

# My seven day detox at Beechcroft Retreats

By Darlene



*“Prevention is better than cure!”*



**I met Merleé at a Black Women’s Health Day held at a community centre in Harlesden in October 2018.**

She immediately caught and held my attention throughout her entire presentation. She was a small, extremely pretty lady. Bright and breezy, and whose passion for her work was very clearly evident.

The audience were reluctant to engage with her as she asked personal questions such as “How many times a day do you open your bowel – once, twice, three times a day?” Merleé was undeterred from delivering her message. She gave graphic examples of her work with people who were very ill indeed.

Of particular note, was the case of a lady who arrived at her treatment centre with an enormous tumour protruding from her chest. The lady was shown love and kindness beyond anything she was experiencing in the medical world. As a result, Merleé was able to share an amazing positive outcome with us. I was truly struck by her sincerity and caring nature.

I spoke to Merleé at her stall at the event because I wanted to find out from her if you had to be ill to come to Beechcroft.

“No” she replied emphatically, “Prevention is better than cure”.

# Monday 19th November 2018



After a week of packing according to a list of items specified for my stay at Beechcroft, I was somewhat bemused at the nature of the items which included among other things:

- A plastic colander
- Rubber gloves
- Hot water bottle
- Warm loose clothing
- Towels
- Walking boots

“What am I going to do with these items?” I was intrigued.

I wondered if there was no heating at Beechcroft, and if there wasn't, I would have to return home as I don't cope well with the cold.

At Victoria station that morning several trains, including the one I was taking to East Grinstead, were delayed. I tried not to feel too frustrated or despondent by this as I wanted to come to Beechcroft with an open mind and not with pre-conceived ideas.

The taxi driver, who knew of her, spoke highly of Merleé as we drove to Beechcroft. As the taxi pulled up to the property, Merleé was outside the front door with her dog. She put her inside and welcomed me to her home. All my anxieties and fears melted away, even if there was no heating, which there is, Merleé radiated a natural warmth. She showed me to my room, and immediately dispelled my other concern – I would not be sharing my room. As it was close to lunch, she offered me a warm drink whilst she explained that another lady would be staying for four days in the adjoining bedroom and we would be sharing the bathroom. A third person was expected to arrive on Tuesday and she would downstairs. I met Jackie, the lady in the adjoining bedroom, who was a cancer patient, at lunch.

Merleé explained the programme of treatments we would be participating in during our stay.

The programme is completely bespoke and tailored absolutely to the individual needs of the person.

Merleé's vision, energy and experience enabled her to make a concise assessment of my needs and the most efficacious treatments and supplements were explained, including:

- Ceragen bed
- Bio-energised foot bath
- MRS bed – Vitalife
- Infra red sauna
- Oil massage class
- Full diagnostic body scan
- Hyperbaric oxygen session

## Meals

Rice noodles with carrots, kale and onions – very tasty

Broth made from meat bones – very warming and tasty.

Recommended 8 pints of water to be consumed each day and various food supplements were given at meal times.

I had a full diagnostic body scan with Loretta which revealed that I had no energy due to my lymphoid system not working properly.

Watched an interesting film on Dianectics.

Merleé does not rely purely on her own knowledge and experience; rather she researches daily to increase her own knowledge and understanding of her chosen field of work. Consequently, she has amassed an extensive library of books, videos and tapes, which enables her to explore other lines of thinking and current updates on a wide range of methods and remedies. Merleé generously makes this information freely available to her patients and this can be used to analyse our own journey through life.

At the end of the first day I sent a text to my best friend Christina.

“Hi Chris, It's been an absolutely brilliant first day.”

# Tuesday 20th November 2018



I attended meditation with Merleé at 8 am. She had explained to Jackie and myself the previous evening that we were not to feel offended if she did not speak to us if we were to bump into her before meditation. For her it was a time to be quiet.

As I entered the room that meditation took place, Merleé was sat towards the centre of the room on cushions and she was surrounded by books. I started to shuffle across the floor wearing my slippers. To my consternation, I caught her eye as she mouthed at me "Take your slippers outside." I was mortified. Particularly, as she had explained her need for silence at this time. I had caused Merleé to break her morning silence!

