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21 POUNDS IN 21 DAYS: The Martha's Vineyard Diet Detox



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Diet Detox

As New Year's resolutions fade and the daunting start of bikini-season approaches, many of us are still struggling to find a slimming health program that works. We all want fast results, but 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; May 8, 2007).

Unlike traditional diets that often add toxins to our systems, 21 POUNDS IN 21 DAYS: 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 - with 21 POUNDS IN 21 DAYS: The Martha's Vineyard Diet Detox

If you are fans of Howard Stern's show on Serius Satellite radio, then you may have heard Roni on the radio in June, 2007. Howard Stern's producer, Robin, is a client of Roni's, and Roni went to work with Robin for two weeks in June to track Robin's progress and to shed more light on healthy lifestyles.

By: Roni DeLuz - CCNH on Jul 04 2007
03:46:41

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