

CLEANSING from the inside out

When you are leading a busy lifestyle, it's easy to forget how important it is to take care of your inner health. Just like you would spring clean your house, your body should be cleansed from the inside out each season. **SARAH WEEKS** takes up the latest detox trend – juicing.



– a range of pure healthy juices delivered straight to your door, how convenient!

The Auckland-based company is the brainchild of business owners James Ehau and Rich Tangney, two guys whose toll-taking professions – one a personal trainer, the other a Navy diver – saw them seeking a way to revitalise their energy levels.

The result is a range of easy-to-follow juice cleanse systems that use freshly cold-pressed, raw and unpasteurised ingredients. PHD Cleanse is designed to help accelerate the body's natural detoxification process – flooding it with essential enzymes, vitamins and minerals that eradicate and eliminate toxins.

"New Zealand grows some of the freshest and most nutritious raw fruit and vegetables in the world," says Rich. "Unlike most other 'detoxes' we wanted to make the most of our amazing

fresh produce. We found a way to deliver it to people's doorsteps – in no-mess, no-fuss bottles – and leave them feeling rejuvenated, energised and altogether healthier.

"We know everyone's lifestyles and needs are different – most of us enjoy the good and a bit of the bad – so we've developed simple three-day and five-day cleanse systems available in Basic and Advanced levels.

Both cleanses consist primarily of PHD Pure Green, which is the most active juice in the range.

"By nourishing the body with vitamins and minerals, PHD Cleanse helps improve skin, mood, energy and sleep patterns," says owner Rich. "Each system consists of six bottled juices a day and we've done a lot of research to ensure they're tasty, nourishing and satisfying."

Seeing as it's my first time

juicing, I opt for the three-day basic cleanse and start my first day full of excitement with high expectations. I've never done a juice cleanse like this before, so I am a little nervous. The thought of not eating anything, only drinking juice is a foreign concept to me!

It's recommend to drink half a squeezed lemon in warm water first thing each morning at least 10 minutes before your first juice. The taste is not the most pleasant, but it's a good way to refresh yourself first thing in the morning.

I have to drink juice every two hours so timing is very important. I set my alarm to help me remember when I'm due for my next juice. My first juice is Pure Green, the one I'll be drinking the most of and is made from cucumber, celery, kale lettuce, parsley, lemon, apple, cos

Recently I caught up with a friend and couldn't get over how great she was looking – her skin was glowing, her hair was shiny, she even looked like she'd lost some weight. Intrigued, I asked her what her secret was? "PHD Cleanse," she replied. "What on earth is this?" I asked. She explained it was a juice diet she'd done for three days to detox and cleanse her system. Based on her great recommendation and the obvious results, I thought why not give it a go myself.

But what is a PHD Cleanse exactly? PHD stands for Pure Health Delivered and is just that

PHD CLEANSE JUICE INGREDIENTS:

- **Pure Green** (green juice) – cucumber, celery, kale lettuce, parsley, lemon, apple, cos lettuce and spinach.
- **Yellow Hit** (yellow juice) – pineapple, apple and mint.
- **Zesty Lemonade** (silver juice) – lemon, cayenne, agave nectar and 'oxygen rich' detoxification water.
- **Cashew Dream** (white juice) – cashew nuts, vanilla, agave nectar, cinnamon and 'oxygen rich' detoxification water.

lettuce, spinach. It's surprisingly tasty and very filling! Drinking juice in the morning is actually good for non-morning people like myself as it saves you time preparing breakfast. I like to drink mine on the way to work so it's very convenient. Green juice is widely considered the world's healthiest juice – jam-packed with green leafy vegetables and recommended by doctors including Oprah's Dr Oz.

My next juice to try is Yellow Hit – by the far the yummiest one in the range. Made from pineapple, apple and mint, it's a nice sweet mid-morning hit to keep me going until lunchtime. Before I know it, my next juice is due and it's my familiar friend Pure Green. This is quickly becoming my favourite juice – I could easily get used to this!

Zesty Lemonade is my mid-afternoon juice and it's definitely zesty with a spicy kick from the cayenne pepper along with lemon, agave nectar and 'oxygen rich' detoxification water. This can sometimes be difficult to drink just because of the spice in it, so I usually take my time getting through this one. I also make sure I drink plenty of water during the day in between juices so that helps too.

My last juice for the day is Cashew Dream made of cashew nuts, vanilla, agave nectar, cinnamon and 'oxygen rich' detoxification water. This juice seems to be the most filling and rightly so – it needs to sustain you until your first juice the following morning. The sweet taste of cashews and vanilla also make for a nice dessert treat at the end of the day.

One thing I was concerned about when starting this juice cleanse was the possibility of getting hungry in between drinking juices. However, that didn't seem to be a problem, as I always felt so full and not peckish at all. The only thing I will note is the strange feeling of not being



able to chew or munch on any food. You're not hungry; you just miss the sensation of eating food.

Day two and my high spirits are dashed by the dreaded caffeine withdrawals. I've become so accustomed to my morning cup of coffee that going only a day without this has caused me to feel miserable. I have a headache and feel very drowsy – it's almost like I'm hungover! It's just my body dealing with my obvious addiction – something I wouldn't have noticed had it not been for this juice cleanse.

By day three I'm back to my normal bubbly self again with more than enough energy to continue on my juicing journey. By the end of my juice cleanse, I feel refreshed, invigorated, my mood has noticeably improved and my skin has cleared up. I would definitely recommend this to anyone looking to give themselves a spring clean and replenish their energy levels. Only three days of juicing is all it takes to be on the road to a better and healthier you. The good people at PHD Cleanse recommend you cleanse each season so every three months is ideal.

PHD Cleanse offers a balance

of active ingredients to help people make long-term improvements in their lives; from aiding weight management and digestion to preventing skin problems and headaches and everything in-between.

🚩 **PHD Cleanse owners James Ehau [personal trainer] and Rich Tangney [Navy diver].**

I lost 2.5kg and can imagine it would be more if I took the five day juice cleanse. Next time! <<

