



HOLISTIC AUTHORS RONI DELUZ AND JAMES HESTER.

Jaxon White

## Move Over South Beach Diet: Detoxifying Regimen Is Dazzling

By LIZ DURKEE

**21 POUNDS IN 21 DAYS**, *The Martha's Vineyard Diet Detox*. By Roni DeLuz, RN, ND, founder of the Martha's Vineyard Holistic Retreat, with James Hester. HarperCollins Publishers, Inc. 2007. 216 pages. \$24.95.

A doctor once told me that our intestines are the window to our emotions. I finally understand what he meant. I just read *21 Pounds in 21 Days*, the Martha's Vineyard Diet Detox, by Roni DeLuz and James Hester. With their support I also took the seven-day version of the diet detox.

I finished it a few days ago. My insides are happy and so am I. The world is a better place. I've flushed an untold amount of built-up toxins from my system and I have so much positive energy coursing through my body I can barely recognize my lethargic former self. I also lost over seven pounds in seven days.

The book is fascinating and easy to read. The Martha's Vineyard Diet Detox is a cleansing detoxification program, an antidote to an American diet that is jam packed with toxins — preservatives, antibiotics, hormones, pesticides — that our bodies can't digest properly. The detox flushes them out of the body. As it detoxifies, the body sheds excess weight.

Dr. Roni, as she is known, is founder and director of the Martha's Vineyard Holistic Retreat at the Martha's Vineyard Inn in Vineyard Haven. She is a naturopathic doctor, registered nurse and colonic therapist. A severe, chronic illness led her to educate and ultimately heal herself holistically. The book and the retreat are the outcome of her personal quest for well-being.

The diet detox, she writes, boosts energy and mental clarity, strengthens the immune system, decreases menopausal symptoms, and results in fewer headaches and backaches, arthritis and joint pain. She also explains how detoxification can help improve health by "preventing, controlling and even healing chronic and life-altering diseases like high cholesterol, hypertension, and diabetes."

Why the book? Dr. Roni is succinct: "One of the most significant but least talked about factors affecting each individual's weight is the amount of exposure they've had to toxic substances. Noxious materials we encounter in our environment, home, workplace and food supply are altering our bodies in fundamental and detrimental ways." Furthermore, for bodies overloaded with toxins it may be physically impossible, she writes, "to lose weight by

using traditional dieting methods."

To make matters worse, getting proper nutrition is harder than ever. One problem is over farming, which depletes the land of vital nutrients. Dr. Roni cites this decade old statistic: in order to get the same amount of nutrition out of one cup of spinach grown in 1950 we now have to eat between 15 and 20 cups.

The key to the Martha's Vineyard Diet Detox is maximum nutrition — consumed in small doses throughout the day — and elimination to remove the toxins. Meals consist of vegetable puree soups, fresh juice drinks, herbal teas and nutritional supplements. Treatments include a colonic.

My only problem with the detox was hunger, over-the-top hunger that for me translated into over-the-top crankiness. Dr. Roni and I discovered the reason for my excessive hunger but not before my husband dubbed it the Diet and Divorce Detox. I'll bet he didn't think it was so funny when the detox ended and I burst through the weekend chores like a born-again workaholic.

Who knows how I'll feel next week — I'll try to maintain a more wholesome diet because I sure would like to feel this good all the time. And I'll certainly keep this in mind: "If nature doesn't make it, the body cannot use it effectively."

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