

Holistic Getaway in Our Own Backyard

The Martha's Vineyard Inn

by John Budris

When stepping into the Martha's Vineyard Inn the first greeting comes from a grand trunk.

The message is clear, if not ironic: Leave the stress, the tension, the mental and physical racket inside the box before entering. Within in walls of the Inn, the idea is unclench the claws of what we assume is acceptable.

Inside we also find Roni DeLuz. To say she radiates is no exaggeration. She

is fluent in the language of health, speaking both in east and west. Ask her about the Chi - the life force - and with ease she will discuss meridians of energy. Ask her about the endocrine system, and she will converse about organic chemistry and the various toxins of stress hormones. Roni DeLuz is both naturopathic doctor and registered nurse, versed in both disciplines. Hence her comfort talking about either school.

But she says, the Martha's Vineyard Inn and Spa Retreat is not a hospital, clinic, hospice or treatment center. She describes the converted residence on Franklin Street as an education and lifestyle resource dedicated to changing how we view health and illness. The program does not include nursing care, drugs or medications. What it does include are nutritional and lifestyle adjustments which enable guests to regain a vibrancy and vitality. Guests come away with a renewed confidence in the healing power which the body inherently possesses.

After five years of nursing at Yale University Hospital in New Haven where she specialized in

rare syndromes and a directorship of the Regis Multi-Health Center, Ms. DeLuz relocated to California. There she founded the Singh Care Home, a long term care facility for children and adults. In the course of her tenure there she developed special programs for Chronic Fatigue Syndrome, digestive disorders and weight problems.

Roni DeLuz (above) founded the Martha's Vineyard Inn with a fundamental belief in the innate healing powers of the human body.

