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## Programmes

### Spa Of Embarrassing Illnesses: Episode Guide

#### Episode 6

It's now halfway through two weeks of radical alternative therapy that could cure eight Brits of embarrassing health conditions. Giving up solid food and cigarettes sends compulsive over-eater Melissa over the edge and her addictive personality finds focus in a young and handsome therapist. And could it really be that 20 years of excessive sweating is miraculously over for Jodine?

#### Episode 7

A two-week regime of radical alternative health therapy in Spain has seen our Brits with embarrassing illnesses go without solid food for seven days. Today they're allowed to start eating again but strangely, compulsive overeater Melissa can't stomach the thought. And if acupuncturist Yair's treatments fail to ameliorate his major eczema flare-up, will Dan give up on the holistic approach altogether?

#### Episode 8

After being cocooned in an alternative health environment for 12 days, our guinea pigs get a day pass to a Spanish city to test themselves and their resolve in the real world. But IBS sufferer Amie is feeling isolated and chooses not to participate in the group outing while in Granada, after several days of dryness, hyperhydrosis sufferer Jodine finds the stress all too much and has a sweating relapse. Could a session with a clinical hypnotherapist help?

#### Episode 9

Having endured two weeks of an alternative therapy regime of pummelling, prodding and poo-ing, how have the group fared? Yorkshire infertility couple Charlotte and Damian were the most sceptical about the holistic 'mumbo jumbo' but on the last day, they find themselves allowing acupuncturist Yair to 'rebalance the energy' between them. And psoriasis sufferer Tracy goes under the hypnotherapist's spell to try and improve her self-conscious psyche as much as her skin.

#### Episode 10

Three months after they survived a fortnight at a Spanish spa which revolved around enemas, alternative therapies and a radical new approach to food, we revisit the gang at home



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Find out how to book yourself on a detoxifying break at the spa featured in the show!

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#### Excessive

#### Sweating?

See excessive sweating solutions Stop excessive sweating now. StopSweating.YourSkin10

#### Sweating

#### Treatment

Dr. Nielson treats excessive sweat of the hands, face, underarms, feet www.hyperhidrosis-usa.com

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to find out if they've gone forwards or backwards in the battle against embarrassing illness. Can compulsive overeater Melissa really give up years of junk-food addiction? Is Amie's remarkable recovery from IBS assured? And exactly what effect has fresh organic food had on Charlotte's polycystic ovaries?

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