



MARTHA'S VINEYARD DIET DETOX

21 pounds
IN
21 days

detoxing for wellness and weight loss

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1. Introduction

Congratulations on taking your first step to a complete wellness and weight loss program! The Martha's Vineyard Diet Detox formula is meticulously structured to enhance your wellness through detoxification and cleansing to ensure a fast and safe weight loss.

We have all skipped breakfast when we're running late or missed lunch during a deadline-heavy workday. But would you give up food to improve your health and well being. In fact, that's exactly what a lot of people are doing these days. "Detox" diets (also known as cleansing, fasting or juice fasting), are making news as the quickest, easiest way to shed pounds, boost your energy and get yourself on the wellness track.

The idea behind The Martha's Vineyard Diet Detox is the belief that foods we eat (along with coffee, tea and alcohol we drink, the air we breath, and the tobacco we smoke) contain harmful and toxic substances, which accumulate in our bodies and need to be removed in some way.

The principle behind body detoxification is simple. When we eat, the body uses a tremendous amount of energy to process and break down the food through the digestive system. When we stop eating, and exchange food with detoxification cocktails, all the energy that previously went into the digestive process now goes towards healing and cleansing.

The focus of Martha's Vineyard Diet Detox is to provide maximum nutrition in small doses throughout the day. You will feed your body to create healthy cells while shrinking your body by eliminating waste. Once you feed your body high nutrition and at the same time eliminate waste, your body will begin to shrink.

Advocates who have gone through the Martha's Vineyard Diet Detox say that it jumpstarted their body's own detoxification process, clearing their skin, boosting their energy, taking away minor aches and pains, improving their digestion and liver function. You'll feel lighter, elated, cleaner and your skin will look fantastic.

And, since one of the end results is weight loss, detoxing is now attracting dieters in large numbers. The Martha's Vineyard Diet Detox works both as a motivator and catalyst for making the commitment to dietary and overall lifestyle changes.

In the next part of this document you will find the daily schedule and the supplement that you will need to order. You should follow this protocol for 21 days. Congratulations and welcome to the world of Martha's Vineyard Diet Detox.

Martha's Vineyard Diet Detox

The natural way to purify your body and soul



2. Daily Schedule for Martha's Vineyard Diet Detox - 21 Pounds in 21 Days

- 8.30AM** 1 8oz glass/bottle of water with 1 scoop of Essential Greens™ in one of the following flavors; Natural, Apple/Banana or Very Berry
 1 enzyme capsule
 3 capsules of Inner Cleanse™ (day time tablets**)
 1 cup of hot herbal tea (lemon and stevia can be added)
 1 glass/bottle of water
- 9.30AM** 1 8oz glass/bottle of water
 1 8oz glass of hot or iced herbal tea (lemon and stevia can be added)
- 10.30AM** 1 8oz glass/bottle of water with 1 scoop of VegeSplash in one of the following flavors; Apple/Carrot or Zesty Tomato
- 12.30PM** 1 cup of fresh vegetable juice* (choose mostly green vegetables) or VegeSplash
 1 enzyme capsule
 3 tablets of Inner Cleanse™ (day time tablets)
 1 8oz glass/bottle of water
- 1.30PM** 1 8oz glass/bottle of water
 1 8oz glass of hot or iced herbal tea (lemon and stevia can be added)
- 3.30PM** 1 8oz glass/bottle of water with 1 scoop of Essential Greens in one of the following flavors; Natural, Apple/Banana or Very Berry
- 5.30PM** 1 cup of homemade soup
 1 cup of broth from soup mix
 1 enzyme capsule
 3 tablets of Inner Cleanse™ (day time tablets)
 1 8oz glass/bottle of water
- 6.30PM** 1 8oz glass of hot or iced herbal tea (lemon and stevia can be added)
- Bedtime** 3 tablets of inner cleanse (night time tablets)
 1 8oz glass/bottle of water

NO SMOKING OR ALCOHOL DURING THE DIET DETOX

Protein Shake – See Chapter 7 “How to End the Detoxification Program”

* If you cannot make your own fresh juice you may have a scoop of vegesplash

** Take your inner cleanse (day and night time tablets) daily throughout the first week. For the second and third week, take every three days.

