

# MARTHA'S VINEYARD

Photo: Tim Johnson



Dr. Roni DeLuz



## Move over South Beach for *The Martha's Vineyard Diet Detox*

When a Cape Air destination turns up in the title of a diet book, the *Bird's Eye View* sits up and takes notice.

Co-author James Hester says when he checked into the program three years ago he was a burger, fries and chocolate addict weighing in at 213 pounds. Now a trim

172 pounds Hester says the 'take no prisoners' diet changed him mentally, spiritually and physically. "This diet not only changed my life, it saved my life," says Hester. As for lending the name Martha's Vineyard to a diet book, Hester



says the Island, his adopted home, is where the diet was birthed and continues to happen. At the Martha's Vineyard Holistic Retreat folks check in for a weekend to 21 days plus. Not for the faint of heart, the diet, perfected by Dr. Roni DeLuz, a licensed naturopathic and health practitioner, cen-



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ters around the health benefits of cleansing, detoxes, fasting and lifestyle change. The book offers a more affordable alternative to the \$500 a day price tag for a stay at the Inn. DeLuz says her motivation to write the book came from her personal experience with Chronic Fatigue Syndrome.

"I have been completely well for eight years and I absolutely know it is because of this diet. I want to reach out to people and let them know that before you put a certain food in your mouth find out what it is doing to your body and why not replace it with foods that can help you live longer and better."

## Martha's Vineyard Inn

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Vineyard Haven, MA

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[www.marthasvineyardinn.com](http://www.marthasvineyardinn.com)