

Luxury Living had to test The Source's wildly intoxicating claims of better health and miracle weight loss. Read on to learn first-hand what the Herbal Detox experience entails...

DETOX DIARY

Day 1

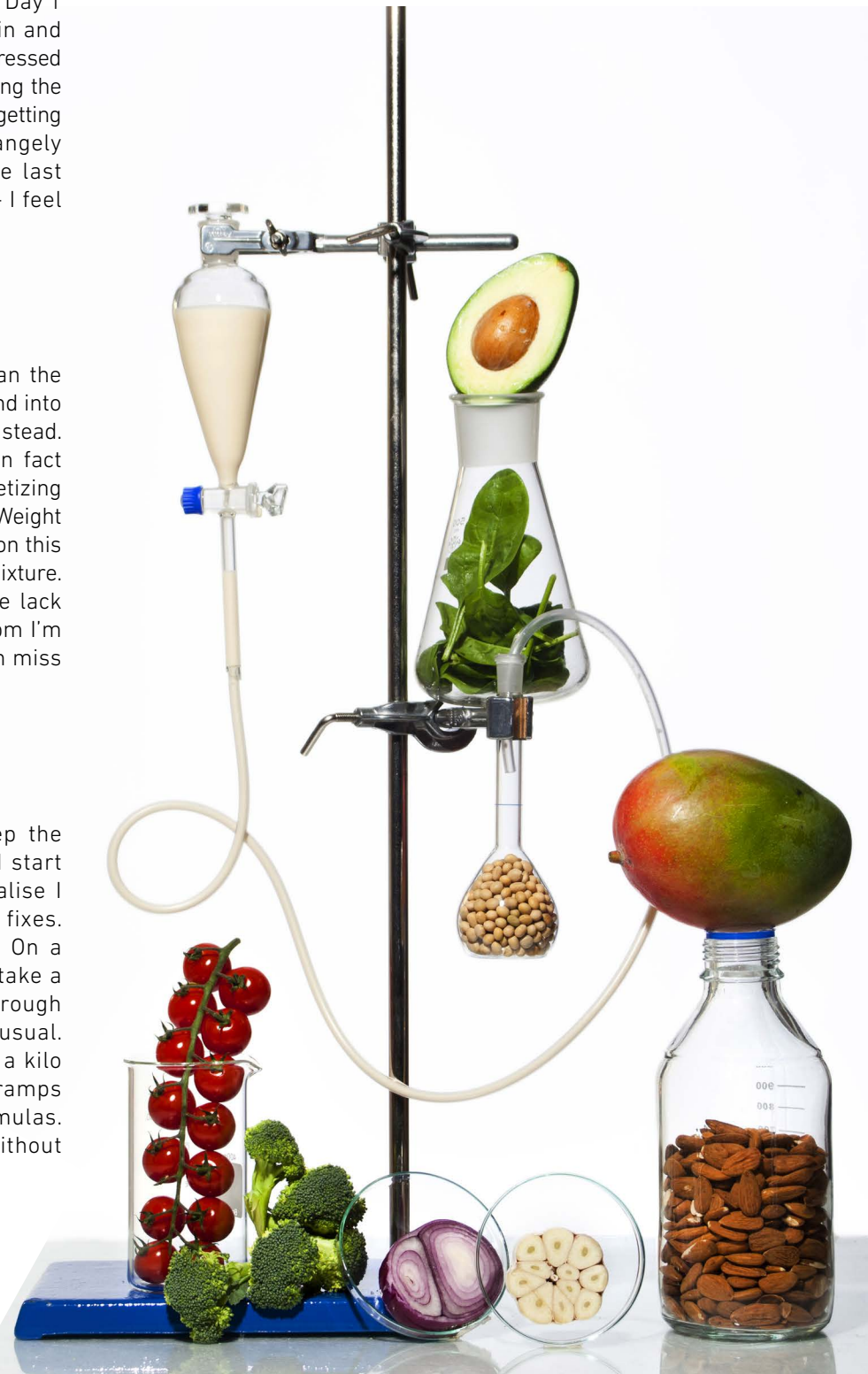
Unlike other dreaded health adventures (going to the gym, starting a new diet) Day 1 is eagerly anticipated. Excited to begin and impatient for results. The first slow-pressed orange juice of the day is divine but taking the tinctures on an empty stomach will take getting used to. The herb capsules are strangely filling and oddly enough I refuse the last glass of orange juice in the evening - I feel full.

Day 2

Nothing gets me out of bed faster than the smell of hot espresso - but today I bound into the kitchen for a glass of fresh juice instead. The tinctures go down better today, in fact all the supplements taste more appetizing on Day 2. Initially suspicious of the "Weight Aid" herbal paste, I now enjoy chewing on this slightly sweet and complex medicinal mixture. The biggest surprise of the day is the lack of caffeine and sugar cravings - by 5pm I'm usually 3 or 4 lattes down. I don't even miss it.

Day 3

My son is sick, so none of us sleep the night before. We all rise at 6am and start our day early. It's 4pm before I realise I haven't even missed my usual coffee fixes. It's crazy how much energy I have! On a full nights rest, I'm usually ready to take a break right now. Instead I power through my work and get more done than usual. Pleasantly surprised to see I've lost a kilo already. Even better there are no cramps or funny tummy from the herbal formulas. They appear to work their magic without upsetting my sensitive stomach.



Day 4

Our son wakes up early again but we don't bat an eyelid. I'm not even tired after a long night of tears from our little patient. I'm shocked how flawless my skin looks after a shower - somehow I've literally taken 5 years off my face overnight! How is that even possible on no sleep?! Skin tone and texture is even, refined, pores have disappeared and not a fine line to be seen! Usually somewhat bleary and bloodshot eyed in the morning; my eyes are so bright. Incredible. Compliments pour in all day long. I could get used to this.

Day 5

Before starting, I was concerned the Detox might somehow affect my ability to breastfeed - au contraire! I have more milk than ever! I've lost 2 kilos yet I never feel hungry. Bizarre not to be craving my daily chocolate fix but I simply don't miss it. I look forward to my herbal paste now and take my time enjoying the complexity of flavours and the natural stamina it gives me. Usually slightly anaemic, I love how much energy I have without having to consume large portions of red meat!



Day 6

It's the weekend now and rather than lazing at home as per usual, we cram an action packed day of family fun - it's amazing how much you can do when you aren't thinking about food all the time! Weight continues its climb down and I've noticed my nails have rapidly grown long and strong. Another added bonus of the detox? We all sleep soundly through the night.



Day 7

Final day and mildly disappointed the detox is coming to an end. Lighter and brighter than when we started a short week ago, we start planning our first meals for tomorrow - which is surprisingly difficult when you don't feel hungry for anything! Considering the excesses of orange juice consumed in the last week, you'd think we'd be sick of it by now. Instead we celebrate the end of our detox by ordering a juicer over the internet!