

# healthtalk

## Diary of the INS So Easy Detox Programme

I am a 39 year old female and I've been struggling with my weight ever since I gave birth to my son five years ago. I weigh 65kg and I'm 1.57m tall so according to my BMI, I am overweight. My dream is to weigh 55kg. Recently a loss of energy and an urge to fit into the lovely size 8 clothes hanging in my cupboard motivated me to start the So Easy programme. I must say the detoxification idea is what really got me to try this. It makes sense to me that one gathers many toxins over the years, and it's impossible for our bodies to get rid of all the rubbish we take in on a daily basis. I understand how these toxins can actually make me sick by going into the bloodstream and causing all types of illnesses and problems. Changing 39 years of bad habits and clearing my system within a short period of time sounded too good to be true. I started the programme on August 27. It is advised that you follow a three day eating programme to prepare yourself. I got my fiancé to take a 'before' picture of me, and looking at it made me more determined to do this right (I looked five months pregnant!)

### Day 1 of preparation:

I've had vegetable soup prepared overnight in my slow-cooker with no salt or additives. I bought organic veggies as I decided 'do it right if you want to do it!' It was not bad at all. I also bought two bottles of mineral water (1,5 litres each) and finished the one by midday. This was difficult to do as I do not like water. I know it is only the first day of preparation, but I feel empowered in a weird way - I am going to do this and I am going to do this right!

### Day 3 of preparation:

The worst headache ever! I was not really hungry, but I struggled to get through the day with this headache. It was strange – like no other headache I have ever felt, and I have had many migraines

and stress-related headaches before! In a way the headache felt good – it had to mean I was ridding myself of toxins, built up over years of abusing my body. I stuck to my diet, and aside from two aspirins and two stronger painkillers that evening, I did everything according to the book!

### Day 4 - First day on the programme:

Finally my first day of real detoxification! I wasn't hungry – there were so many sachets to drink, I never felt uncomfortable. I did not like the taste of the pure wheatgrass, but it was bearable. The headaches have almost completely gone and I felt stronger than yesterday. I prepared my son's dinner without even wanting to taste it, although it smelled lovely. I also had no stomach cramps, which I was convinced had to come with detoxification.

### Day 6 and 7 - Third and fourth day on the programme:

This was over a weekend. What was I thinking?! I even survived going out with my friends, ordering only mineral water and drinking the sachets as the programme instructed. I did not cheat one bit – but I did get tired. Went off-road scrambling on Sunday and I could feel the stamina was low.

### Day 9 - 11: Final days of the programme

It is not advised to start eating 'heavy foods' right after cleansing, so I'm taking it easy. I have lost 5kg in the 11 days of the programme, and feel energetic and lighter. My skin is glowing and even the whites of my eyes seem whiter. I am sure my stomach shrunk as I now need less food to feel satisfied. I've changed my eating pattern as the programme taught me the importance of roughage in my diet. I am determined to lead a healthier lifestyle and consume more water.

### Verdict:

I would recommend this programme to anybody who is serious about their health and wants to experience the great feeling of a cleansed system! A bonus is that other people are commenting on how good I look.

## Tips for Curly Hair

When it comes to curly hair, women sometimes feel more restricted in styling and cuts than women who wear their hair straight. To make up for this, women can go for more colour and go quite bold with these colour techniques. Contrasts in colour keep the colour interesting and also help define the curls. With curly hair, it is a good idea to go for chunky highlights or lowlights, as finer highlights make the hair appear frizzy.

A diffuser should be a woman with curly hair's prized possession. Diffusing takes away frizz and enhances the curl. It is also very important to keep curly hair moisturised. Choose shampoos and conditioners high in moisture or specifically for curls, then use anti-frizz or curl-enhancing products.

Curly hair tends to get frizzy and 'big' in humidity and rain. Try not rinsing your conditioner out completely. The product will act as a weight, keeping your hair under control. Using silicones will also help to protect the hair from moisture.

Two of the most important rules for curly hair are:

- Never rub your hair dry with a towel. Either blot the hair, or ideally, wrap your hair in a towel (like a turban) and leave it to dry slightly.
- Don't finger and touch your curls too much when styling. One of the biggest causes of frizzy hair is 'manhandling' your hair. People tend to run their fingers through their hair and play with their hair a lot when styling. Don't finger the hair as this causes the curls to split, creating frizz.

For those who want slightly curly hair: Create a soft kink in your hair by sleeping with plaits in. Create 10 to 15 plaits in your hair while it is wet, and sleep with them in your hair. In the morning, take the plaits out and lightly pull your fingers through the hair. This will give your hair a soft, crimped effect.

**Source: Clinton Valjeaux, Creative Director of Jeaual Hair Salon.**

## INS So Easy Slim Care

So Easy Slim Care by INS is a complete slimming, detoxifying and rejuvenating plan. You will slim down by following the balanced, healthy weight loss plan, detoxify with high fibre and organic elements to release toxins, rejuvenate with added vitamins, minerals, amino acids and omegas, and nourish your body through the generation of protein for perfect health. The So Easy slim-care nutri scheme is a nutritionally balanced, safe, natural and healthy way to lose weight and keep it off. While promoting slimming through a balanced, healthy eating plan which never leaves you feeling hungry, the nutri-scheme works on 3 major functional levels to provide optimal health and slimming effects. Excessive toxic waste builds up in the colon as mucoid plaque when you eat a lot of red meat and very few vegetables, seldom drink water, eat too many refined

foods, and generally lead a stressful lifestyle. So Easy's high fibre and organic elements help to dispose of this easily and effectively. The nucleic acid content in So Easy promotes the generation of protein, controls the cell's metabolic process and decides the cells' level of health. This function improves your immune system and provides balanced nutrients. So Easy contains 18 types of amino acid, 7 types of vegetable extract, vitamins, omegas and minerals, all of which assist your body to normalise its metabolism and hormone secretion processes, as well as rejuvenate the system. Obesity is the most common disease in today's life. You can beat this and live a healthier, happier life with the Slim So Easy products by INS. **For more information, contact INS Trading on 011-792-8090 or garyf@insholdings.com.**