

# ***The Martha's Vineyard Diet Detox for Wellness and Weight Loss***

**21 pounds in 21 days!!!**

I first met Jamie and Lorenzo Brown during the cold winter month of December 2004 on a very quaint, private island called Martha's Vineyard where the rich and famous come as residents and vacationers to find peace and comfort. As Jamie put it, my partner Jimmy Hester made them come, and Jamie and Lorenzo are glad they did. They both enthusiastically joined me in my quest to reach *Sister 2 Sister* readers who are in search of vibrant health and safe weight loss through detoxification and healthy nutrition.

Together we can restore and revitalize your body back to its natural state of health and weight. I am committed to healing, educating and supporting you.

It is discouraging to me that the overall health of Americans is improving but in many categories Black Americans are not benefiting from these advances. The epidemic of obesity is also higher among African Americans, which compounds many health challenges such as strokes, diabetes, heart disease and cancer. Lifestyle, stress and dietary factors play a key role.

## ***What is the Martha's Vineyard Diet Detox?***

Detoxification means different things to different people and there are many ways to detox. In the Martha's Vineyard program, it simply means giving your body all the

nutrients it needs while also giving it a rest from chewing, which tells the body to stop using energy for digestion and to move into cleansing mode.

The diet detox helps rid the body of toxins, which are basically unhealthy chemicals and bad food. Very simply, toxins undermine our health and removing them from our bodies is one way to maintain vibrant health, longevity and beauty. When your body is overloaded with toxins it can cause a number of symptoms such as stomach bloat, poor digestion, skin problems, fatigue, weight gain, bad breath, bad body odor, depression, headaches and hair thinning. Your body can only handle so many toxins before it expresses its overload as a disease.

## ***What do I eat?***

Drinking natural vegetable juices that have been extracted from a juicer will provide you with vital nutrients to nourish your body. Green vegetables are especially cleansing and support the vital dissemination of oxygen throughout the body.

You should also feed your body by giving it fresh homemade soup with your favorite vegetables. And remember, because you are detoxing you will not be chewing, so your soup should be pureed. We also encourage extra Essential Greens or Vegesplash drinks if you do not have a juicer or lack the time to juice.



## ***Why do we use supplements?***

Using the supplements that we meticulously put together enhances the diet detox process. Not only does it give us the cleansing process, it also improves our nutrition. For example, aloe vera cleanses and alkalizes our digestive system. Aloe vera is a great promoter of disease prevention. Enzymes help break down nutrients for improved absorption. Essential Greens and Vegesplash are powerful anti-oxidant drinks that feed our cells. Inner Cleanse cleans and keeps our colons healthy. All of this together helps to flush toxins out of the body and thereby increases weight loss and vibrant health.



## ***Can I detox at home?***

Yes. I believe that wellness starts in the home and that we are our own best health advocates. As a naturopathic doctor, registered nurse and holistic health educator,



my goal is to make information available. I enjoy sharing information, especially if it empowers us to live longer, healthier and more vibrant lives. I have made an at-home program easy and accessible through my website, [www.mvdi-etdetox.com](http://www.mvdi-etdetox.com). I am also available for telephone consultation. You should also consult with your physician before embarking on any weight loss diet. I also suggest that you start your detox on a Friday morning, giving your body the weekend to relax and get accustomed to the detox.

### ***Is it safe to lose a pound a day?***

What's not safe is being 21 pounds or more overweight. In the Martha's Vineyard Diet Detox program, the 21 pounds of weight loss occurs very naturally. You are actually improving your health by taking maximal nutrition in small doses throughout the day. For example, an 8-ounce glass of Essential Greens and Vegesplash has the potency of eight to ten servings of fresh green leafy organic vegetables.

Many rapid weight loss products are dangerous because they deprive the body of nutrients that it needs for good health. But our diet detox program makes sure that you take potent vitamins, minerals, enzymes, and probiotics to feed the cells. At the same time, by stopping chewing, you are assisting the body to start the cleansing and repair work. Give your body the vacation it deserves. If you take care of your

body, your body will take care of you. What's 21 days?!

### ***How many times a year should I detox?***

You should detox 3 to 4 times per year to maintain your good health. Detoxing should become a way of life. An aggressive detox is 21 days (usually done during the summer season), then you should "tune up" or detox 7 days for the fall, winter and spring seasons. That means you are detoxing 28 out of 365 days of the year. In the maintenance program, if you have no more weight that you want to lose, you can detox for health reasons without weight loss by adding quality protein drinks.

### ***How do I feel during detox?***

As we introduce natural superior nutrients into our bodies, digestion ultimately sends them to nourish our cells, which is what we want. But if the cells are full of toxins and poisonous chemicals, the nutrients push them out into our bloodstream. When they are thrown into the bloodstream for elimination, the body and its eliminating organs are forced to make huge adjustments. As a result a so-called healing crisis can occur. This may happen four or five days after starting the detox. Or, it may never happen.

Some signs of a healing crisis are headaches, body aches, dizziness, weakness, irritability, mood

swings, and aches and pains. You may even feel that your health is getting worse, but a healing crisis is actually proof that the detoxification is working.

These unpleasant signs are only temporary. You will soon experience an improvement as the

body cleanses itself from toxins. When you experience a healing crisis you should not get alarmed but understand that this is part of the process.

### ***What can I expect from the Martha's Vineyard Diet Detox?***

Many people look forward to their new lifestyle after detoxing. The last time I saw Jamie and Lorenzo at *Sister 2 Sister's* 16th anniversary, I was pleased that they had maintained their weight. Their skin was brighter and their energy level was much better than when they came to Martha's Vineyard. You really feel better about yourself and life in general after you detox. It is truly a lifestyle change.

Making the transition to daily life after the diet detox is not difficult when you start with healthy foods combined properly. People used to think that healthy eating would limit their options, but it really broadens them.

If you follow the Martha's Vineyard Diet Detox like Jamie and Lorenzo did, you will lose one pound a day in 21 days. (Jamie actually lost 22 pounds, Lorenzo lost 27!) Give your body what it deserves. Drink eight to ten 8-ounce glasses of water a day. This diet detox will get you healthy from the inside out and the big payoff is that you lose weight and look great.

Your partner in wellness,  
Dr. Roni

*Dr. Roni DeLuz holds a PhD in Natural Healing Sciences, and she is a Naturopathic Doctor and an RN. For more information about the Martha's Vineyard Diet Detox program and how to order a manual and diet supplements, go to her webpage at [www.mvdi-etdetox.com](http://www.mvdi-etdetox.com).* 

