



21 Pounds in 21 Days: The Martha's Vineyard Diet Detox. (TOP SHELF)(Brief article)

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[ILLUSTRATION OMITTED]

Detox diets may be all the rage for the quickest way to drop unwanted pounds, improve energy and balance wellness, but they are also the best way to rid the body of toxins. Dr. Roni DeLuz, a board-certified naturopathic doctor, registered nurse and the owner of the Martha's Vineyard Holistic Retreat at the renowned Martha's Vineyard Inn, is at the forefront of the holistic cleansing approach to health and weight loss. Now, she has written a book, *21 POUNDS IN 21 DAYS: THE MARTHA'S VINEYARD DIET DETOX* (Collins, \$24.95), written with James Hester and Hilary Beard, that has soared to the Top 10 of the best-seller lists, including *The New York Times*.

"The Martha's Vineyard Diet Detox is not a traditional weight-loss program," DeLuz writes in the introduction. "You will definitely lose weight, but unlike when you diet, you won't feel hungry, experience cravings, or later experience the yo-yo effect of dropping 10 pounds and then gaining back 15. You won't have to count calories, points, indices or rankings, or do anything else that requires math. There are no bland or repetitive foods, like grapefruit, grapefruit, grapefruit. You won't spend a lot of money. And I promise not to make you squeeze into any spandex."

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