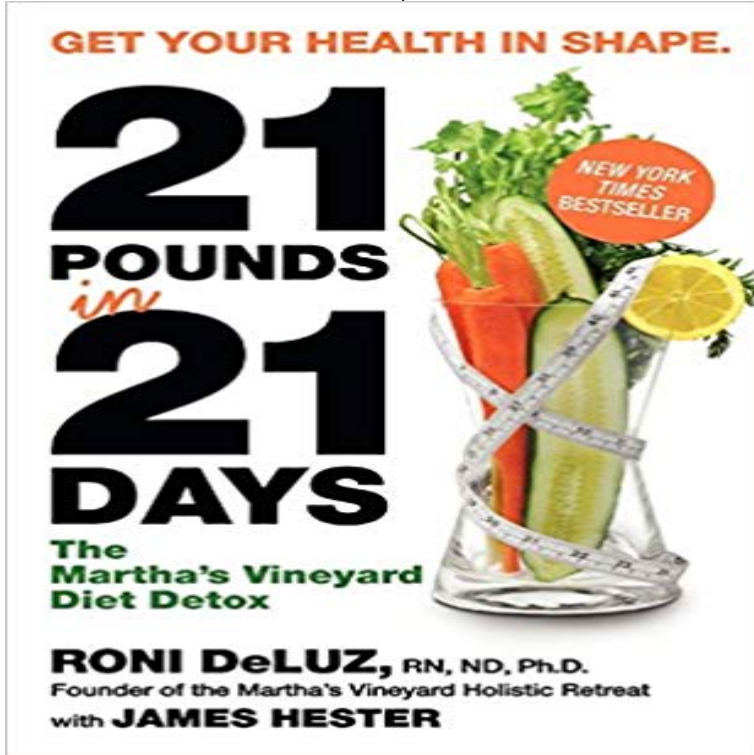


21 Pounds in 21 Days: The Marthas Vineyard Diet Detox



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.

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Sunshine (mint flavor). 21 pounds - 8 min
21 Pounds in 21 Days on Miami Beach. 21 Pounds in 21 Days on Miami Beach. 00:00. 00:01
21 Pounds in 21 Days: The Marthas Vineyard Diet Detox [Roni DeLuz, James Hester, Hilary Beard] on . *FREE* shipping on qualifying offers. When morning show host Steve Harvey announced his plans to lose 21 Pounds in 21 Days by following The Marthas Vineyard diet detox, he sparked a - 11 min - Uploaded by Jenny Sorci
21 POUNDS in 21 DAYS The Marthas Vineyard Diet Detox by Roni DeLuz, RN, ND, Ph.D
1 Pound a Day: The Marthas Vineyard Diet Detox and Plan for a 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset The Marthas Vineyard Diet Detox promises to peel off a pound a day and rid your body of toxins. DeLuz, who is a registered nurse and naturopathic doctor (not an MD), recommends a 21-day detox each year, a 7-day detox each season, and a weekend detox every week. - 2 min
Robin Quivers 21 Pounds in 21 Days. Robin Quivers, 21 Pounds in 21 Days. 00: 00. 00:01 - 1 min - Uploaded by Marshall Whitley
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Dr. Roni DeLuz on The View - Marthas Vineyard Diet Detox Dr. Roni helped Robin Quivers