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DAY 6

Dr. Roni assured me that I would feel much better this morning, especially after my cleanse, and she’s right, I do. It’s as if last night’s healing crisis never happened. My drink of kale, spinach, parsley and other greens gives me such a high. Like most of the drinks I’ve had this week, it’s refreshing and an acquired taste (nothing a little lemon juice couldn’t fix). I realize that while I can’t bottle the energy that comes from being at the Vineyard, I’m thankful to know that this feeling within is mine to keep.

DAY 7

I’m back at work and full of energy. I start my day with

the prescribed maintenance program:

a probiotic drink (for good bacteria), a mineral drink and my required water intake. I keep it moving on course. **I’ve lost 9 pounds and because I can’t let this feeling go, I’ve decided to continue detoxing for the 21 days.**

Today I’m at a photo shoot, and temptations like crusty baguettes, pasta salad and carrot cake are all around me. Wisely though, I’ve brought my nutritional drink packets, distilled water and my lunchtime live juice of collards, parsley and carrots, which I made at home.

There’s much to be said for detoxing, and I like what I see and feel. It may not be for everyone, but it’s working for me. I remember

when I started, one medical professional said it was basically a starvation diet. But I’ll say this, I’ve consumed more healthy foods and nutrients than I have since my grandmother cooked for me when I was a child. She often reminded me to “eat your vegetables, they’re good for you.” I know now, more than ever, she was right.

DAY 5

It’s interesting how once you clean up your system, other things begin to happen: Undereye bags disappear, facial puffiness shrinks, skin dryness disappears. In fact, today I put on a tank top, something I haven’t worn in two years due to a less-than-flat tummy. **I weigh in at just under 149.** I sail through the day with lots of “therapeutic rest” periods and finish with a Thai yoga massage on the beach. All’s well until about 11:30 P.M. I am having a massive headache accompanied by chills and a cold sweat, and I’m scared to death by it. I call for Dr. Roni and she arrives, checks my pressure, which is normal, and gently tells me I am having a “healing crisis.” The book talks about this and explains that many people experience it on the fifth day and that it’s different for everyone. It is due to toxins being dumped out of the system at a rapid pace. She gives me two anti-inflammatories and shortly thereafter I fall asleep.



Note: Before beginning this or any other health plan, be sure to consult your doctor. For information on the Martha’s Vineyard Holistic Retreat and how to detox at home, visit Mvdietdetox.com.