

# SPA DOCTOR

treats...

## HORMONAL IMBALANCE

**HEALTH** problems related to fluctuating hormones affect most women at some point in their life. ALICE JAMES, 49, tries a bizarre 'juice fasting' spa treatment aimed at providing some balance.

### WHAT'S THE PROBLEM?

The peri-menopause: hormonal-induced weeping and rage, a sudden inability to shift belly fat, and tiredness – which I've tried to fix with comfort eating and drinking too much coffee.

### WHERE'S THE SOLUTION?

Six days at Simply Healing in West Sussex, eating only specific juices and broths designed to support hormone realignment. Intense massage and colonic hydrotherapy sessions are also included because hormones and gut bacteria are linked.

### WHAT'S THE TREATMENT?

The setting is a Georgian house set in woodland. First I had a consultation about my 'quick-fix' lifestyle and high sugar consumption – I was advised to kick caffeine and avoid dairy (for the week, we consumed nothing but freshly pressed combinations of vegetables and fruits, and broths, mixed with high-fibre psyllium husks – and although I missed the crunch of food, I was never hungry).

There were colonic sessions, detox massages and wraps, and lymphatic drainage, all designed to target hormone imbalances and tackle the unexpected weight gain, mood swings, insomnia and exhaustion.

By day two I had a terrible headache and then nausea. However, my symptoms went the next day, and I was suddenly energised.

By day five, another 'inmate' who'd suffered hot flushes that made her so sweaty she needed to change her clothes seven or eight times a day was miraculously cured.

Another was determined she would give up her HRT and transition through her menopause naturally.

Everyone shrank visibly, with one person losing 10lbs in five days, although this wasn't that surprising considering how few calories we consumed.

After a final consultation and advice session, I'm trying to make better choices, such as not reaching for chocolate at 4pm if I'm feeling lacklustre.

### WHAT DOES IT COST?

The Simply Healing Hormone Rebalance Plan starts from £2,055 per person. Visit [simplyhealingcentre.com](http://simplyhealingcentre.com)