*** Purchase your enzymes and stevia at any health food store

Note: Drink distilled water

Martha's Vineyard Diet Detox recommends you purchase the products listed below to achieve the best results during your detox. These products can be purchased by going to www.MVDietDetox.com click Buy Products and order on line. The Essential Greens are available in three refreshing flavors: Natural, Apple/Banana, and Very Berry. VegeSplash are available in two amazing flavors: Zesty Tomato and Apple/Carrot. Inner Cleanse is divided into daytime and night time tablets.

2.1 Detoxification and water

Water supports every function of your body and every process that transforms the food you eat into blood, bone and muscle. It keeps your organs and tissues lubricated, regulates your temperature, dissolves your body's waste products and flushes out toxins. It is just common sense that the quality of the water you drink will gradually affect your health. That is why it is vitally important for you to drink only the purest water available. I recommend distilled water.

2.2 Juice Recipes

We all know the benefits of eating vegetables and fruits, but it is the juice locked within these foods that provide one of the most powerful sources of "medicine" that nature has to offer. Freshly made ("live") juices are alive with enzymes—the life source that delivers vitality and energy to your body. When you drink a juice extracted from fresh produce, you have tapped into a delectable, natural source of energy, stamina and disease prevention. Juices also flush toxins from your body; indeed, there is nothing better for rinsing the system than alkaline vegetable juices like carrot and beet, or the dark leafy greens juices like parsley, spinach, kale and broccoli.

Below are examples of Juices that we recommend in the 21 day diet detox. To make these juices you need a juice extractor (juicer). Take a handful of clean, cut up vegetables and put them in the juicer, enough to make 1 cup of juice (8oz.). You may add spices such as garlic and ginger. Use them with caution as they are strong. Start with 1/4 of a clove of garlic and a pea size of fresh ginger and add or subtract amounts according to taste.

Vegetable Juices

- Collards, Green Beans, Carrots, Ginger and Garlic
- Carrot, Spinach and Watercress, Ginger and Garlic
- Beets, Kale, Celery, and Green Beans, Garlic and Ginger
- Kale, Carrots, Cucumbers, Celery, Garlic and Ginger
- Carrot, Beet, Cucumber and Garlic
- Carrot, Dandelion, Broccoli and Garlic
- Carrot, Cucumber and Parsley
- Beet, Green Beans, Brussels Sprouts
- Carrot, Beet, Asparagus,, Cucumber, Garlic and Ginger
- Spinach, Watercress, Cucumber, Green Beans, Garlic and Ginger
- Organic vegetables are strongly suggested

2.3 Soup recipes

To prepare soup and broth: Put 2 cups of cut-up green vegetables such as spinach, broccoli, chard, sweet potato, celery and cilantro in a large pot. Add 4 cups of water and cook till softened (about 10-20 minutes). Add herbs and spices to taste (fresh parsley, oregano, garlic, cayenne pepper). For an energy boost, add 1 tsp. of kelp. Remove boiled vegetables from pot, and puree in blender. Set aside broth to drink. Note: Carrot, beets or sweet potato will give a sweeter taste, but the goal is to keep the vegetable mix as green as possible.

Tasteful Soup Mixes

- Collards, Green Beans, Sweet Potato, Celery, Onions, Curry, Turmeric, Cayenne, Cumin, Chopped Garlic, Chopped Ginger
- Kale, Cauliflower, Carrots, Green Beans, Bay Leaves, Paprika, Garlic Powder, Cajun Seasoning (without salt), Parsley, Cilantro
- Spinach, Kale, Broccoli, Scallions, Celery, Onions, Chard, Garlic, Cayenne, Mrs. Dash (without salt)
- Spinach, cauliflower, carrots green beans, Garlic, Onions, Vegetable seasoning (without salt)

Free Soup

If your hunger is taking over and you need to eat something outside of the daily diet, there is an answer - *Free Soup!* *Free Soup* is designed to give you some minerals and fluids with a strong taste that will take the edge off of feeling hungry. It is called *Free Soup* because it can be eaten in any desired amount. The calories it contains are offset by the number of calories your body burns in the process of digesting the soup. It is important not to chew the vegetables because chewing re-activates your digestive process which we are continuously putting on hold to convert the digestive energy into healing.

