

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.

DAY 2

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.

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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.

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.

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.

