



Start Your Spring Body Cleansing Early!

I would like to congratulate those of you who have completed your 21-day detox and thank you so much for the many testimonies and comments. I am so proud to be helping readers take an active role in their health, weight and longevity.

Over the winter most people indulge in unhealthy living: larger meals, less exercise and increased stress. This includes unhealthy eating: larger portions, fewer fresh vegetables, increased salt and sugar, and processed and fatty foods.

This is the time of year when my phone rings off the hook. Many people have a lot of vague symptoms of ill health from the buildup of toxins in their bodies over the winter. Their bodies become weak, their immune systems suffer, their energy is low, they get sick and gain weight.

The symptoms are so common that many people ignore or accept them as part of the winter blues. They include sleepiness, fatigue, headache, runny nose, cough, joint pain, stomachache, and bowel irritation. The most common symptom of all is weight gain, and people wonder why.

Rich, large meals of canned or instant foods are full of artificial coloring, pesticides and chemicals. Furthermore, they also lack the vitamins, minerals and enzymes necessary to feed your body. The buildup of toxins and lack of good nutrition

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that they create can harm the body and create chronic illnesses as well as food intolerances that some people call allergic reactions.

Why cell health is important

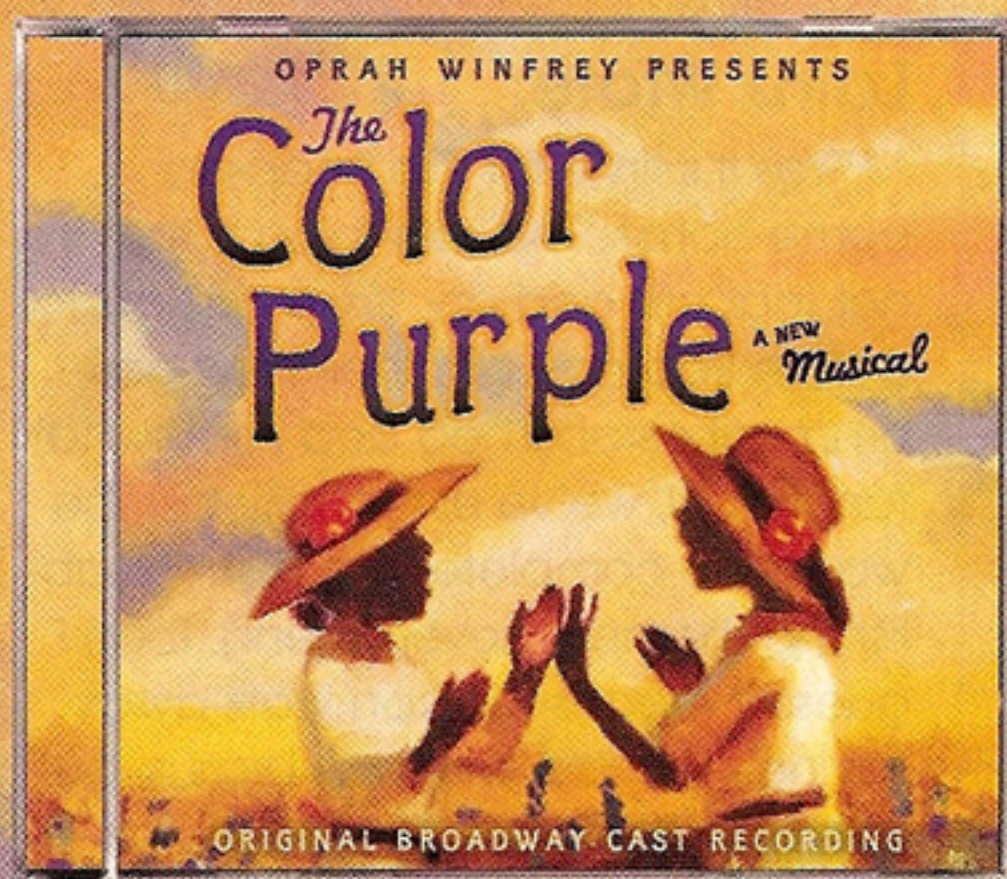
Let me explain a little about cell theory and how it affects your health and wellbeing. The cell is the life force of our body and the basic unit of life. Your body is made up of about 75 trillion cells: skin cells, brain cells, muscle cells, bone cells, organ cells, toenail cells, etc. These cells make up systems that perform all the thousands of functions that control your body: the digestive system that nourishes your

body, the nervous system that includes your brain, and allows you to think and feel, the musculoskeletal system that holds up and moves your body, the lymphatic system that cleanses your body, and the immune system that fights off illnesses and rescues you when you are sick. Cells make up everything your body does. Healthy cells will obey the laws and regulations that make each body system work smoothly.

Many of your cells (such as your liver cells) have the ability to repair and regenerate themselves. Other cells (like your skin cells) die off and new cells replace them. In all cases you want your cells to be healthy and well nourished. Different cells

The Color Purple

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require different nutrients to survive and thrive, so to keep your whole body healthy you need to feed it with foods rich in vitamins, minerals, glucose, amino acids (found in proteins), fatty acids, enzymes, oxygen and water.

When you feed your cells with food that pollutes them or harms them, or when the food you are eating does not give your cells what they need, they cannot obey the laws and regulations of a healthy body. When a cell system loses the ability to function normally its dysfunction affects other systems; other cells suffer and the body breaks down with what we call illnesses or diseases, such as high blood pressure, high cholesterol, diabetes, depression, arthritis, cancer and obesity, which is now considered a disease. Weight gain occurs when the cells underneath our skin become bloated fatty-tissue cells loaded with stored chemicals and toxins.

How to make your 75 trillion cells healthier

One of the best ways to feed your cells is by giving them maximum nutrition in small doses during a well-conceived detoxification diet. Detox diets are also known as cleansing diets, juicing diets or fasting diets. They are currently making news as the quickest, easiest way to shed pounds, boost your energy and feel better. The diet detox program that I created consists of juice therapy, enzymes, supplements, thick delicious vegetable soups, herbal cleansing formulas and teas, along with rich flavorful berry, banana, carrot, tomato and green drinks. By indulging in this lifestyle, your cells are well fed so that you are never hungry. The program not only feeds and builds good cells but also cleanses your cells by flushing out toxins and washing dead or unhealthy cells from your body. So

remember the key is maximum nutrition in small doses; it's the best way to detoxify and feed your cells at the same time.

Detoxing can change your life, change how you feel, change how you look and even promote natural weight loss. My goal is to educate you on a simple program that will help all your cell systems work efficiently. Healthy cell systems make your skin glow, your concentration clearer, your memory sharper, and your energy better. I emphasize a detailed schedule of vital nutrients including juice and soup recipes.

I look forward to partnering with you to promote better nutrition for a healthier body and a greater sense of well-being. The Martha's Vineyard Diet Detox is a revolutionary program I created that gets your body back on the wellness track and help you lose 21 pounds in 21 days. For more information on the program, visit <http://www.mvdietchetox.com>.[®]