

A New Me: My Spring Detox Diary

By Lisa Cortés



Day 1

I am scared.

I'm leaving New York City on my way to Martha's Vineyard to start a 21-day detox. I'm with James Hester, the co-writer, with Roni DeLuz, of the New York Times bestseller, *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox*. We chit chat about many things but I'm distracted. I'm throwing my crutches out the window and each mile takes me away from the familiar of cookies and cocktails. The bright side of this journey is that scientific studies show that 21 days of discipline to anything will change your life.

I'm doing this because I want to practice loving discipline. We think we're loving on ourselves when we purchase the new shoes or have one more scoop. But often times these are buffers to protect us from the sting of our pain. I've had an amazing career in the film (as Executive Producer of *Precious*) and music worlds. The stress of these industries puts pounds on me and I've struggled with my weight for years. I've seen artists go on extreme diets. It's a rollercoaster. I want to do something healthy for me.

We arrive at the retreat where I meet Dr. Roni, a small African-American woman who's made healthy living her crusade. That night we have our soup of pureed vegetables and broth. Soup has never tasted so good before!

I dream that I dance with a glazed pink donut with silver dots.

Day 2

Metaberry juice to start the day. It's a bunch of berries rich in antioxidants crushed together. Detoxing is a cleansing of the temple (John 2:13-16). your physical and spiritual essence. I ask myself, "What have I done lately to nurture my spirit?"

Day 3

I'm starting to get into the hang of this and liking it. I'm putting maximum nutrition in small doses into my body every two hours. Green powder, fresh vegetable juices, my beloved soup! Water is key. Lots of it to stay hydrated. I'm learning that when you detox you need to be careful to find a program that is nutritionally balanced and that you stay on that program's schedule. I'm okay except for feeling cold which, I'm told, is a byproduct of toxins leaving the system. Tony built me a fire and I sit in peace. I joke that the fire and a good book is my dessert.

Day 4

Something is happening. I'm craving my aloe, my minerals. My body is thanking me for this break. I am open. I have to get in touch with my body and not just my mind. I am letting go. I am thinking about forgiveness and moving on. As I feel lighter I want to shed it all, so I can skip into the next glorious adventure that awaits me. They say that day 5 is going to be incredible. I can't wait to fly.

Day 5

I want to be quiet today and not speak much. We do a lot of communicating by text. My brain is becoming keener and I'm able to finish a document I couldn't wrap my head around before. My foodie bud Gerry sent me an article about Shake Shack and that got me dreaming about burgers and planning an escape from the retreat. I find my cat burglar outfit so I can sneak out. Maybe I can tie the bed sheets together and lower myself out the window? My cravings are prompted by what James and Roni call a healing crisis. So I text her and she tells me there's an herb you can put in your soup that has the essence of hamburger. Took a hour walk and sweated the crisis out. For dinner, I have an amazing soup with veggies and cilantro and the herb that substitutes the sublime essence of hamburger.

Day 6

I have metaberryes for breakfast and they taste better than flowers! I still don't like the green juice.

Day 7

I did a week! What a great sense of accomplishment. I've lost 10 pounds in 7 days. I thank God for continuing to support me on my walk. I am not hungry. I am dancing with the stars.

Check back next week to see how I'm doing. You can also view a daily schedule that will explain what I'm doing [here](#).

My Spring Detox Diary: Diligence and Devotion

By Lisa Cortés



Film and TV producer Lisa Cortés' quest to change her life lead her to try the 21-day detox from the New York Times bestseller, "21 Pounds in 21 Days: The Martha's Vineyard Diet Detox" written by Roni DeLuz and James Hester. Here, she chronicles her second week on the detox:

Day 8
Re-entry into the real world of TEMPTATION! I just completed detoxing for seven days at the Martha's Vineyard Holistic Retreat. I am leaving the sanctuary today. Mama has to put the pumps on and hit the ground running as soon as I get back to New York City. I'm wondering how I'm going to handle things in the real world. Still, I'm elated over all that I've accomplished: 10 pounds in 7 days!

With 14 days to go I still don't know the full scope of what's happening but a great by-product of the detox for me is that it helps me be very present. Dr. Roni said it's about the Awakening; a fresh new way of experiencing myself in the world.

Day 9
Can one person clean a temple?

The challenge is on. My New York life consists of many caloric events — meetings over cocktails, cupcake shops on every corner, invites for dinner. The plus is that I've got a great regime going — maximum nutrition in small doses into my body every two hours and I'm well-hydrated. If Steve Harvey, Robin Quivers and Wendy Williams can complete this (which they all did live for 21 days with Dr. Roni and James Hester on their national radio shows), I can do it.

The afternoon lull finds me edging towards the ledge with the thought of chips on one shoulder and vegetables on the other. My secret weapon is to call one of my prayer warrior sisters, Janet Talbert. *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own (1 Corinthians 6:19).* Come in from the ledge and get out of your way.

I never thought I could do this but the reinforcement of my clothes falling off, and not feeling physical pain is the positive reinforcement to help strengthen my resolve.

