

# I have never... ...had a colonic irrigation.

My New Year's Resolution for 2008 was to do something every month that I have never done before. Over the next year, this page will chart my escapades in all their glory. Or not. Feel free to email suggestions to [ihavenever@aircrewmagazine.com](mailto:ihavenever@aircrewmagazine.com)



## New Years Eve 2007

**9.45pm** Having the ubiquitous resolution chat, my good friend Eileen divulges her previous year of doing things she'd never done each month: starting a podcast, skydiving, having an affair, and other unmentionables! It inspired me...

**11.37pm** After much table-chat and consideration of our previous year's partying, a colonic irrigation was decided upon as the first month's "I Have Never".

## New Year's Day 2008

**8.00pm** Word of my challenge spread like Burberry on a council estate, and our inability to roll anywhere without an entourage meant there were no less than eight friends in line for their first intestine flush.

## January 6th 2008

**4.22pm** With our block-booking organised, and time-slots defined (so glad it was not a group session!) we head to the nearest

Organic store, to stock up on bran flakes, bran muffins, bran, fruit and more bran to prepare our guts for the impending intrusion.

Reports of belly nerves were spoken of regularly. We were unsure if these were anticipatory, or psychological, but were present nonetheless.

## January 7th 2008

**9.00am** The big day arrives. Another bowl of bran for breakfast prep, and some Satsuma's, before fasting until my time slot. Weird belly nervousness continues.

**2.00pm** Text message reports from my colonic-crew fly in, riddled with nonsensical adjectives. I cunningly took the last slot, in case there were tales of horror, but at worst it was comical. No backing out now, excuse my pun.

**3.45pm** I arrive at the clinic, just after my TV celebrity friend leaves, having had her first of many "fabulous" flushes. Hmmm.

**4.00pm** Karin, my pregnant, unusually happy and perfectly familiar hydro-therapist bounces in, explaining the process using a chart of the colon, intestine and other unmentionables, through a continuous and slightly unnerving grin.

**4.10pm** I am led to my room, and change into a hospital gown. As I undress, I can't help feeling like I am on my way to prison, with the guaranteed impending occurrences associated.

**4.15pm** Karin bounces back in a pink tracksuit, rolls me over on to one side and... I briefly distract myself with the revelation that this month, I am actually indulging in two "I Have Nevers" in one fell swoop. Ouch.

**4.20pm** Sitting in the baby-delivery position, with the slight pain now just a minor discomfort, Karin turns on the water, and reassures me with humour and explanations.

As the warm water fills up my stomach, it is a slightly weird feeling, but not as obvious as you would imagine. She flushes backwards and we watch the tube with eagerness. To me, it looks clear; to Karin, it's bursting with toxins. I am sure she has been informed of my partying ways by my friends...

**4.30pm** Several clear flushes later, including one with cold water, like drinking Evian upside down, and hooray: Our tube carries dark nuggets of toxins. Karin and I smile at each other like proud parents, as she continues to massage my stomach.

**4.40pm** A few releases later, each more productive than the last, I am relieved and shuffle to the bathroom. I sit there for far longer than probably necessary in post-colonic nervousness. It's actually quite amazing what we are carrying around inside of us, and makes you think a lot about what you eat and drink.

**5.00pm** Back home with my colonic-pals, we discuss. Some feel fresh as a daisy, some slimmer, others light-headed. I am indifferent.

**9.47pm** Having not learnt to rectify my ways, at a party laden down with champagne and canapés, I get an incredible and unjust energy explosion, and begin dancing like Lionel Blair on overdrive. I feel fantabulous, and hurry home to book more sessions. ●

***Darren's colonic hydrotherapy was administered by Karin Nahmani ND at the Pure Center in LA.***

***New bookings mentioning "Aircrew" will receive a 10% discount off their first session. [www.purecenter.com](http://www.purecenter.com)***