I sat on a cushion with another supporting my back. Merleé with her eyes closed was deep in her meditation. I could see from her concentration demeanour that this was an important time for her.

I personally never meditate at home, but I sat with my eyes closed wondering what to meditate about. My brain flitted about and bits of conversations I'd had with different people came in and out of mind. I found it quite difficult to concentrate my mind on one central thought or idea. I was relieved to hear the gong strike three times signifying the close of meditation. We all read a piece of pre-selected text from the books and I noted the thoughts they contained were positive and set the tone for the day.

Breakfast consisted of a juice, the base of which was apple juice and to which the following supplements were added:

- Banana flour – 1 dessertspoon
- Lethicin granules – 1 dessertspoon
- Rosehip – 1 dessertspoon
- Turmeric powder – 1 teaspoon
- Beetroot powder – 1 flat dessertspoon

I attended a yoga class at 10 am with an amazing lady of 80 years old. She was amazing and inspiring.

I had a bio-energised foot bath. As the clear water turned a murky brown colour and left a sediment at the bottom of the container, it was clear that metallic toxins were present in my system.

In the evening I attended a Salad Master cookware demonstration that highlighted the dangers of cooking in pots made from aluminium and stainless steel, or that are coated with non-stick coating. These metals can, over time, contribute to serious health issues if you used on a regular basis. Titanium cookware is noted for its beneficial quality of not leaking toxic metals into food and contribute towards a healthy way of cooking nutritious food. All the cookware used at Beechcroft is from Salad Master. The pans are prohibitively expensive, but the potential health benefits outweigh the cost. Signed up for the personal set on a payment plan.

The meal cooked for the demonstration was a gluten-free lasagne and apple crumble served with Mango yogurt. The dishes were prepared without the use of oil or water.

## Today's water intake

- Flask of warm water
- ½ pint at breakfast
- 3 pints
- 1 bottle

## Supplements

- Digestive enzymes x 2
- GX Assist x 2
- PB Assist x 1
- Casara Sagrada x 2

## Wednesday 21th November 2018



Started the day with meditation, similar to the day before.

Breakfast consisted of a juice made from:

- Carrots
- Beetroot
- Kale
- Celery
- Apple juice

With added supplements as previously described.

Lunch was the Lasagne prepared at the Salad Master class the evening before. It was very tasty.

I attended a Hyperbaric oxygen session. This is the first time I have ever been in an oxygen machine. The result of the session revealed that I was breathing incorrectly and this was affecting my lymphoid system.

This information concurred with Loretta's diagnosis and served to build my confidence in that Merleé's overall practice draws on the expertise of other professionals were necessary.

Merleé kindly showed me around some of the shops in East Grinstead before returning to Beechcroft. We ate the rest of the apple crumble and I washed mine down with a mug of chicory (substitute for coffee).

I watched a DVD on SMART meters. The negative effects of these meters were strongly highlighted with robust testimonials from end users.

Merleé led on a demonstration on how to carry out an enema, which I then had to do myself. The first attempt was quite poor and I spilled water onto my towel. By the second and third attempts, I felt a bit more confident with the procedure.

## Thursday 22th November



I had to conduct my own enema at 6.30 am this morning. It went much better than the previous evening, and I was able to complete the procedure in two sessions.

I attended meditation at 8.30 am, after which Merleé suggested going for a walk which I was up for. On the way we met a lovely horse looking out over his fence. He took a real shine to Merleé. He was convinced she something for him to eat so he proceeded to inspect her pockets to make sure. Sadly for him there were no treats to be found. We walked and talked amicably together. I enjoyed a second session on the MRS bed that was so relaxing I fell asleep.

I had my final meal of the day which was lunch. Tomorrow (Friday) I would be 'Nil by mouth' as the final steps to prepare for the liver detox tomorrow.

Its hard for me not to feel some anxiety around the procedure as I have never experienced anything like this before.

Merleé, who has conducted this procedure thousands of times, also knows very well how to distract and allay her patient's anxieties and fears.

