

HE'S HERE  
TO STAY

WILLIAMS WANTS TO END CAREER WITH FINS, 1D



MASTERS OF  
THE SWIM

NEW METHODS MAY BE KICK YOU NEED, 1E



# The Miami Herald

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# TROPICAL LIFE

# E

The Miami Herald



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## HEALTH COMMENTARY

### Come along to diet detox

BY LONNAE O'NEAL PARKER  
Washington Post Service

The idea came to me over a plate of Buffalo wings, although the roots of it stretched back further. Oprah had just finished a 21-day diet detox, my husband mentioned casually, and I felt the kind of quick stab of jealousy you get when someone else does something you had long been considering.

Earlier this year, a mom at my daughters' school had done a diet detox, and the results were dramatic. She was obviously thinner, but it was more than that. Her face glowed, her eyes sparkled, she seemed lit from within. Immediately I rushed her. Where? What? How? I pressed her until she

brought me her copy of *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox*. Don't let the title fool you, she cautioned; the book focuses much more on cleansing than on losing weight.

I sat her book on my kitchen table and didn't think of it again for months, until the Buffalo wings.

The next morning, I picked up the book again. "A once-in-a-life-



\*TURN TO DIET DETOX, 5E