How to make it

In a large pot put 2 cups of cut-up vegetables such as onions, tomatoes, watercress, cucumbers, garlic, cilantro, celery, and one dark green vegetable such as spinach or collards or kale. Add 4 cups of water and cook till softened (about 20-30 minutes). Add your favorite spices such as curry, cumin, turmeric, paprika or cayenne, or vegetable seasoning without salt. After the vegetables are cooked put one cup of the vegetables into the blender and discard all other vegetables. Blend the other vegetables until liquid and return it to the soup broth in the pot. Now you have *Free Soup!*

2.4 Explanation of supplements

Essential Greens Drink Mix

Essential Greens™ is a green foods drink mix available in three refreshing flavors, Apple/Banana, Very Berry, and Natural. One delicious glass of Essentials Greens™ provides you with naturally occurring phytonutrients, antioxidants, and ORAC* from Hawaiian blue-green algae, chlorella, wheat grass, and green tea. Although nothing can replace fresh foods, Essentials Greens™ is as close to juicing as you can get. Start getting the energizing benefits of Essentials Greens™ today.

VegeSplash Drink Mix

VegeSplash™ is a vegetable and green foods drink mix available in two amazing flavors: Zesty Tomato™ and Apple/Carrot. One delicious glass of VegeSplash™ is like drinking healthy salad made up of 14 vegetables and 10 green foods. Although nothing can replace fresh produce, VegeSplash™ is a close to juicing as you can get. Full of naturally occurring phytonutrients, antioxidants, and ORAC*, VegeSplash™ will help support your energy and vitality throughout the day.

Inner Cleanse Tablets

Garden Greens™ Inner Cleanse, is a 7 day, round the clock, intestinal cleansing support program. The daytime formula is synergistic blend of herbs to help detoxify impurities from your system. The nighttime formula is a fiber blend designated to help move impurities out of your system. Both formulas working together will help to cleanse, detoxify, and rejuvenate your body.

Protein Shake MIX

Garden Greens™ Protein Shake is an energizing drink mix that comes in two delicious flavors: Creamy Vanilla and Double Chocolate. Made up of soy, and spirulina proteins, this best tasting formula gives you 16 grams of protein per serving. Garden Greens™ Protein Shake also provides you with rich antioxidants from green foods such as spirulina and wheat grass to help promote your health and vitality

3 Exercise and Meditation

3.1 Dr. Roni's tips for peace and relaxation

- Start everyday new.
- Everyday meditate for 30 minutes.
- Everyday take a 30 minute walk.
- Everyday write your thoughts and feelings in a journal.
- Everyday drink your allocated amount of water.
- Everyday listen to calming, relaxing music.
- Everyday cultivate a sense of humor.
- Everyday think of ways to simplify your life.
- Everyday think of a way to make someone smile.

3.2 Exercise

Exercise will aid the "detoxification" process. One of the best exercises is walking. A little exercise is better than none and the distance and pace can be upgraded as you progress. Toxins, which cause stiff and aching muscles, are eliminated through the sweat glands. Walking as little as three times a week will help prevent toxins from overloading the system. Besides walking, yoga and pilates are beneficial exercise systems that add increased flexibility through stretching and strengthening. We do not recommend cardio, aerobic exercises or weight lifting during the program because it causes too much stress on the body and can therefore be harmful.

3.3 Prayer and meditation

Meditation has many benefits for human well-being and it has been used for thousands of years in many traditions to bring about integration of body, mind and spirit. Extensive research on meditation in the last two decades illustrates its beneficial effects on a wide range of conditions. For the purpose of detoxification, meditation brings to your mind what detoxification brings to your organs, a cleansing process.

There are many different techniques and methods for meditation. Here is one that I recommend:

- At first meditate for 20 minutes daily and then increase to 30 minutes daily.
- Begin by allowing the body to relax in a comfortable sitting position (use pillows if you wish).
- Close your eyes.
- Take time to feel each part of the body, silently telling it to relax.
- Concentrate on the rhythmic flow of the breath, allowing it to enhance the relaxation
- Resting in the relaxed body allow yourself to really ...Listen...Smell...Feel.
- Focus on hearing the obvious sounds allowing your awareness to increase. Hear the sound of the silence, your breath, and your own body's inner sounds.
- Rest within, allow all impressions to slip into the background.
- Simply continue to notice the breath, its inward and outward flow.
- As you continue to notice the breath it may vary in speed, rhythm and depth. Sometimes it may appear to stop. Whatever happens continue to observe.
- Connect with the sound of the breath... SO-Hum... SO-Hum... SO-Hum.
- Continue to rest in the sound of the breath ... SO-Hum... SO-Hum... SO-Hum
- From time to time your attention may drift to a thought in the mind or a sensation in the body, or a noise in the environment. Whenever you have noticed that your attention has drifted from the sound of the breath, return to it gently.
- Relinquish any expectations you may have about this process. If you find you are focusing on a feeling or mood or waiting for a particular experience to happen, treat this as you would any other thought and gently allow the awareness to return to the sound of the breath.
- To come out of the meditation first just relax in silence for two minutes or so. Then allow the breath to lengthen and deepen, bringing the awareness to the body and the environment by awakening the senses. Then slowly open the eyes.