What followed later that evening was very special. A session with Merleé on the use of Aromatherapy oils. She really came into her own, demonstrating a commitment to forward thinking and not simply stagnating in the past and relying purely on tried and trusted remedies.

"I no longer use those herbs you see in the treatment room" she said. "Things have moved on and pure Aromatherapy oils have taken over. They are far more effective than herbal medicine, as they penetrate the blood stream almost immediately."

She went on to explain the history of the use of oils which dated back as far as biblical times. References to baby Jesus and King Solomon to name just two. Occasionally she would pause and select an oil, rub it on my hand and wrist and I would smell it. My senses were awakened, as never before, by the array of smells – some familiar, others not.

"I want you to run your hand over these two boxes of oils and choose four"

It is her sense of fun and mystery that makes Merleé's teaching style so unique, yet comforting.

I ran my hands over the bottles with my eyes closed. Some were small, some were a little taller. Should I choose just the taller ones, would I appear greedy to Merleé. Or should I just choose the small bottles – showing a possible falseness of modesty. I continued to run my hands over the bottles and simply picked them out randomly. I chose the following:

- Eucalyptus
- Siberian Fir (AKA Douglas Fir)
- Lemon
- Geranium

Each of these oils told its own story in terms of its effective use.

Eucalyptus – Oil of wellness. Good for respiratory problems. Can give courage to face issues. Can help you to take full responsibility for your own health needs.

Siberian Fir – Useful for addressing generational issues; can help you to live in accordance with your own values; increase the bond with the family; encourages healthy family dynamics; teaches others to learn from family values; respect for elders; use wisdom from the past; and question family values.

Lemon – Oil of focus. Improves ability to focus; focus on one thing at a time; dispels confusion – gives clarity; restores energy; helpful in learning issues; restores confidence; inspires; alleviating feelings of despair and hopelessness; and infuses the soul's energy.

Geranium (gentle oil) love and trust. Restores goodness; facilitates trust; re-establish bond

between mother and father where trust has been lost; encourages emotional honesty; softens anger; nurtures the inner child; and Geranium will heal the heart. (Re-connect with God.)

For me, I was personally surprised how intuitive my choice of oils proved to be. I identified with all of them in some way. On a visit to Australia many years ago – Eucalyptus and Tea Tree oil were recommended to bring home with me.

I so enjoy the fragrance of lemon; while the wild Geranium has such a delightful flower (not at all like its commercially grown cousin), and fits its descriptive qualities beautifully when used as an aromatherapy oil.

I had never hear of Siberian Fir before, but as the bonds in my own family life are often strained and feel incomplete, the attributes of this oil made me reflect on my own family life and I know I have work to do with my children to improve the dynamics within my family.

It was an extremely interesting and inspiring session as only Merleé can deliver. Yet it is the follow-through that often demonstrates the reality and later when Merleé lovingly concluded the session with a back massage using a combination of the chosen oils, which she extended to the lymphatic system all the way down to my feet, her generosity of spirit was oh so evident. I have had many massages over the years, mostly impersonal and mechanical, but this one I enjoyed, as it reflected so beautifully her giving spirit.

Thank you again Merleé, it completely took my mind off tomorrow's liver detox!!

# Friday 23th November 2018



Liver Detox Day. Nil by Mouth, apart from a large cup of liver detox solution which had to be sipped over a two-hour period. During that time I watched a very informative DVD on cancer. The pharmaceutical industry have a lot to account for. Shame on the doctors who have taken a Hippocratic oath, but who continue to deliver treatment to patients that is killing them.

In bed now for the rest of the day waiting to pass

stones.

Had the first of three glasses of Epsom Salts around 2.30 pm.

When the stones started to pass out, I was horrified by what I saw. What had been locked inside my body for so many years and the realisation of the damage it was insidiously slowly causing.

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Merleé, I can't thank you enough for one of the most insightful experiences I have ever had. I know that my journey to better health has only just begun and I need to build up the resilience, confidence and belief in myself to make sure that I continue this vital life-saving regime that you have helped me to begin.

Darlene

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