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**THE NEW YORK TIMES BESTSELLER,
NOW AVAILABLE IN PAPERBACK**

21 POUNDS IN 21 DAYS:

The Martha's Vineyard Diet Detox

by Roni DeLuz, RN, ND, with James Hester

“21 POUNDS IN 21 DAYS hit us like a breath of fresh air. Sure, the plan is a little radical. But it’s also a little magical...Everything you need to get clean and lean is right here!”

~ *Woman’s World*

“Detox diets have been all the rage lately, adopted by celebrities, soccer moms, and more than a few people in between. Now a new detox diet—developed on Martha’s Vineyard by Roni DeLuz—is starting to generate buzz of its own.”

~ *Boston Globe*

*GET YOUR HEALTH IN SHAPE

**21
POUNDS
IN
21
DAYS**

The
Martha's Vineyard
Diet Detox

RONI DeLUZ, RN, ND
Founder of the Martha's Vineyard Diet Detox
with JAMES HESTER



Now that the holidays are over it is time to shed the holiday weight. We all want results and we want those results to have long-term staying power. Enter **21 POUNDS IN 21 DAYS: The Martha’s Vineyard Diet Detox** by Roni DeLuz, RN, ND with James Hester (Collins; January 2009). Upon its original hardcover release in 2007, **21 POUNDS IN 21 DAYS** became an immediate *New York Times* bestseller.

Unlike traditional diets that often add toxins to our systems, **The Martha’s Vineyard Diet Detox** is a cleansing program that flushes toxic substances (think second-hand smoke, bleach fumes, and artificial flavors and preservatives) out of the body. Free of toxins, your body functions better and your metabolism soars, enabling you to lose unnecessary pounds. And lose pounds you will—21 of them, to be exact!

-MORE-

Detox diets are all the rage, making news as the quickest, easiest way to shed weight. But unlike most detoxes you've heard about, **21 POUNDS IN 21 DAYS** is not a starvation cleanse. You actually *feed* your body every 2 hours with satisfying supplement-laden drinks, herbal teas, vegetable purees, "live" juices, vitamins, and enzymes. In just three weeks, you will dramatically lose weight, boost your energy, and get yourself on a wellness track. This life-changing program will teach you:

- **Just how damaging the things you put into your body on a daily basis really are—and you'll be armed with the knowledge to keep them out of your system for good!**
- **The best way to feed your body and how to recognize what your body needs**
- **That you aren't alone in your quest for a healthier you—co-author James Hester was once a client of DeLuz's, and his testimonials and others will prove to you that anyone can commit to the detox program and achieve amazing results!**
- **That you don't need to complete the entire 21- days of detox to make it work: Try the 7-Day Tune-Up or the 2-Day Weekend Cleanse.**

And that's not all. **21 POUNDS IN 21 DAYS** also features helpful maintenance plans, dozens of easy and delicious recipes, practical tips, and a glossary of terms to aid your detox program. By the end of your detox, you'll feel so great that losing the weight will seem like just an added benefit.

ABOUT THE AUTHORS:

Roni DeLuz, RN, ND, is the founder and director of The Martha's Vineyard Holistic Retreat at the Martha's Vineyard Inn. Her experience includes 5 years at Yale–New Haven Hospital specializing in rare syndromes and 1 ½ years as Director of Nursing at Regis Multi-Health Center. She is a member of the Coalition for Natural Health, American Naturopathic Medical Association, International Association for Colon Therapy, and American Association of Drugless Practitioner. **James Hester** has been partnering with Roni DeLuz since 2003. A former record company executive who had struggled with his weight for years, he lost 30 pounds on DeLuz's plan and went into business with her to promote the program. Both live on Martha's Vineyard.

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