



by **Carol West**
The Kamala Centre,
Calpe

Question: I really have a sweet tooth and have to have some chocolate every day; although I don't want to give it up would colon hydrotherapy help with this addiction?

ANSWER:

THIS IS quite a common question we get asked as people don't like the fact that chocolate has a control over them. Firstly we need to look at why this is a problem; we never hear of people being addicted to apples or broccoli!

The addiction can be split into two: the mental addiction and the food addiction. The mental addiction we have had since childhood. Most of us have been brought up with the link that chocolate or sweets are a reward for being good, they are also given to us when we are sad, to cheer us up and eaten at every celebration in our lives including birthdays and Christmas so a very strong mental link is in place and the brain loves happiness so tries to re-

find it through eating chocolate.

Secondly, the food addiction; and this is split into two. It has been discovered that if a certain drug is taken that is used to get people off opiates it also removes their desire for chocolate. In other words, the chemicals used in chocolate are an addictive drug. The other drug is sugar and this causes us major problems as it causes our blood sugars to spike and whenever they get low, the body craves more.

Now this doesn't mean we shouldn't eat chocolate but many people would like to get a control of it and this is where colon hydrotherapy can help. The 3 day detox programme we offer at The Kamala Centre is the ideal program to get a control of our

addictions, both mental and physical.

By combining 3 days of juicing along with 3 days of colon hydrotherapy treatments, your taste buds will change and your desire for the addictive elements will be removed or reduced. Once you are in control, life is amazing and you can decide what you eat and when.

If you would like to know more, please give us a ring at The Kamala Centre on **965 875 869** or visit our website www.thekamalacentre.com



For an appointment please contact The Kamala Centre, Calpe on **965 875 869** or visit www.TheKamalaCentre.com

Hair loss associated with stress?



Ask the Specialist by **Dr Colin Evans**
MB.ChB., F.R.C.S., BDS., FDSRCS

QUESTION: I am 52-years-old and my hair has suddenly started falling out. I don't have bald patches but the hair-brush and plug hole are full of hair and it is noticeably thinner. I have been under a lot of stress, could this be the cause?

ANSWER:

Stress as such, is not a reason for hair loss. That said, if you have had any illnesses or major surgery, it is not uncommon to lose large amounts of hair about 3 to 4 months later. This is known as Telogen effluvium.

It is important to see your Doctor re-

garding this because hair loss can be a symptom of underlying disease. Thyroid disease, both over-active and under-active can cause hair loss. Look out for other symptoms such as tiredness, dry skin, constipation and weight gain, or the opposite: restlessness, excessive perspiration, palpitations and weight loss. When the thyroid function is stabilised, hair will re-grow. Other illnesses that can cause hair loss are diabetes and lupus. Amongst other things, diabetes can cause weight loss, increased thirst, excessive urination and frequent infections. The disease known as Lupus also causes hair loss but this is normally

in the form of patches.

Hormonal problems can also be a culprit. Imbalances of male or female sex hormones, androgens and oestrogens, can cause hair to fall out.

Certain medications can also be responsible such as oral contraceptives, antidepressants, anticoagulants (blood thinners,) blood pressure tablets and medications to treat heart disease. Medications used to treat gout and even vitamin A if taken in too large quantities can also cause excessive hair loss. Annoying isn't it: the question sounds so simple! Please see your Doctor.



Look out for other symptoms if you experience hair loss

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