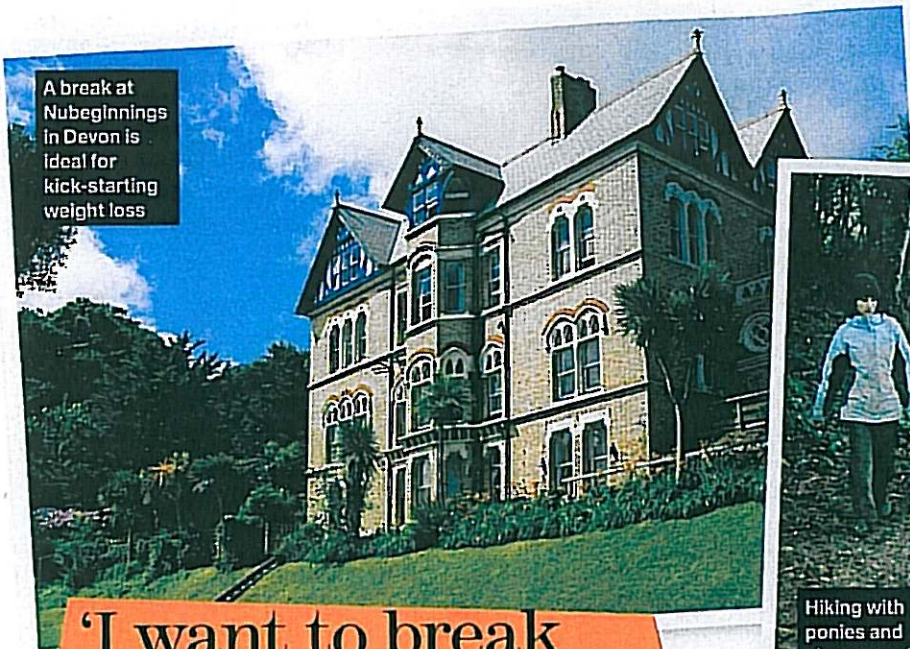


A break at Nubeginnings in Devon is ideal for kick-starting weight loss



## 'I want to break bad eating habits'



Hiking with ponies and alpacas makes exercise fun



**The tester**  
Jennifer Jeffrey, 47, a production director from Ilford in Essex.

### Why detox?

I try to eat healthily but I'm often hungry so I snack a lot, and in the past year I've gone up a dress size. I need to learn how to change my eating habits and lose some weight. Plus, I'd appreciate some advice on how to start a fitness regime.

### The detox prescription

A break at Nubeginnings boot camp in Devon, which offers tailor-made trips to help guests detox, lose weight and improve their wellbeing, should be just the job. It caters to all of Jennifer's main concerns, with regular hypnotherapy sessions to help her assess her relationship with food, and expert workshops on nutrition. There's also a challenging fitness regime to get to grips with. A week's stay costs from £1,695. For more information see [www.nubeginnings.co.uk](http://www.nubeginnings.co.uk).

### JENNIFER'S DIARY

**Day 1** As soon as I arrive I have my blood pressure and weight checked. Dinner – chicken and roasted veg – is delicious and I attend a relaxation meditation session.  
**Day 2** Belly dancing is a fun warm-up to the day. Hill walking is taxing but invigorating. After lunch – grilled prawns and quinoa – we have an introduction to hiking with sticks. Later comes hypnotherapy, but I have a detox-induced headache and can't concentrate.  
**Day 3** We do a seven-mile hike, stopping for lunch along the way – pumpkin soup. I'm on a low GL (glycaemic load) diet, which helps keep energy levels even. Later, we have a cookery lesson, then a

soothing deep muscle massage.

**Day 4** We work out on the beach before breakfast, which is extremely strenuous, and then have a lecture on exercise before a four-mile speed walk with sticks, which I complete in record time! A full-body massage soothes my tense muscles.

**Day 5** Pilates before breakfast is followed by a tough two-hour, 18-mile bike ride. Acupuncture is interesting – five needles are inserted into my ear to alleviate pain throughout the body. Later,

an NLP (neuro-linguistic programming) session helps me to visualise getting rid of key food temptations. Will try this one at home if I crave crisps.

**Day 6** We go hiking with ponies and alpacas. Later, I catch a lecture on the GL diet, with advice on how to keep this up at home. An earlier massage has left me feeling a little ill. It feels like toxins are on the move, so I sip water to help 'flush' them away, and go to bed early.

**Day 7** Feel great. Yoga is calming and breakfast is delicious with chopped plums, yoghurt and crushed nuts. The morning hike is the last physical challenge of the week – I join the fast group. I'm sad to leave.

**The verdict** The week has been packed with exercise, therapies and lectures – I feel I've learnt how to look after my health. I've not missed sugar and I'm 9lb 4oz lighter – yippeee! **Our expert says,** 'A low GL diet is realistic to stick to,' says Vicky. 'Plus, Jennifer was taught some good techniques, such as NLP, which will help her deal with weaknesses and temptations.'



The beautiful scenery helps to motivate Jen

## 3 detox tips to stick to...

- Eating healthily throughout the day helps avoid sugar dips and 'emergency' snacking.
- Preparing quick, simple food is quite easy – and worth it – once you've learned a few basic recipes.
- The buzz you get from completing a fitness challenge, like running up a hill, is so motivating.