

I was quite grateful for the routine as it helped to take my mind off the lack of food – as well as the withdrawal symptoms from the detox. I seemed to suffer more than most of my companions, experiencing headaches, nausea and some intense cravings for white bread baguettes with cheese and pickle! Thankfully Kate and resident nutritionist Francine White were on hand to support us through the tough times, offering advice and support with genuine kindness. The fact that they positively glowed with health and vitality instilled me with the confidence that they knew exactly what they were talking about.

Positive visualisations

During a nutrition and iridology consultation with Francine it became obvious why I was suffering so much. My diet consisted mainly of acidic foods (processed meals, caffeine, sugar and alcohol to name some of the worst offenders) and not enough alkalising green vegetables and pulses. Scarily, I learnt that when the body becomes over-acidic the lymph system, kidneys and liver become overworked trying to remove this acid, leading to illness and disease. Fortunately, this detox was giving my overworked digestive system a much-needed break while my body concentrated on purging itself of the toxins I'd fed it for so many years.

While I'd been prepared for the physical symptoms, I hadn't been expecting the emotional effects of the detox. Early on in the process I felt light and buzzy but by day three

I'd plummeted into misery, desperate to withdraw and cry in my room. Noticing that I was struggling, Kate took me to one side for a counselling and hypnotherapy session in which we tackled a lot of the negative thought patterns and beliefs that have been holding me back for so many years. As she gently guided me into a light trance, I was taken through a negativity clearing exercise before being guided through some positive visualisations. I awoke feeling like I'd cast off a heavy weight. My dark mood had lifted and I felt lighter and brighter than I had in a long time. Even my retreat mates commented on the difference in my demeanour. Just as I could feel my clothes getting looser so could I feel my mind getting lighter – as if all the negative junk that had been clogging up my system was being cleared out.

Powerful process

"This is a very powerful process, both physically and emotionally," Kate had said to us at the start of the week, and now I knew exactly what she meant.

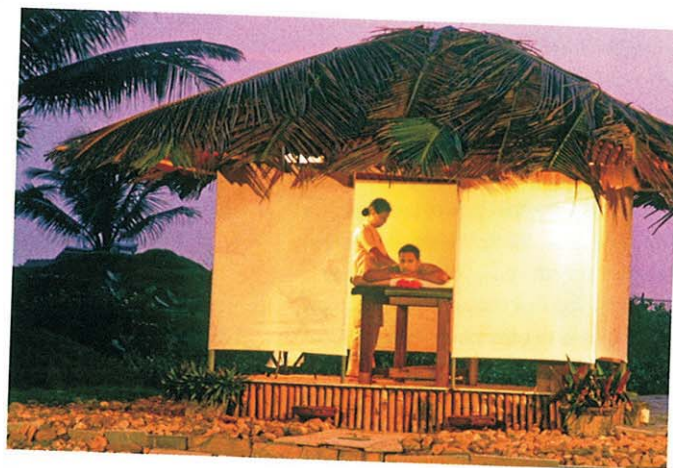


Further information

- The Total Body Rebalancing Programme at the Beach House is priced at £1,050 for seven nights. For more information, visit thebeachhousegoa.com or call +91 832 669 7777.
- The writer flew with Kingfisher Airlines who operate flights from London Heathrow to Goa via Mumbai from around £560 return, inclusive of all taxes and fees. For more information and to book online, visit flyingfisher.com.

On a lighter note, our bodies were helped through the detox process by some serious pampering. We were treated to soothing massages and facials with sweet-smelling oils, as well as luxurious pedicures and expert reflexology. All of this took place in the outdoor treatment pavilions, with the gentle sound of the waves in the background and birds singing in the palm trees. Any withdrawal symptoms soon vanished in this blissful environment.

So how did I feel at the end of the week? Well, my skin was dramatically clearer, my mouth ulcers had gone and my biological age had reduced by three years. My pH level went from an acidic six to a perfectly alkaline 8 and – here's the best bit – I lost 9lbs in weight! Thanks to Kate and Francine's follow-up coaching, I've kept the weight off, I'm less stressed and I feel more positive than I have for ages. It may have been a little gruelling at times, but my stay at the Beach House was worth it – and I'd do it again in a heartbeat!



"I felt instantly soothed as I arrived at the Beach House and was shown to my stylish little apartment"