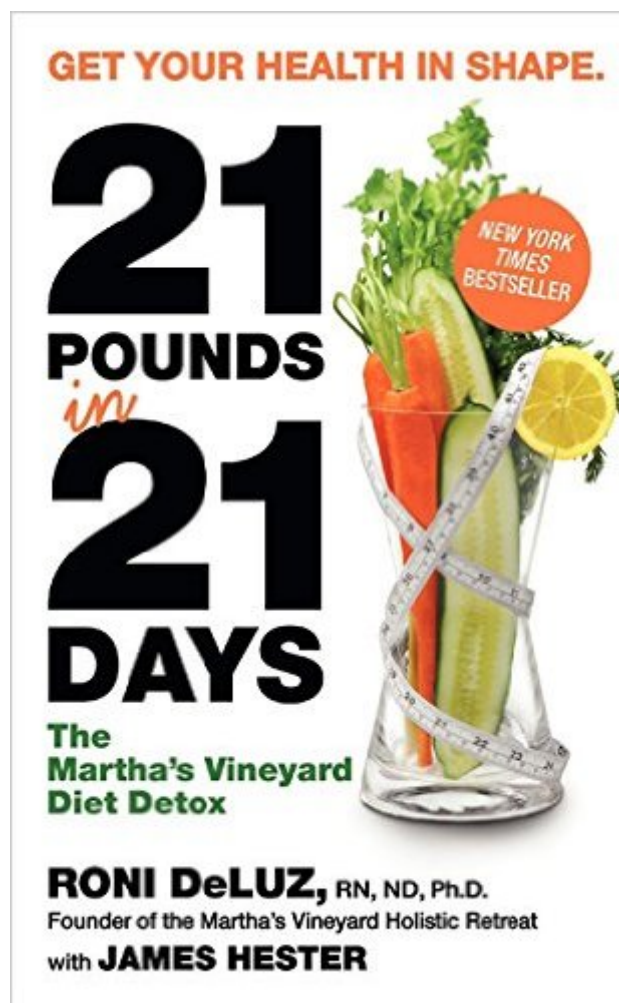


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# 21 Pounds In 21 Days: The Martha's Vineyard Diet Detox



## Synopsis

Detox diets are making news as the quickest, easiest way to shed pounds, boost your energy, and get yourself on a wellness track. Popular in the 1970s, cleansing fasts are again all the rage among celebrities like Gisele Bundchen, Gwyneth Paltrow, Stella McCartney, and Madonna. One of the key advocates of the health benefits of cleansing detoxes is Roni DeLuz, ND, a licensed naturopathic and health practitioner at Martha's Vineyard Holistic Retreat, part of the renowned Martha's Vineyard Inn. The idea behind DeLuz's new detox plan is the belief that the foods we eat (along with the coffee, tea, and alcohol we drink and the air we breathe) contain harmful and toxic substances that accumulate in our bodies and need to be removed in some way. In *21 Pounds in 21 Days*, DeLuz offers three different detox programs, including the original and most effective 21-day "MasterFast," which promises a 21-pound weight loss in just three weeks and focuses on detoxification through antioxidants, fasting, stress reduction, and lifestyle changes. Also included in the book are: ~maintenance plans ~dozens of easy, delicious recipes ~real-life tips ~an extensive glossary of terms ~a guide to supplements Meals consist of supplement-laden drinks, herbal teas, thick, delicious vegetable purees, and "live" juices, along with nutritional supplements, vitamins, and enzymes designed to keep the body's systems stable and its cells nourished while harmful toxins are flushed out. *21 Pounds in 21 Days* isn't just for those looking to lose weight; everyone can benefit from this revolutionary detox diet that results in a clean, refreshed system that functions at its best.

## Book Information

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Average Customer Review: 3.5 out of 5 stars Â Â See all reviews Â (320 customer reviews)

Best Sellers Rank: #20,318 in Books (See Top 100 in Books) #15 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #31 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #47 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

I'm on DAY 6 and I've lost 8.5 pounds! Having said that, let me add that my success so far has been largely due to my own ingenuity and prior knowledge of the many poorly presented concepts this plan adheres to. Reading this book, I was amazed at the general negative undertone throughout, especially when combined with the insistently surprising references by both authors to their personal religion and faith. While both authors describe in detail their negative health influences over the years (the book reads like one bad health crisis after another), when it came to the positive elements of their recoveries from these health issues, not much was said. I noticed many opportunities where the authors could have pumped up their dialogue with lively positive feedback to empower their reader, yet did not. It would seem to me, if you want to inspire people to drastically change their habits, playing up the positive would be crucial. By the time I got to the "story" about sisters who died after bingeing on beer and bar food because they did not come off their 21 day cleanse as prescribed, I was done with the bad vibe this book gives off and was left with the distinct feeling if I ever met the authors in person they'd have dark clouds hovering over their heads. As well as the book being a downer to read, the majority of the program is presented in a very secretive way. Detailed info on supplements, processes and assured recipes are nearly non-existent (the products can be found on an accompanying website, though what you can expect to get in the detox kits sold here is also vague). Who writes a book to help people, then snatches away all the "help" at the last minute? There's that dark cloud again. Clearly the focus for the authors was on making a buck.

I obtained a copy of this book after reading ALL of the .com reviews and then also keeping tabs on a couple of blogs where people were actually 'doing' the detox. By the time my copy came in, I was excited to begin reading it because of how well those 'bloggers' were doing. In short: this is not really a diet. The cover is eye-catching and sure to grab the attention of the diet-conscious crowd, but really what it is is a DETOXIFICATION PROGRAM -- either 2, 7 or 21 days long (your choice). It is very strict -- but in order for it to be a true detox program it would have to be. The author was urged & inspired to write this book after her DETOXIFICATION PROGRAM was discovered by people and then, by word of mouth, sought after -- because of the wonderful side-effect of weight-loss. You are not required to do any sort of enema or colonic, though it *is* recommended. (I plan to do this part of the program myself, because I have read numerous other sources that recommend it, not the least of which is Edgar Cayce). The point to performing a colonic and/or an enema during the program is this: your body has several waste-disposal systems, your skin, your urine, your feces and mucous.

When you are detoxing, your body needs to dispose of this waste somehow. Colonics and Enemas are recommended because they are the quickest and most thorough way of eliminating these toxins from your body. If you don't get rid of them soon enough, they will end up being reabsorbed into your system which means you just wasted a bunch of time and effort and will have to go back to the beginning again, or else find another way to eliminate them.

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