

Tuesday, September 18, 2007 – Karen Willemse



Before: 65kg

After: 60kg

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 my lovely Size 8 clothes that are just 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 so many toxins over the years and it is impossible for our bodies to get rid of all this rubbish we take in on a daily basis. I understand how these toxins can actually make me sick - 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 did however start the programme on 27/8/2007 with the first day to prepare for the five day detox. 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 so bad at all. I also bought two bottles of mineral water (1,5litres each) and finished the one by midday. This is more difficult to do as I do not like water all that much. 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 2 of preparation:

Had to deal with sitting at a table watching people drinking wine and eating steak that evening, but I stuck to my mineral water. Starting to get a headache today, I guess it comes with the detoxification! I had water, soup, a banana and an orange today. The headache became a bit more severe as the day went on, but I stuck to my diet! I don't feel as hungry as I did yesterday.

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 ever felt, and I have had many migraines and stress-related headaches before! In a way the headache felt good it had to mean that I am ridding myself of toxins, built up over years and years of abusing my body. I stuck to my diet, but 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 was never hungry there were just too many sachets to drink, so I never felt uncomfortable. I must say I did not like the taste of the pure wheatgrass, but it was bearable. The headaches were almost completely gone and I felt stronger than yesterday. I prepared my sons dinner without even wanting to taste it although it smelled lovely. I also had no stomach cramps; I was convinced that it had to come with detoxification.

Day 5 - SECOND DAY on the programme:

Very bad headaches, but the cravings are less intense. I managed to prepare nice food for my family without even tasting. Felt good to know I have so much willpower!

Day 6 and 7 - (THIRD AND FOURTH DAY on the programme:

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

Day 8 - DAY 5 on programme:

MY LAST DAY!!!

I wonder what food taste like? I feel very proud of myself. It was not easy, but nothing worth while is ever. The ideal way to do this programme would be on a camp with many others joining in the cleansing, supporting each other. A place away from fast foods and where you can relax, read and sleep! And truly enjoy cleansing your body and soul.

Day 9 - 11:

It is not advised to start eating "heavy foods" straight after cleansing. I have lost 5kg in the 11 days and feel energetic and "light". My skin is glowing and even the white of my eyes look whiter. I am sure my stomach shrunk as I need less food after this programme to feel satisfied. I've changed my eating pattern as this programme taught me the importance of roughage in my diet. I am determined to lead a healthier lifestyle and consume more water. I would recommend it to anybody who is serious about their health and wants to experience the great feeling of a cleansed system.