

The detox challenge

Getting rid of clutter and switching up your diet can have a transformative effect on your life. Three writers do just that



Prior to Olivia Davidson's arrival, I took special care in choosing what to wear. As I picked out a pair of tailored shorts and a black blouse, I felt afraid of being judged.

OLIVIA'S STYLE SECRETS

- *What we wear affects our mood, so get rid of anything in your wardrobe that's just so-so.*
- *If you can't afford a whole new outfit, buy new accessories, such as belts, earrings or a bright pair of pumps.*
- *Identify your best features, then emphasise them with items that flatter you.*
- *Well-fitted underwear can make all the difference to your silhouette, so get measured and invest in a good bra. Edgars has a lovely lingerie range with helpful and knowledgeable staff.*

garment. She wanted to understand any emotional attachment I had to each piece,

1. HOW DO I LOOK?

Cape Town journalist **Kim Chaloner** receives a wardrobe overhaul with the help of a Paris-trained style guru

I dreaded Olivia's first peek into my cupboard – a set of sliding doors hiding a mass of boy-cut jeans and the gamut of grey T-shirts, with some unworn pieces lying crumpled in the corners. What would she think of me? In breezed Olivia. Impeccably put-together, she wanted to first focus on getting to know me. With pen and notepad in hand, she seemed more like a concerned fairy godmother than an internationally trained stylist and wardrobe consultant. "How do you feel about yourself?" she probed. "What makes you happy?" After what felt like a psychotherapy session, she snapped a full-length photo of my outfit, and asked for directions to my cupboard. Olivia wanted to see and touch every

and let me motivate why it should stay. But if it didn't complement my colouring or my shape, it was out. While I played dress-up, and Olivia tweaked and tended to each outfit, we sorted all items into 'yes', 'no' and 'maybe'. Olivia's manner pulls no punches. But rather than making me feel unfairly judged, it was empowering. Together we discerned an easy-to-maintain look for me, helped by the digital snaps she had taken along the way. Olivia confessed she found my

shorts "unflattering", my spaghetti top was "too baggy" and "figure-concealing", and my habit of wearing my tops pulled down low over my hips quite peculiar. She told me to ditch the grey for uplifting colours, to layer tops of varying lengths, and to look at paint palettes for ideas.

Later, I donated a boot-load of clothes to a woman in need, took two greying pieces to the laundromat to be dyed black, and promised Olivia I'd look out for detailed belts, a zebra-print bag, a pair of red pumps and bold, contemporary jewellery.

Enlisting a friend to do this job could have wrought serious consequences on our relationship. That's why paying a stranger to play the role of garment gatekeeper just works: they're objective and honest, and won't pander to your emotional pleas. Olivia also helped enliven my husband's "funereal" corporate attire into a look he loves. When we're out shopping, we'll only head for the till if we're certain Olivia would approve.

To contact Olivia Davidson, visit fashionstylist.co.za or call 072 411 8079.



2. LIQUID ASSETS

Club's beauty editor, **Lameez Hendricks**, swaps solids for juices in a quest for more energy and glowing skin

I'm Lameez and I'm a sugar junkie – I'll quite comfortably order dessert first. My interest in juicing was piqued last year when I noticed juices popping up on celebrity Instagram feeds. "Delicious, super-healthy; the ultimate way to drop a dress size" read their smug captions. But it was their rave reviews about the benefits to their glowing skin that sealed the deal. I wanted in – I wanted that skin!

What I didn't want is the fuss of prepping the juice myself. That's where Juice Revolution and their seven-day Super Juice Diet came in: they produce, package and deliver a box of perfectly labelled juices, along with supplements, teas, daily tips cards and a programme planner. All juices are made from the freshest produce, local and organic wherever possible, with no added anything: six juices a day, for seven days. No other food allowed.

My days are busy and I don't typically break for lunch, so it was a relief to know I had all I needed in the freezer (your juice is delivered blast frozen and you defrost what you need the night before). The biggest surprise was how filling they were. The Turbo Express, for example, has apple, avo, celery, pineapple, cucumber, spinach and lime, and I just couldn't get through them all. I spoke to Fiona Stander, the brains behind Juice Revolution, about not meeting my quota. We decided to cut out a few of the juices and freeze the remainder for after the challenge (score!).

The headaches and exhaustion I felt after the first three days were similar to the start of Ramadan (the annual Muslim fast), so

I wasn't fazed. I knew my body was rebalancing itself to be less reliant on the fake stimulants I'd been feeding it in the run-up to the cleanse: store-bought coffees and sugary treats. Weirdly, instead of craving sugar,

I craved salt. Fiona said this was quite normal, and it settled down by day four. It was around day five that I really started to miss the act of chewing. All around me people were munching their meals and I had such an insatiable desire to do the same.

