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Highgate Proactive Health

➤ Fenugreek cleanse:

Buy Fenugreek herb from the herb counter

Boil 6-8 grains to make a very strong tea (decoction)

Drink 6 cups per day for 3-4 days

Day 0 – Tell everyone you are going away for the weekend, take phone off the hook, close curtains

Day 1 – Friday, start drinking your tea, its ok to add other flavours such as lemon... by evening you will start to smell curry on your skin

Day 2 – Saturday, you stink of curry, don't open your front door, your guests will faint... try to get some sun on your skin (take care!)

Day 3 – the smelling should have reduced, & you will have pee'd buckets! Once your skin stops smelling you have completed the cleanse.

Day 4 – rejoin society

This is a traditional 'lymphatic cleanse', it can help with mucous and body odor reduction... after the cleanse that is!

A good idea during any cleanse is to really think about your diet... perhaps going vegetarian or raw food only during the cleanse, never drink alcohol or take stimulants during a cleanse, really spend time thinking about your well health future and how you can improve things whilst on any cleansing program. It's also a good idea to detox your home whilst you are cleansing your body, making your weekend away from society a productive one... then again, you could just relax with a good book and a good friend for the weekend.

Enjoy!