

Martha's Vineyard Diet Detox, 21 Pounds in 21 Days - Official Website

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IN SHAPE

Eat your way to detox

Boston Herald - Inside Track



Sunday, April 15th 2007

That the authors of "21 Pounds in 21 Days: The Martha's Vineyard Diet Detox" are planning to "detox" island cops, teachers, a pastor and the owner of the Vineyard Haven landmark Art Cliff Diner to promote their book that hits the shelves in May. The writers Roni DeLuz and James Hester, say the diet will flush toxins - and pounds - in just three weeks.

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