4 Programs to Release Toxins from Your Colon and Liver

4.1 To cleanse your colon by Colonics (Colon Hydrotherapy)

We recommend that you receive a professional colonic treatment each week during the 21 day detox. Because much of the food we've eaten all our lives contains toxins that decay, build up and clog the colon. A weekly colonic treatment using purified water to gently but firmly irrigate the colon, removing built-up toxins, mucus, imprisoned parasites and more, is recommended. Over time, people with clogged colons report everything from headaches, nausea, fatigue, low sex drive, insomnia, memory problems, abdominal bloat and prostrate trouble. Once this toxic build-up has been removed and the colon stops discharging diseased material into the body, your natural immune system can once again function at peak efficiency.

A trained colonic therapist massages your abdomen and varies water temperature to improve bowel peristalsis carrying the toxins out of your body. At 1/4 lb. per square inch, the water flow is comfortable and, unlike laxatives, does not irritate or inflame the colon. The therapy is safe and usually lasts only 45 minutes to an hour.

Since many people have 10 or more pounds of toxic build-up in their colons, one cleansing is usually not enough to remove all of it. So the amount of irrigation needed is different for each person. You do not need to be concerned about becoming dependent on colonics because the process actually tones the colon muscles, restoring their natural power and getting rid of the need for outside help. We recommend that you have one colonic per week. The best way to find a colon therapists is to inquire at your local health food store.

4.2 To cleanse your liver with a Coffee Enema

I recommend you to take a coffee enema once a week during your detox. Coffee enemas are an essential component of liver detoxing. A sluggish liver not only doesn't burn fat efficiently, but can contribute to hormonal imbalances, memory problems, fatigue, depression, bloating and many other symptoms. It is an excellent detoxifying procedure for your liver. The following is a procedure for a coffee enema. Purchase a quart size enema bag at the local health or drug store. Fill the bag with warm organic Coffee made with distilled water. Be sure to test the coffee temperature on the inside of your wrist. Boil a quart of distilled water for 10 to 15 minutes with one cup of organic percolated coffee. Let Cool. Lubricate the nozzle tip of the enema bag with vitamin E oil or KY Jelly. Lie in the tub on your back or on your left side. Insert nozzle into your rectum and take in 1/2 cup of coffee or slower, at a time. Massage the lower left side of your abdomen. Work especially hard on any lumps you may feel. Continue to let more coffee in and continue to massage. Retain as long as possible. No more than 15 minutes. If you feel the need to eliminate, move to the toilet to release.

5 Body Therapies

You can indulge in a few body therapies to enhance the detoxification process.

5.1 Massage

Once a week hire a message therapist. There are many types of massages, deep tissue manipulation, movement awareness, and energy balancing, which are employed to improve the structure and functioning of the human body. Massage helps to reduce pain, soothe injured muscles, stimulate blood and lymphatic circulation, and promote deep relaxation. Most of all it assists the body in detoxification by lymphatic drainage during the therapeutic process.

5.2 Body wraps

Once a week go to a day spa and set up a body wrap. The Inch Loss Body Wrap uses a special mix of enzyme active herbs and mineral salts which stimulate circulation, firm & tighten tissues, rid the skin of toxins, resulting in fat loss and inch loss. Essential oils are then used to promote increased metabolism. Some wraps utilize compression techniques in combination with herbs while others utilize various products rubbed into the skin for penetration.

5.3 Detox bath

Once a week make your own detox bath. One way to eliminate toxins through the skin is a detoxification bath. Prepare the following hot bath and then soak in it for one hour.

2 cups of baking soda will help neutralize the acids of the toxins.

2 cups of Epsom salts will give the water a higher ion content than the body. This will draw the fluids and therefore the toxins out of the body.

* The use of a few drops of an essential oil such as lavender (for relaxation) or peppermint (for energy) will enhance the bath both aromatically and in body purification.

Do not use the Epsom salts if you have an open rash since salts will cause the rash to sting

5.4 Sauna detoxification

Once a week go and have a sauna at a spa. Saunas help to rid the body of toxins. A daily sweat can help reduce lead, mercury, nickel, etc. It also aids in weight loss by increasing the metabolism. Dry sauna especially infrared soft heat enhance the detoxification more than steam saunas but both are beneficial. A weekly sauna is vital and increases the muscle and joint flexibility.

