

DAY 2

Detox DIARY

Suffering from the effects of long days, late nights and creeping

pounds, **Mikki Taylor** retreated to Martha's Vineyard for a 7-day cleanse



I had come across the book *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox* (HarperCollins), and it wasn't only the weight loss advice that caught my attention. The enlightening news on food and the role it plays in support of your beauty and health made me say, "I'm on." Though the book was easy to follow, I headed to the Martha's Vineyard Holistic Retreat for a real hands-on experience.

DAY 1

Arriving on the island, I am met at the charming dollhouse of an airport by James Hester, a coauthor of the book, with an antioxidant juice and a digestive enzyme capsule. I'm eagerly anticipating this commitment I'm making to my health. According to the book, the detox plan is all about enzyme-rich drinks, "live" juices, pureed vegetable soups and natural supplements to target toxins that accumulate in our bodies and contribute to poor health. For the next seven days I'll treat my body to an Eden-like diet to jump-start change. After a consultation with Roni DeLuz, R.N., N.D., Ph.D., the book's coauthor and retreat founder, I am weighed (158 pounds) and given a green drink to provide energy and a 32-ounce bottle of distilled water. By dinnertime (pureed veggies), I feel as if I could chew anything—even my sneakers.

I realize that I'm not hungry. I'm getting used to having a health drink every two hours—these drinks are the crux of the plan. I weigh in at 154—wow! Today I learn that I'm a water retainer and must reduce my salt intake and use kelp granules. I also have my very first colonic and discover why bloating is my body's constant conversation. It's trying to tell me that I'm not digesting food properly, and it just can't handle all the processed and fried foods.

DAY 3

The second night I sleep like a baby, and I wake up rested, ready to move the world. I weigh in at 150.

I'm given a body brush and instructed to use it every day before I shower to remove the surface toxins coming through my cells.

I see a chiropractor and an acupuncturist for an adjustment that incorporates treating several meridians (energy pathways within the body) with acupuncture during the session. Afterward I feel as though I just finished a Pilates class—flexible and at ease. After I have a dinner of pureed carrots, yams and cauliflower, accompanied by a digestive enzyme, the nurse visits me for a checkup.

DAY 4

I wake up at 5:30 A.M. with energy to spare. After a supplement drink of B vitamins and minerals, I'm given a coffee enema (to cleanse the liver and bowels and aid the detox process), then a reflexology massage. At 3:30 I have a "real life" consultation and receive a maintenance program tailored to me and my routine back home. Dr. Roni says the conversation now should center on how I want to feel and the choices I will make from now on.