

YOUR SUPER

Summer detox guide



The month of Ramadan is all about purification and cleansing. And whether you're fasting or not, there are plenty of ways to detoxify both body and mind in Bahrain. *Murray Garrard* checks out the A-Z of keeping well in the kingdom

Ayurveda

It is one of the world's oldest systems of medicine, and a billion or so people (mainly those from the Indian subcontinent) swear by it. Ayurveda literally means 'knowledge of longevity' and has for millennia been credited with improving health and wellbeing. It can be used to treat a wide range of medical conditions, and is a great place to start if you are looking for a complete purge. The Bahrain Wellness Resort (17 795 961) and the Kottokal Ayurvedic Centre (17 813 150) both have medical doctors on hand and offer treatments ranging from massage to aromatherapy to herbal supplements. Sure, these are not the places to head if your arm's hanging off or you're about to have a heart attack, but for preventative care and for those feeling run down, Ayurveda is hard to beat.



But for those in need of a more general mind and body detox, the Chinese tradition offers a whole host of interesting options. Acupuncture, which might sound like a form of torture but which is used widely to treat anything from bad backs to stress, is available at just

BD20 per session. Cupping (basically a suction massage), and reflexology (foot massage) are both well known to dedicated followers of detox fads, and are available at the Chinese medical clinic for a bargain BD15 and BD20 respectively. If you're male and looking for a cheapie, try Chinese Healthy Man Massage (17 365 018) on American Alley in Juffair where the therapists can knock out the knots for practically nothing.

Bio-Natural Nutrition

Every country needs a health food shop, and Bahrain has a fair few options. Bio-Natural Nutrition (17 553 151) in Bahrain Mall is one of the best we have found. With a wide selection of organic herbal teas from the fantastic Austrian company Sonnentor, a range of health tonics such as aloe vera juice and avocado oil, and a strong emphasis on pesticide-free products, this is the place to head to get inspired when you're planning a detox. The shop also stocks vitamins for pill poppers, though frankly, if you have a balanced diet full of fresh fruit and vegetables, you shouldn't need supplements.



Chinese treatments

Like Ayurveda, Chinese medicine has a huge following in its native country, and is becoming increasingly popular across the globe. At Bahrain Wellness Resort (17 795 961), a Chinese doctor is available for anyone with specific ailments.



DNA activation therapy

It might sound nuts, but Lisa Kennedy of the Bahrain branch of the Modern Mystery School runs a programme which aims to help people unlock the hidden potential encoded in their genes. Beginning with a hug followed by a crystal wand being placed onto the codons of light on the head, most people would regard this as off-the-scale wackiness. But if you have tried everything and are looking for something new, this might well be the therapeutic turning point. If nothing else, the experience is a deep meditation, and thoroughly relaxing, though it doesn't come cheap at BD50. If you're happy with your DNA, Lisa also offers a range of workshops from sacred geometry to astral travel, and max meditation. Contact Lisa on 36 813 408 or email lisajkenedy@hotmail.com

Eat well

If you are of the opinion that food is medicine, then you're off to a good start. But if you view food as simply something to fill you up, then you might want to have a rethink. You are what you eat, quite literally, and if you snack on rubbish then you are likely to feel like rubbish. The golden rule of food is to make sure you eat twice as much fresh fruit and vegetables as anything else. Then reject anything that's refined, say farewell to fat and avoid anything fried and you'll be as fit as a fiddle. Obviously, everyone's different, and if you want to get some advice that is a little more personal, get in touch with nutritional therapist, Alia Almoayed (17 611 891), who can help with weight loss, dieting and righting the nutritional wrongs of a lifetime.



KECIA BRAGGS, LIFE EMPOWERMENT AND SUCCESS COACH

As you engage in the sizzling hot and fun activities of the summer, it is important to conduct a mid-year assessment of the goals that you made at the beginning of the year. Mid-year assessments allow you to revisit, renew and re-focus your attention on what you once deemed as important. Failure to review your yearly goals is like taking a road trip and never looking at the map! So as you travel, swim, and play this summer make sure to hydrate and exhale, but also pause for a moment and bring to mind your heart's desires, re-evaluate their importance, and then execute your way into your successful future. Call Kecia on 39 301 946



Feng shui

You can give up smoking, join a gym, eat only vegetables and learn to meditate and, if traditional Chinese beliefs are right, you still won't be completely at ease. The Chinese system of aesthetics, feng shui, can be traced back 3,500 years and has millions of adherents around the world. The basic idea is that by placing certain objects in a room in a certain pattern you will increase the flow of positive energy (qi) in your home and consequently in your life. And while you can buy a book on this and attempt it yourself, it is far easier to get someone in who knows what they are doing. Janet Chau of 8 Mansions, Country Mall, is the nation's expert. Contact Janet on 17 594 575

Join a gym

By far the best detox is one that the body gives itself. And in order to do so, the body