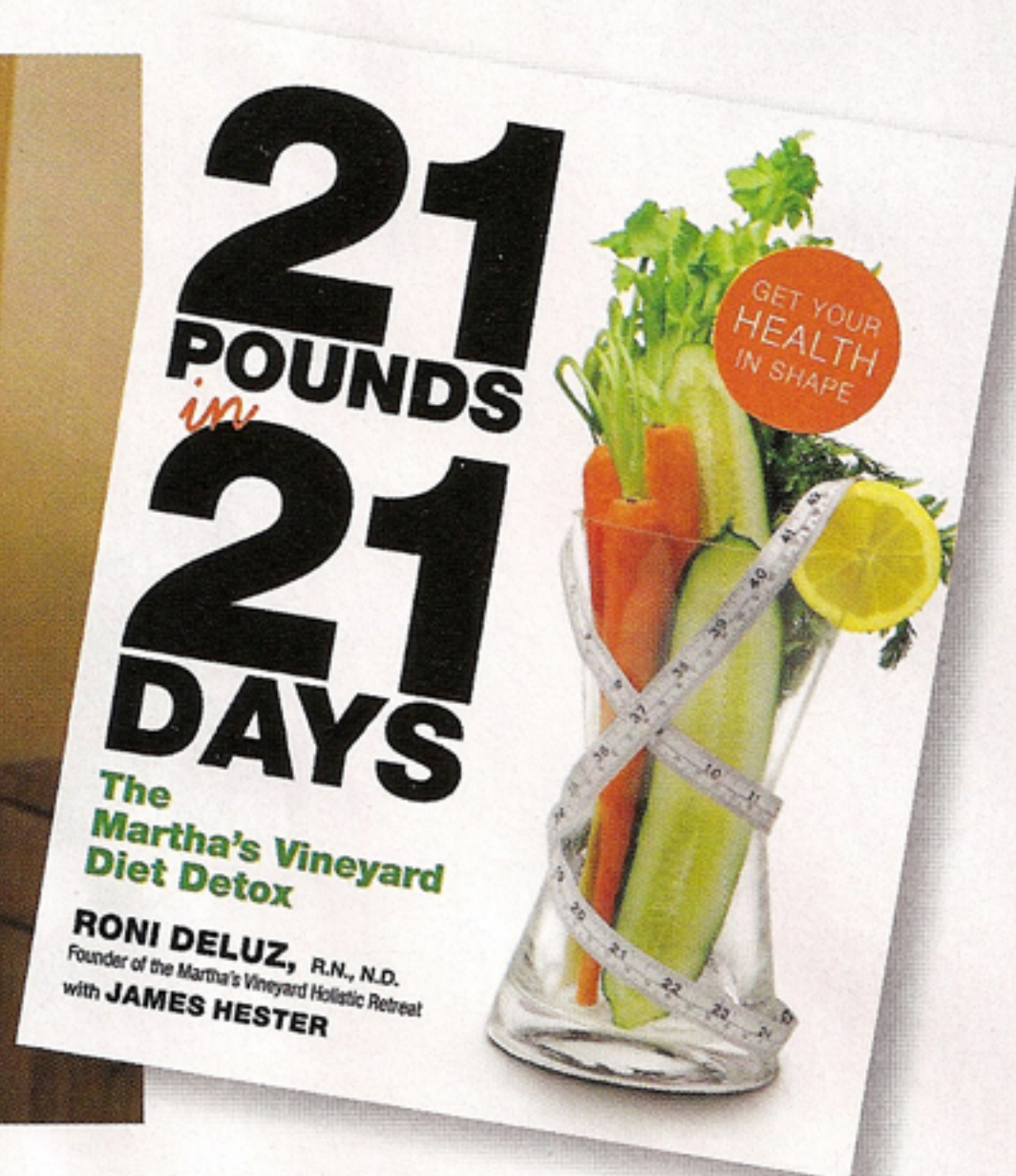


21 POUNDS IN 21 DAYS: The Martha's Vineyard Diet Detox

By Roni DeLuz, RN, ND, with James Hester



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As New Year's resolutions fade and the daunting start of bikini-season approaches, many of us are still struggling to find a slimming health program that works. We all want fast results, but we want those results to have long-term staying power.

Enter *21 POUNDS IN 21 DAYS: The Martha's Vineyard Diet Detox* by Roni DeLuz, RN, ND with James Hester (Collins; May 8, 2007). Unlike traditional diets that often add toxins to our systems, *The Martha's Vineyard Diet Detox* is a cleansing program that flushes toxic substances (think second-hand smoke, bleach fumes, artificial flavors and preservatives) out of the body. Free of toxins, your body functions better and your metabolism soars, enabling you to lose unnecessary pounds. And lose pounds you will—21 of them, to be exact!

Detox diets are all the rage, making news as the quickest, easiest way to shed weight. But unlike most detox programs you've heard about, *21 POUNDS IN 21 DAYS* is not a starvation cleanse. You actually *feed* your body every 2 hours with satisfying supplement-laden drinks, herbal teas, vegetable purees, "live" juices, vitamins and enzymes. In just three weeks, you will dramatically lose weight, boost your energy, and get yourself on a wellness track. This life-changing program will teach you:

Just how damaging the things you put into your body on a daily basis really are—and you'll be armed with the knowledge to keep them out of your system for good!

The best way to feed your body and how to recognize what your body needs.

That you aren't alone in your quest for a healthier you—co-author James Hester was once a client of DeLuz's, and his testimonials and others will prove to you that anyone can

commit to the detox program and achieve amazing results!

That you don't need to complete the entire 21- days of detox to make it work: Try the 7-Day Tune-Up or the 2-Day Weekend Cleanse.

And that's not all. *21 POUNDS IN 21 DAYS* also features helpful maintenance plans, dozens of easy and delicious recipes, practical tips, and a glossary of terms to aid your detox program. By the end of your detox, you'll feel so great that losing the weight will seem like just an added benefit.

According to the *New York Post*, Dr. Roni moved to Martha's Vineyard more than 10 years ago. She and James say their liquid-based diet of distilled water, fresh juices and green-vegetable soups will cleanse digestive systems, improve skin, and induce weight loss.

Dr. Roni runs *The Martha's Vineyard Holistic Retreat* at a bed and breakfast on the island. Stay in one of the six suites, give up solid foods and try berry "cocktails" and other organic blends and indulge in cleansing therapies such as hypnosis and colonics.



ABOUT THE AUTHORS:

Roni DeLuz, RN, ND, is the founder and director of The Martha's Vineyard Holistic Retreat at the Martha's Vineyard Inn. Her experience includes 5 years at Yale-New Haven Hospital specializing in rare syndromes and 1½ years as Director of Nursing at Regis Multi-Health Center. She is a member of the Coalition for Natural Health, American Naturopathic Medical Association, International Association for Colon Therapy, and the American Association of Drugless Practitioners.

James Hester has been partnering with Roni DeLuz since 2003. Hester is a former record company executive who struggled with his weight for years, then lost 30 pounds on DeLuz's plan and went into business with her to promote the program. Both live on Martha's Vineyard.