Day 10
Ever since I started detoxing I've had these intense, multi-layered dreams. Last night's was all about my adventures on the subway. I saw a man in a wheelchair making his way to the A train. I heard the train arrive and I thought how frustrating it must be to hear the train and not be able to get up and run to it. Yes, it's analogous to this journey. To help me feel empowered about where my life is headed, I'm going to think about my actions in terms of strategy. Focus on what is in my control.

Day 11
As a film and television producer I'm constantly on the move- reading scripts, meeting with potential directors, writers, checking out new works. Surprisingly, I'm not hungry. My energy is high. I feel lifted. I can hear and connect better. I'm meeting people at juice bars.

I'm excited — I think I might have found my next film project. All I can say is that pretty dresses are involved. Tonight's hurdle is a museum opening. Hester met me and we drink our green juice in the corner.

Day 12
Today's soup: half gallon of water, organic kale, chard, sweet potatoes and squash seasoned with cayenne pepper and Bragg's. Boil until the vegetables become soft and then blend. This blend also makes a great broth to drink as a chaser.

Day 13
I'm not hungry. I'm angry. Emotions are coming up but I'm not burying them with food. I vow not to use pizza as a buffer.

Day 14
Fourteen days of not chewing and I've lost 14 pounds. My face is glowing and my eyes are clear. Heads are turning on the street. I feel great. I was buying veggies for my juice and soup today and they looked so good that I wanted to hug them. Glorious beets, carrots, collards, broccoli; all from the God's garden.

Happy Easter!

Check back next week to see how I'm doing. You can also view a daily schedule that will explain what I'm doing [here](#).

My Spring Detox Diary: The Final Frontier

By Lisa Cortés



Film and TV producer Lisa Cortés' quest to change her life lead her to try the 21-day detox from the New York Times bestseller, *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox* written by Roni DeLuz and James Hester. Here, she chronicles her last week on the detox:

Day 15

I've been practicing loving discipline for the past 15 days. I made a challenge to myself two weeks ago to stop chewing, to throw away the crutches of cookies and cocktails and to clean my bodily temple.

I took a step out of my carbohydrate-lined safety zone. On the other side I find myself lighter, clearer and happily existing on the Martha's Vineyard Diet Detox where I ingest liquids every 2 hours and treat myself to sexy veggie drinks at juice bars. By sticking to this regime I've lost 17 pounds.

Now the countdown clock is ticking. The New York Knicks and I have shown great promise this season. I don't know about them but I'm going for the playoffs.

Day 16

I had a moment today. I found myself lingering and gazing in the window of a restaurant. I wasn't hungry. It's just that...it was there, so I flipped it. I stopped looking at the food and looked at myself in the window. My stomach is flat, my cheekbones are defined, my hips have gone down and my waistband is loose. I smile.

Will power is a powerful tool. With no food distractions I've been able to set my sails to the tasks at hand. And I've accomplished this in a most healthy way, where I was able to go about my normal, busy life. When I was in high school I went on a lettuce diet in order to get ready for the prom. By the time prom came I was too weak to go. Trust me, by Day 22 I'll be so ready to go out and dance.

Day 17

My morning ritual is to start with the pre-packaged metaberry juice and then I pack my small bottle, which I'll use throughout the day to mix my powders and other powdered drinks in. I can easily travel with what I need. My friends, Maia and Donna were looking at me very strangely when I asked to stop by their house at a specific time to warm up my homemade cauliflower and broccoli soup. I've learned that as long as I stick with the program it takes care of me.

Day 18

My crazy, fun dreams are back. Must be the toxins leaving my system. Last night I was in the musical of the film that I'm looking at producing. Music by Scott Joplin, Jay-Z and Sade, and dresses by Laura Smalls, my favorite designer.

Day 19

On Day 22 I tell myself I'm going to treat myself to a vanilla almond milk protein shake with a bit of ice to froth it up. I've been thinking about maintenance post-detox. I'll want to eat lightly as I introduce food again. I'm thinking veggies, some protein, lots of water and mineral supplements.

Day 20

What's my truth? What have I learned over the last 20 days?

I had a challenge and was led to turn it over to God's love and wisdom. At times I thought that I couldn't make it but I learned to surrender, be grateful and realize that the solution didn't lie with me. I wanted to get closer to my essence and be healthy, unencumbered by burdens. On this journey I learned that something greater than me always moves mountains and that my life was going to change — for the better.

My mother's favorite hymn was "What A Friend We Have in Jesus." She has been gone these many years but in my time of daily reflection I can clearly hear her singing, *O what peace we often forfeit, O what needless pain we bear, All because we do not carry everything to God in prayer.*

One more day to go. The victory is mine.

Day 21

I've lost 23 pounds, thank you very much.

Everyone should have a theme song. A song that makes you feel invincible — that you dance around the house to in your sexy new underwear (2 sizes smaller) when it comes on. When I was in my teens it used to be "You Wear It Well" by DeBarge. It's time to revisit. My journey has left me with the inspiration to make a commitment to effect positive change in my life and to share with others.

As sung by El DeBarge, "You wear it well, Go on with your bad self!"

Happy Life!