

Testimonial for The Purify Programme
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I have been working intimately with people's bowels and gut problems for over fifteen years as a colon hydrotherapist (what used to be called colonic irrigation) and when the Purify Programme came into my awareness, I was initially quite sceptical about it.

But curiosity got the better of me in the end, and with some reservation, I decided to try it out for myself. At this point, given my knowledge and history, I believed my own gut was in fairly good condition, despite the occasional bloat and some unwanted weight gain in recent years. I'm 49 and like many, was expecting the middle age spread to accompany my menopause.

I'm embarrassed to admit that I couldn't have been more wrong about my gut health. Although in general, my Lifestyle Analysis wasn't too bad, it flagged up some areas for improvement and all in my digestion and intestines, which further peaked my curiosity about what this programme might do for me, and in turn, my clients.

I found Purify easy to follow and did not find the food choices limiting particularly, although I did miss my early morning cup of tea with one sugar. I began to see from following the diet, just how much sugar I was taking in to my body without realising it. It is an insidious ingredient in almost all things.

I loved the shakes and drinks and really enjoyed the taste, although did bloat like a balloon and produce the most obnoxious gas during the intense week, but after that everything calmed down and my body started to feel different. I noticed the restriction in my joints was easing and the pain in my knees disappeared. My finger and toenails are growing straight and strong, and nail beds look healthy. My skin is better, my energy levels are off the grid and the chronic inflammatory back problem that I've been nursing for three years has all but gone.

My bowels are now amazing. Daily comfortable poo that is easy to pass and complete if you get my meaning. I have no bloating AT ALL. I have rediscovered my waist and my rib cage as the weight is falling off me in all the right places.

The long term infection I've had under a tooth (over two years) has cleared up completely.

I have NO sugar cravings. I still enjoy sweet flavours but my needs are satisfied by a piece of fresh fruit. I've had no crisps, chocolate, puddings, caffeine or processed foods for two months and I am soooo enjoying my new palate as food tastes so different. I find I am satisfied by much less than I used to be, so no more gorging and feeling over full either.

As a gut health specialist (with a bit of egg on her face!) I cannot say enough about the Purify Programme and would whole heartedly recommend you try it, even if you (like me) think there is nothing wrong with you!!

It is an all round health solution in a box.

October 2019