My social life also took a dive. It made me realise how many gatherings honour food. I wasn't very popular when I responded to dinner-date invitations with a rain-check attitude. And the weekend was agony: no long brunches or divine dinners for me.

And then day eight dawned, and it was finished. I felt energised, my muffin top had shrunk and, yes, my skin was on top form. (Mission accomplished!) I also felt a deeper connection to my body. I don't check out the desserts first anymore – although I still love a sweet treat now and again. And if I fall into a slump again, there's always the three- to five-day juice cleanse to get me back on track.

Visit juicerevolution.co.za

FIONA'S FOOD PHILOSOPHY

- *Recognise 'false hunger'. This is when we eat because of the time or out of pure habit. Stop to ask yourself if you're really hungry, and what you're really in need of.*
- *Take your time to eat. A slower approach aids healthier digestion.*
- *Don't keep eating until you're uncomfortably full. Instead, wait 20 minutes to decipher whether you're still hungry. If you are, eat a little more.*
- *Stay hydrated. Often when we feel hungry, the body is actually craving water so take regular sips throughout the day.*
- *Don't be a weight watcher. Make health and longevity your focus.*

WIN THIS MONTH

ONE LUCKY CLUB MEMBER WILL WIN A THREE-DAY SUPER JUICE DETOX FROM JUICE REVOLUTION, TO BOOST YOUR HEALTH AND ENERGY. TO ENTER, SMS 'JUICE', YOUR NAME AND EDGARS ACCOUNT NUMBER TO 34448 BEFORE 20 JULY 2014. (EACH SMS COSTS R1.50). TS AND CS APPLY. VISIT JUICEREVOLUTION.CO.ZA AND EDGARSClub.CO.ZA FOR MORE DETAILS. **SAVE CLUB** MEMBERS RECEIVE A 10% DISCOUNT ON ALL ORDERS FROM JUICE REVOLUTION BOOKED DURING JULY. TO ORDER, EMAIL FIONA@JUICEREVOLUTION.CO.ZA WITH EDGARS CLUB IN THE TITLE.



There's a room in our new house that was meant to be the study. But instead of being a clear, inspiring space suitable for a home office, it's become a dumping ground. There are boxes in there that haven't been opened in more than three years...

In our last spot, said boxes were in the cellar. When we moved, they simply came along with us.

I have files full of bills that are years old, boxes of electronics and even a few piles of old, unopened post. I'd really like it to be a calm, productive space with all the things I need to work from home when the need arises. But getting it sorted seems like a Herculean task – one I'm not confident to tackle on my own.

I got in touch with Caro Fisher, who runs My Life Organised, a lifestyle-management service that does anything from standing in line for your passport application to planning your dinner party or sorting out your garage. When we met for a consultation, it was soon clear that I was in the hands of a decluttering mastermind.

She takes the room of chaos in her stride, reassuring me that everyone has clutter in their home, in varying degrees. She's not shocked – a good start. We talk about how I struggle to bring myself to throw things away because I have an emotional attachment to it (I still have the prehistoric laptop that I wrote my university dissertation on – now that was a long time ago). The other is the fear that, maybe one day, I might need something that I've thrown away.

3. CLEAR HEADED

Vanessa McCulloch learns how to get a handle on clutter, thanks to a pro

need to ask yourself the question, 'Does this item serve a purpose in my life right now?' and 'Will it serve me in the future?' If the answer to both questions is no, out it goes.

Caro's approach is to create separate piles for everything you sort through: keep/relocate; file; archive; donate and throw away. You can also create a memory box for items with sentimental value. She believes paperwork and office stuff is all about retrieval – you don't want to waste time looking for a bill or a licence – and she's big on labels and boxes. Everything has a home.

So we got started. We're five boxes down with quite a few more to go but the tide is turning. My dream home-office space is starting to take shape. "Clutter consumes you and you will be amazed at the freedom you'll feel when it's gone. If you let go of clutter from your past, you make way for new growth in your future," says Caro. "How exciting is that?" Pretty exciting indeed. To contact Caro Fisher, visit mylifeorganised.co.za

Caro says decluttering is not hard (that's what she thinks!), but using a service like hers means you're accountable to someone else. But how to start? "You

CARO'S CLUTTER CONTROL

- A pinboard is a great solution for odd papers, pictures, quotes and notes.
- Buy a shredder to avoid paperwork from piling up again
- Old computers can be donated to someone who needs them more than you. Delete all files and save any sentimental information on a memory stick and place in your memory box.
- Keep paperwork for five years for tax purposes. After that, say goodbye.