

### Three of the best detox plans

**1 Nosh Detox** has several programmes to choose from including the basic ABC plan that's ideal for beginners. For the first three days, to rehydrate the body and eliminate toxins, you have a liquid-only diet of fruit and vegetables juices before 4pm, followed by an evening meal of fish, lentils and tomatoes (delivered each evening). The next three days are devoted to a raw food diet - mostly carrot with dips - followed by a balanced evening meal. Nosh offers a menu to ease you back into eating normally. ABC from £32.95 per day (0845 257 6674).

**2 The Organic Pharmacy** offers a detox in pill form. The ten-day plan involves taking three capsules morning and evening; or, for first timers, just the three night-time capsules, which contain yellow dock to cleanse and purify the blood, and apple pectin to draw toxins into the gut and flush them out. You're also given meal plans and tips including which snacks to eat. After ten days I felt more energised and my skin looked much brighter. Detox Repair Capsules, £26.95 (theorganicpharmacy.com).

**3 The Purifyne juice detox** offers three plans: the Bride-to-be; the Weight-loss; and the Weekend detox, a three-day juice diet designed to kick-start weight loss. With a bikini holiday looming, I went for the last one. It's not for the faint-hearted: you get four 500ml juices to keep you going all day. At 11am on day one I got peckish and cracked into my liquid lunch: a mix of carrots, beetroot, celery and fruit - no substitute for my usual baguette. For the length of the programme I felt tired and miserable but I did see results. From £79 (purifyne.com).