



Do you need a detox diet?

No, say nutritionists, as our liver and kidneys get rid of toxins efficiently. ZARELDA MARIE GOH looks at the pros and cons of three new detox programmes.

Yoga and detox meals

UPDOG STUDIO'S D'TOX PROGRAMME
\$1,068.93; www.updogstudio.com,
tel: 6440-0282

What: A nine-day programme of daily hot yoga sessions at Updog Studio and nutritious meals prepared by chef Emmanuel Stroobant. You get three standard-sized main meals and two snacks for all days except days four, five and six, when you eat three fruit- and vegetable-based meals and get unlimited amounts of fruit and fresh fruit juices.

Pros: Says Jaclyn Reutens, a dietitian from Aptima Nutrition & Sports Consultants: "The menu is mostly well balanced. It has carbs, protein and fibre, and is rich in vitamins."

Cons: "Days four, five and six don't offer essential nutrients like starchy carbs and protein. You may end up feeling weak and giddy," says Jaclyn.



Detox kit and spa

THE ORGANIC PHARMACY 10-DAY DETOX KIT & AURIGA SPA DETOX DAY
\$365.04 for the detox kit, \$583.83 per half-day spa session; www.auriga-spa.com, tel: 6591-5023

What: The DIY detox kit (sold at Auriga Spa in Capella Singapore on Sentosa) has supplements like colon cleansing and gut repair pills. You also get recommended meal plans, and are encouraged to go for three half-day spa sessions. Each includes deep-breathing exercises, a massage and a body wrap.

Pros: "The meal plans are nutritious. Poultry and dairy options also offer necessary protein," says Jaclyn.

Cons: "The nutrients in the kit's pills can be found in natural foods. The colon cleansing and gut repair pills may have a laxative effect, leading to mineral loss," Jaclyn explains.

Spa and detox treats

VERITA ADVANCED WELLNESS TOTAL RESET DETOX
\$1,600; www.veritaadvancedwellness.com, tel: 6737-2377

What: A 28-day programme comprising a health consultation, treatments, supplements, easy-to-make meals, exercise sessions and lifestyle tips. Treatments include cellular rejuvenation therapy and infrared sauna therapy.

Pros: Jaclyn says: "It limits added sugar and trans fat in the diet and offers a wide variety of food choices."

Cons: "This programme advocates the use of supplements rather than a balanced diet. There isn't much research on using treatments to support detoxification," adds Jaclyn.



Q&A
with DR
DOUGLAS ONG

How many Kegel exercises should I do daily to tone my vaginal and pelvic floor muscles?

It's not just how many but also how well you do them. Many women who think they are doing a Kegel contraction are just holding their breath. To ensure that you are using the right muscles, see a urogynaecologist (a specialist in bladder and

pelvic floor problems) or a physiotherapist. Then do five to 10 sets of 10 repetitions a day. To check how strong your muscles are now, a good contraction should let you stop your urine flow in the middle of a pee smoothly and quickly.