

Star joins wife's colonic scrub

Love knows no bounds for professional rugby league player Jode Sheriffe. **Diane Crabtree reports**

He's got a reputation for being fearless on the rugby field. But 25-year-old Jode Sheriffe's just a big softie when it comes to love as he will be proving later this month.

The Jamaican international, who turns out for Keighley, is making the ultimate sacrifice to help get his wife, Joleene's new business venture off the ground.

Thirty-three-year-old Joleene, who is a paramedic for the Yorkshire Ambulance Service, has just opened her own colonic irrigation clinic in Halifax town centre. The treatment, endorsed by the likes of Jennifer Aniston, Madonna, Princess Diana, Britney Spears, Courtney Love and of course, Gillian McKeith, involves flushing out the contents of the intestines via a tube pumped with water.

Around 6,000 Britons undergo colonic irrigations every month, and the procedure, which fans say removes harmful toxins from the body, encourages the growth of healthy bacteria, boosts the immune system and even helps weight loss, has become steadily more popular over the past 20 years.

Joleene is planning an open night at Therapy Skincare in Rawson Street, on Wednesday, February 15, to spread the word about colon hydrotherapy and Jode, has volunteered to be her model. He will undergo the treatment in front of dozens of strangers and answer any questions they might have.

"It's not the most romantic way to spend a night with my wife and I'm sure I'm going to get a lot of stick over it from my rugby mates, but I'm doing it for love," says Jode who used to play for Halifax and has two brothers, Rikki, 27, and Jess-Jo, 22, who both play rugby.

The couple, who live in Keighley Road, Il-lingworth, Halifax, and have been married 13 months, met through the game. Joleene used to play rugby union for Halifax Ladies.



Colonic irrigation: Joleene Sheriffe at Therapy Skincare, Halifax.

They have two sons, Tyreese, four, and Reubyn who is 19 months. As well as playing rugby, Jode is a postman and runs Rugger Ratz a rugby club for two-to-five-year-olds at The Dance Mill, Holmfild, Halifax.

Joleene, who has worked for the ambulance service for 11 years, says colonics have helped turn her life around. Despite following a healthy diet (she drinks 1.5 litres of water a day) and exercising, she had problems with her bowels and could go days without going to the toilet. It left her feeling sluggish and lethargic.

Last year she started having regular colonic treatments and says she can't believe what a difference it's made to her

overall wellbeing. "I feel so much healthier. I no longer feel bloated or under the weather all the time instead I feel lighter and have a clearer mind."

She trained at Alternative Angels in Horsforth, Leeds, and opened her clinic last month and says it has taken off a lot quicker than she expected with both men and women.

"A lot of people think it's embarrassing but I want to show them their modesty is preserved at all times. Clients wear paper knickers and a paper gown and everything used from the speculum to the pipe is disposed of. As well as Jode, a female client has agreed to have a treatment at the open night so guests will be able to ask them both about what it feels like."

The evening from 6pm to 9pm, will also introduce other new treatments to Therapy Skincare including semi-permanent make-up and Botox and fillers. More details are available at www.therapyskincare.co.uk

Joleene, who still has regular colonic treatments, plans to offer colonics around her full-time job and will be working evenings and weekends. A treatment lasts around 40 minutes and costs £55 but it is on offer at £45 until the end of this month. Other offers will be available on the night.

Colonics are believed to be good for those who suffer with IBS, Crohn's disease, constipation, colitis, flatulence, halitosis, thrush, abdominal pains and headaches, and can give you clearer skin and a flatter stomach, as well as cleansing the colon of hardened waste and toxins.

For more details of Joleene's new business ring Therapy Skincare on Hx 357572.

Big softie:
Rugby star
Jode
Sheriffe with
wife Joleene



Happy family: Joleene and Jode Sheriffe with their children Reubyn and Tyreese

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