

Royal flush or royal pain?

21 pounds in 21 days not a good idea, some say

The allure of Martha's Vineyard and the cachet of being on Oprah's book list might intrigue those who have seen Roni DeLuz's new book, "21 Pounds in 21 Days: The Martha's Vineyard Diet Detox."

But the purge approach heralded in the 240-page tome might be more than some dieters are looking for and the premise is not universally accepted.

DeLuz, director of the Martha's Vineyard Holistic Retreat, says some people can't lose weight because of the toxins in their bodies and she offers a diet plan designed to purge them of those toxins. Local dietitians disagree.

"Weight loss happens by eating less and exercising more – not from removing toxins," says Debra Wein,



■ **James Hestor and Roni DeLuz, co-authors of "21 Pounds in 21 Days: The Martha's Vineyard Diet Detox."**

president of Sensible Nutrition Inc. in Hingham.

Wein also warns that losing 21 pounds in 21 days will result in decreased muscle mass, which will slow the body's metabolism and reduce one's chances of maintaining a healthy weight over the long term.

Lori Lieberman, a dietitian in

Weymouth, instead recommends setting realistic goals to manage weight and eating behavior for the long term, as opposed to following a short-term diet.

Whether you're for or against the detox, it's interesting to read about the 21-day program, which costs \$495 a day (you do the math)

at DeLuz's holistic Martha's Vineyard retreat. (The book costs \$24.95.)

There's no solid food on the menu – just fresh pureed fruit and vegetables, water, enzyme capsules and nutrient-rich drinks made from young "green" grains. Instead of their favorite latte, clients get coffee enemas, colon hydrotherapy, kidney, gallbladder and liver flushes and herbal cleansing drinks.

When the 21 days are over, clients must follow the seven-day transition diet or risk becoming seriously ill.

The Martha's Vineyard diet detox may be controversial, but there is common ground between the naysayers and proponents: everyone agrees there are health benefits to drinking more water, taking a half-hour walk every day, consuming leafy green vegetables and making your own fresh, low-calorie salad dressing.

– **VALERIE A. RUSSO**
For Living Well

Recipes from the book:

Cucumber onion dressing

2 tablespoons red onion, finely chopped
2 tablespoons cucumber, finely chopped
1 pinch basil, chopped
¼ teaspoon vegetable seasoning
¼ teaspoon garlic powder
1 pinch cayenne pepper
¼ cup red wine vinegar
½ teaspoon essential fatty acid

Purée all ingredients in blender until smooth. Chill before serving.

Spicy mustard dressing

¼ teaspoon Bragg's liquid amino acid

2 tablespoons spicy rice vinegar
2 teaspoons organic mustard
Plain nonfat yogurt to taste

1 pinch stevia
To Bragg's rice vinegar and mustard, add yogurt until creamy; add stevia to taste. Chill before serving.

Sweet and sour carrot dressing

¼ cup red wine vinegar
¼ cup carrot juice
¼ cup tomatoes, mashed
1 teaspoon lemon juice

1 pinch paprika
2 packs stevia
Purée all ingredients in blender until smooth. Chill before serving.

Stay Healthy This Summer



When summer heats up remember some simple health tips:

Stay hydrated • Use sunscreen • Wear sunglasses • Never swim alone
Boat safely • Avoid mosquitoes and ticks • Eat healthy

Visit us on line at www.GraniteMedical.com for some tasty summer recipes.

Granite Medical
Working together for your good health

Crown Colony Medical Center
500 Congress St., Quincy
617-471-0033
www.GraniteMedical.com



**Bridgewater Goddard Park
Medical Associates, Inc.**



FROM INFANTS TO ELDERS,
WE PROVIDE HEALTHCARE

For the entire family.

BGPMA is a physician owned, multi-specialty, and multi-site group practice. For over forty-five years we have remained dedicated to the health and well-being of our patients, offering primary and specialty care to patients of all ages.

Primary Care Services

• Family Practice
• Internal Medicine
• Pediatrics

Diagnostic Services

• Bone Densitometry
• Cardiac Nuclear Medicine
• Cat Scans
• General Radiology
• Laboratory
• Mammography
• MRI (provided by MetroSouth MRI)
• Nerve Conduction Testing
• Physical Therapy (provided by Fitness Forum)
• Pulmonary Function Testing
• Ultrasound

Specialty Services

• Behavioral Health
• Cardiology
• Cosmetic Dermatology
• Dermatology
• Endocrinology
• Gastroenterology
• Geriatric Medicine
• Health/Nutritional Education
• Infectious Disease
• Nephrology
• Neurology
• Ophthalmology
• Optical Services
• Optometry
• Orthopedics
• Podiatry
• Pulmonary Medicine
• Rheumatology

• Sports Medicine
• Subacute
• Surgery-
General, Hand, Plastic,
Reconstructive, Vascular
• Urgent Care
• Women's Health-
Gynecology, Obstetrics,
Nurse-Midwifery

Call this one
convenient number
for appointments
at all sites.
508-894-0400

Brockton

110 Liberty St.

Raynham

1215 Broadway

W. Bridgewater

322 East Center St.

www.bgpma.com