

KAY VOSLOO IN **OK!** MIDDLE EAST 2 SEPTEMBER, 2010



OK!
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'OUR SECRET MARRIAGE'



time on the acidic side. She says acidity can cause bloating, so she advises me to avoid raw food in the evenings.

THE MORNING OF THE DETOX

To kick-start my detox I head for a colon hydrotherapy treatment at Synergy Integrated Medical Centre. The treatment is designed to clean out your colon (large intestine). Kay Vosloo, my experienced therapist, discusses my day-to-day diet and the benefits of the therapy. She talks me through a diagram of my insides and explains how the colon helps to distribute vital nutrients to the rest of the body. The treatment begins with a continuous stream of water running through my colon, while Kay massages my stomach to get rid of excess gas. Like Laura, Kay comments on my stomach bloating and suggests chewing food slowly and avoiding gum. She then begins to fill my colon with water before washing out all the bad stuff. It's surprisingly gratifying to see what comes out, and after the treatment my stomach feels flatter than it has in months. I leave feeling energised and excited about detoxing.

DAY ONE

Breakfast is a rice milk and blueberry smoothie.