6 Healing Crisis

6.1 What is a healing crisis?

As we introduce superior natural nutrients the body begins to release old toxins and poisonous chemicals into our system. As these toxins are thrown into the blood stream for elimination, the body and its eliminating organs are forced to make huge adjustments. As a result a healing crisis occurs.

Signs of a healing crisis may include headaches, body aches, temperature changes, dizziness, weakness, irritability, mood swings, aches and pains etc. You may even feel your health is getting worse, but it is proof that the detoxification is working and these unpleasant signs are only temporary. You will soon experience a definite improvement as the body cleanses itself of toxins, poisons and junk. When you experience a healing crisis, you must not get alarmed, but rather understand that this is part of the process.

6.2 How to handle a healing crisis

Make sure you drink you allocated amount of pure water.

Take naps or get extra sleep if you feel tired.

Take a detox bath.

If you are not experiencing daily bowel movements you may need a colonic.

If symptoms persist slow the detox process down by adding an extra soup or protein drink.

7 How to End the Detoxification Program

Whether your "detox" program turns out to be a success or a failure will depend largely on how you end your program. The main rules for breaking a detoxification programs are:

1. Do not overeat
2. Eat slowly and chew your food extremely well!
3. Take seven days of gradual transition to a normal diet.

First Day: Eat a very small bowl of raw vegetable salad at lunch, in addition to a juice, a **protein shake**, soup, broth and all your **supplements**. (You may add small bowl of fruit 2 hrs away from meals)

Second Day: You may **add protein shake** as a snack. Continue all foods and **supplements** as on the first day.

Third Day: You may do the same as above but add a whole grain food.

Fourth Day: You may add a good essential fatty acid to the above selection; for example – 1 teaspoon of flaxseed oil with any salad, vegetable dish or **protein drink**.

Fifth Day: You may add other proteins such as eggs, soy or nuts, or you can try whole grain beans, legumes and lentils with brown rice. Continue your oil.

Sixth Day: You may now add boiled, broiled or baked fish and chicken to your diet. I recommend that it is organic. Try not to have animal protein more than three times per week. Avoid dairy products.

Seventh Day: You may now add if you wish red meat to your diet.

You may now start eating a healthier wholesome diet without chemicals, adhering to the nine basic rules of nutrition. Continue your supplements, water and enzymes.

8 Maintenance Program with or without continued Weight Loss

This program will maintain your weight loss after the 21 day detox provided you follow the six basic food combining concepts and nine rules of nutrition for optimum health. If you want to continue your weight loss after the 21Day Diet Detox follow the maintenance program and add Protein Shake Mix and continue your essential greens™ and Vegespalsh™ to your meals as provided in the four examples of maintenance days. Your weight loss will average 3-5 lbs per week. You should continue this program until you are ready for your next "detox".

If you want to maintain your weight add more variety to your meals still following the six basic food combining concepts and nine basic rules of nutrition for optimum health. For an example, for lunch on day 1, instead of having just steamed vegetables on plate of mixed greens, you may add some chicken or fish.

***We recommend you schedule consultations with the naturopathic doctor throughout the detox, maintenance and weight loss programs.

8.1 Follow the Six basic food combining concepts

- Protein with vegetables only
- Carbohydrates with vegetables only
- Fruit by itself (2 hours away from meals)
- Beans and brown rice is a complete protein
- Essential fatty acids absorbs better with protein
- Animal protein only **2-3** times per week (maximum)

8.2 Follow the Nine basic rules of nutrition for optimum health

- Eat only natural foods.
- Eat only whole foods.
- Eat only living foods (50-75% of diet).
- Eat only poison free foods.
- Eat only sugar-free foods (This includes sucrose, fructose, maltodextrine).
- Eat only natural sodium food like celery, kelp, etc.
- Detox 21 days per year (Major Cleaning)
- Detox 7 days each season (Tune-ups)
- Take maximum nutrition in small doses

8.3 Four examples of maintenance days

The following four are menus to assist you with your daily selection after your seven day transition period following your detox.

