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{ THE A-LIST }
By Alice B-B

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Lifestyle

What to do



It's not too late. There's still a bit of January left to get those New Year resolutions going. And if you're still feeling a bit bleugh after a long old festive feast, then kick-start that 'new 2013 you' you've promised yourself, with a cleanse. And I'm not talking a quick bath.

Sitting on my desk is a fun-looking box filled with alluring 'Wonderland' jars. Instead of 'drink me, eat me', labels read 'clean green or super multi'. But I am under no illusion here, this is a box of pain. The idea is that you swallow and chomp on the pills, cutting out acidic forming food and replacing it with alkaline as directed and after 12 days all sorts of good stuff will happen to you.

The cleanse has been devised by yoga teacher and health expert Chris James, who after graduating from King's College with a degree in theology, travelled to India where he cruised about on a 1952 Enfield motorbike, making his living buying and selling antique textiles. But it was on a trip to the Himalayas

that he was first introduced to yoga. "I was always attracted to people who'd studied yoga," explains James, "particularly by how enthusiastic and committed they were. That's how it began."

He got hooked and practised daily for hours. But when James broke his neck after being brutally beaten up, yoga took on a greater significance. "My doctor said that if I hadn't been so strong thanks to yoga, I'd be in a wheelchair." So after two years of putting his body back together, Chris began teaching his friends. Who told their friends. And word spread.

To complement his yoga teachings and to give the body a good internal clean, Chris has launched his cleanse, promising a 'Brand new you' in 12 days. And if you fall into a rut when the caffeine withdrawal headache kicks in, or you are desperate for a bar of Galaxy, then there's plenty of support via an interactive forum, online videos and Chris's team members ready to take calls.

"The consensus is that with this cleanse you can lose a dress size," says James, "But it's more about health, breaking bad habits, shifting a gear and restarting your metabolism." He adds, "I'm on day 11 of the cleanse and my skin is glowing and the whites of my eyes are sparkling - and I'm no saint - I like a glass of red wine and a coffee!"

The box on my desk is still open, now I just need to start... It's never too late.

www.chrisjamescleanse.com

Also available at www.feelunique.com and Urban Retreat at Harrods.

Chris James offered all Vanity Fair A-List members the chance to win one of two Chris James Mind & Body Cleanse (worth £120 each). Don't miss out on future offers, sign up to the A-List

Author Alice B-B | Posted Jan 18 2013

