lots of water (and optional enemas for those who really want to cleanse their systems), Robertson sells Home Detox Box DIY kits (homedetoxbox.com).

Robertson isn't a qualified dietician, but she's so passionate about detoxing that her holiday experience has become a way of life, and the testimonials of her clients reinforce her beliefs.

"It is really very satisfying and rewarding, as I see skin complaints, such as eczema, go away, digestion problems clear up, constipation sort itself out, huge mood changes correct themselves, from depressed and overwhelmed to positive and focused.

"Your looks can also really change as the skin becomes radiant and glows with inner health.

"Weight loss is often the initial interest at this time of year, but there are so many benefits. Once you start to clean up your act, everything falls into place including your weight which naturally balances out."

James Griffiths, founder of Wild Training (wildtraining.co.uk), a fitness franchise, is another advocate.

"The first week [of our food plan] is what we call our elimination plan," explains Griffiths, 26. "It removes all the bad stuff from people's diets that slow their metabolisms down, makes them store fat and reduces energy levels.

"Detoxing does work but there are healthy ways to reduce the level of toxins in your body and other more dangerous strategies," he adds.

"If you reduce or cut out alcohol, caffeine and refined sugars, you might feel heavy for a day or two, depending on how bad you normally are, but before long you will feel awesome. Clear head, better sleeps, more energy, clearer skin and eyes.

"You can also look at reducing



'Following a detox plan does not need to be extreme. It is important to make sure you are getting the right nutrients and antioxidants' **Dr Carrie Ruxton**



'I see skin complaints, such as eczema, go away, digestion problems clear up, huge mood changes correct themselves' **Fiona Robertson**

dairy and grain intake as these foods can often slow down your digestion because we aren't very good at digesting them."

If the idea of fasting or eliminating whole food groups doesn't appeal, even incorporating some of the basic principles could give your health a good New Year boost. As leading dietician Dr Carrie Ruxton from the Tea Advisory Panel (teaadvisorypanel.com) says: "Following a detox plan can be more straightforward than people think, it does not need to be extreme.

"It is important to make sure you are getting the right nutrients and antioxidants with your food combinations.

"Many of us won't necessarily be aware how beneficial some food and drinks can be, for example, our favourite British cup of black tea is a good source of natural antioxidants to help support heart health, weight control, and brain health."

For lots of people, in January especially, reducing alcohol

intake is another big appeal.

Dr Sarah Jarvis, medical adviser for Drinkaware (drinkaware.co.uk), says: "Depending on how much you're drinking, you may notice numerous benefits from stopping even for a short time. You're likely to sleep better and feel more rested when you wake up; you may have more energy; your skin will look less sallow and tired.

"It also won't take long for you to lose weight – a large glass of wine has almost 200 calories."

Dr Jarvis warns that people shouldn't be fooled into thinking that a short-term detox 'undoes' the damage of long-term habits.

"Many people believe if they stop drinking for a month, it cancels out any ill effects from drinking over the recommended limits for the other 11 months a year. That's simply not how it works," she says. "If you're drinking within recommended limits, your liver is 'detoxing' all the time."

► **Tempted? try these DIY detoxes for starters...**

■ **Plenish Cleanse, from £80-£395 for a five-day cleanse, plenishcleanse.com**

Introduced to the UK from New York, Plenish Cleanse juices – which aims to detoxify and energise – are made with a special hydraulic cold press system which keeps the living enzymes in the ingredients intact. Bursting with nutrients but free of wheat, gluten and



all processed sugars and stabilisers, the organic juices are not cheap but promise good results.

■ **Lemon Detox Food Box three-day plan, £95, lemon-detox.com/planetorganic**

The Lemon Detox – favoured by the likes of Beyonce and Gwyneth Paltrow – has teamed up with Planet Organic to create a three-day detox plan which incorporates the famous Madal Bal Natural Tree Syrup drinks, and one healthy and organic meal a day (veggie and non-veggie options available), promising clearer skin, a cleansed system and kick-start to weight loss. A Lemon Detox Food Box can be purchased from the Planet Organic London stores or the recipes can be downloaded from their website, where the Madal Bal Natural Tree Syrup mix can also be brought separately.

■ **Potter's Cleansing Herb Tablets, £4.49, Boots**

For a cheap cleanse, which doesn't require too much effort, a natural product such as these tablets from the Potter's range, will help shift the festive build-up. Made with aloe (cape), Cascara Sagrada, dandelion and fennel, they're designed to provide short-term relief of constipation and bloating.