Day Eight

- Breakfast** 1 8oz glass/bottle of water with 1 scoop of Essential Greens™ in one of the following flavors; Natural, Apple/Banana or Very Berry
 1 enzyme capsule
 Oatmeal with cinnamon, nutmeg, vanilla organic flavoring. You may add a little rice dream (No dairy products)
- Snack** 1 8oz glass/bottle of water with 1 scoop of Vegesplash™ in one of the following flavors; Apple/Carrot or Zesty Tomato
- Lunch** 1 enzyme capsule
 1 8oz glass/bottle of water
 Steamed vegetables on plate of mixed greens (make your own salad dressing)
- Snack** Protein Shake
 You may add essential fatty acids (flaxseed oil or coconut oil)
 1 8oz glass/bottle of water
- Dinner** 1 enzyme capsule
 1 8oz glass/bottle of water
 Salmon on a plate of spinach
- Snack** 1 8oz cup of hot or iced herbal tea (lemon and stevia can be added)

Day Nine

- Breakfast** 1 8oz glass/bottle of water with 1 scoop of Essential Greens™ in one of the following flavors; Natural, Apple/Banana or Very Berry
1 enzyme capsule
Egg omelet with chopped onions, mushrooms, chopped broccoli or your favorite vegetables. Use olive oil lightly.
- Snack** 1 8oz glass/bottle of water with 1 scoop of Vegesplash™ in one of the following flavors; Apple/Carrot or Zesty Tomato
- Lunch** 1 enzyme capsule
1 8oz glass/bottle of water
Chicken wrap with large pieces of lettuce and vinaigrette, olive oil, chopped garlic and seasoning dressing (make yourself)
- Snack** Protein Shake
You may add essential fatty acids (flaxseed oil or coconut oil)
1 8oz glass/bottle of water
- Dinner** 1 enzyme capsule
1 8oz glass/bottle of water
Vegetable Soup (make fresh soup with lots of green vegetables garlic and onions)
- Snack** 1 8oz cup of hot or iced herbal tea (lemon and stevia can be added)

Day Ten

- Breakfast** 1 8oz glass/bottle of water with 1 scoop of Essential Greens™ in one of the following flavors; Natural, Apple/Banana or Very Berry
1 enzyme capsule
Protein shake
- Snack** 1 8oz glass/bottle of water with 1 scoop of Vegesplash™ in one of the following flavors; Apple/Carrot or Zesty Tomato
- Lunch** 1 enzyme capsule
1 8oz glass/bottle of water
1 bowl of brown rice with spicy beans
- Snack** 1 8oz glass/bottle of water
1 bowl of cut up grape fruit and orange slices
- Dinner** 1 enzyme capsule
1 8oz glass/bottle of water
1 bowl of Stir fried curry vegetables
- Snack** 1 8oz cup of hot or iced herbal tea (lemon and stevia can be added)

Day Eleven

- Breakfast** 1 8oz glass/bottle of water with 1 scoop of Essential Greens™ in one of the following flavors; Natural, Apple/Banana or Very Berry
1 enzyme capsule
1 bowl of natural granola with rice dream (no dairy)
- Snack** 1 8oz glass/bottle of water with 1 scoop of Vegesplash™ in one of the following flavors; Apple/Carrot or Zesty Tomato
- Lunch** 1 enzyme capsule
1 8oz glass/bottle of water
1 scoop of tuna salad over a bed of lettuce
- Snack** Protein shake
You may add essential fatty acids (flaxseed oil or coconut oil)
1 8oz glass/bottle of water
- Dinner** 1 enzyme capsule
1 8oz glass/bottle of water
Spicy Eggplant with mixed vegetables
- Snack** 1 8oz cup of hot or iced herbal tea (lemon and stevia can be added)

With all chewing meals enzymes are designed to assist the body in it's natural process of digestion. It is important to take one with each chewing meal. And remember protein shake is added to your maintenance to assist with continued weight loss. You must continue to drink 8 glasses of water and remember 75% of your diet should be live foods.

9 Final Words

- If you have a close friend that you can share the program with, you will find it to be easier, more fun, and the time will go faster.
- Check with your physician before you start your detox.
- Remember to make your supplement and live juice part of your daily routine.
- The best time to start a detox is on a Friday so that your body will adjust before you go back to work on Monday.
- You are eligible for a 50% discount on a consultation with Dr Roni.
- Remember to take your products. These products create a lifestyle change. You should give your body the nutrients that it deserves.
- Finally, remember that today is the first day of the rest of your life. When you wake up ask your body, "What can I do for you today?"
- Please e-mail us at MVDietDetox@aol.com with your progress, testimony and before and after pictures.