



## RED PUNCH

This concoction is packed with powerful phytochemicals and antioxidants (like betacyanin and beta-carotene) that help rid your bodies of toxins and protect against the kind of DNA damage that can lead to premature ageing and cancer.

Ingredients: red apples, ginger, orange, goji berries, beetroot, carrot.



## TOP TABLES

# Big Squeeze

LOCAL PAIR SHOW KIMBERLY HU THAT HEALTHY AND TASTY AREN'T APPLES AND ORANGES

**N**OTHING TASTES AS GOOD AS HEALTHY feels, right? Wrong. The ladies from Punch Detox bring healthy taste-good and healthy feel-good together for a smashing formula of juices that gives your body a once-a-month cleansing of toxins – that is, if you're lucky enough to get onto their rapidly growing waiting list.

Hong Kong natives Ann Cha (above left) and Angela Matsuzawa (right) say they never imagined that what began as a personal hobby for them to lead healthier lifestyles would grow into the booming business it is today. The ladies

have designed a three-day juice cleanse programme that comprises six different juices a day – and no solid food. “We spent a long time coming up with the programme,” explains Cha. “It’s basically a formula that we designed, and all of the ingredients contain detoxifying properties. The entire programme is perfectly nutritionally balanced.”

Friends that started hearing about the juice cleanse wanted in, and the ladies soon had a list of people waiting to get hold of their juice formulas. It was time to brand their programme – and Punch Detox was born. “It’s Punch because it’s a boost to your health, an energy boost that most people talk about when they go through the detox,” says Cha, the mastermind behind the juice formulas.

Cha says there are plenty of different juice extractors on the market, but the pair acquired a labour-intensive hydraulic press. “When it’s time to make the juices, I call it ‘Game Day,’” jokes Matsuzawa. The ladies purchase up to 10kg of fruit and vegetables per person per programme – at the moment they are pressing more than 400kg over three days, and it’s not an easy job to transform those bags of produce into juice. “Sometimes I think I’m stupid for choosing this machine – it’s not easy to use,” says Cha.

But there’s a good reason for the sweat and tears. “It really gives you the best product. Studies show that this method retains 500 per cent more of the enzymes, vitamins and minerals than any other juicing method.”

Friends since childhood, Cha and Matsuzawa each possesses an enviable complement of beauty, intellect and business savvy. Cha attended Yale for her undergraduate studies and went on to Columbia for her Master’s degree. Matsuzawa had an equally impressive education with the University of Pennsylvania and Harvard Business School.

“We’re still learning and want to make sure that everyone has a good experience and that the quality remains. We’re trying to grow slowly to accommodate more people.”

Punch Detox is planning to increase the number of participants each month. “Starting from January, we are thinking of doing the programme more than once a month to make it more available,” says Cha. Sign up at [www.punchdetox.com](http://www.punchdetox.com) and see if you can squeeze your way onto their list.

