

Take the brakes off your metabolism! Enjoy

DETOX YOUR

Lose 8 lbs
in 7 days!

This plan proves that when you

When we first heard about *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox*, it hit us like a breath of fresh air. Sure, the plan is a little radical. But it's also a little magical. "It's basically an internal spring cleaning that gets rid of built-up gunk so you can burn serious fat," smiles Florida reader Brooke Gagliardi, down eight pounds in seven days. Naturopathic doctor Roni DeLuz, who created the detox for visitors at her wellness retreat in Vineyard Haven, Massachusetts, couldn't have said it better. "Results depend on the shape you're in when you start, but people have lost up to 15 pounds in a week," she reveals. "Everyone loses."

allows various body systems to catch up on the natural process of eliminating toxins—from pollution, chemical cleaners and more—that become trapped in our cells. How does this benefit our

No hunger!

"Even though the calories are low on this plan, good nutrition takes the appetite away!" promises author Roni DeLuz, R.N., N.D.



What you do

The Martha's Vineyard approach is about giving your body a break. You limit calories that must be processed, skip foods that are hard to break down, load up on soothing nutrients and even take an enzyme supplement to make it easier to get nutrients into the bloodstream. This, in turn,

waistlines? "Many toxins are stored in the fatty tissues," explains Elson M. Haas, M.D., author of *The New Detox Diet*, and a leading expert on detox diets. "When we reduce our toxic load, it becomes easier to

Safety first!

This plan is not intended for pregnant/nursing women or those with certain health conditions, including diabetes and anorexia. Always get a doctor's okay before trying a new regimen.

SUCCESS STORY

Suzanne lost 6 lbs in a week!

As she got older, "my metabolism definitely slowed down," says Suzanne Wickham, 52. But the Martha's Vineyard approach revived it, helping her shed six pounds. Bonus: The Los Angeles publicist says the plan also washed away her urges to eat pizza and chips!



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tons of energy! Get head-to-toe healthier!

FAT CELLS!

eat to clean your cells, weight loss becomes fast and easy...

release fat." Bonus: Experts tell us that toxins seem to get in the way of our metabolic gears. Clear out the toxins, and the metabolism runs at maximum efficiency!

Fairy-tale results

Though Mia Fontaine doubted she could stick to the menus, *below*, she'd gained 20 pounds recently, so she decided to give 'em a shot. By 3 p.m. the first day, "my energy was up and my sugar cravings were down," says the Chicago reader, 24. She whisked off eight pounds in nine days. "My



Tip!

To help reduce your body's toxic load, opt for organic fruit and veggies whenever possible.

skinny clothes fit me again!" Suzanne Wickham was also wowed. "I lost six pounds in a week," smiles the Los Angeles reader, 52. "I thought I

would get too hungry, but it wasn't a problem." Adds Brooke, 30: "I didn't just lose a lot of weight, my skin also looked fresher, and I slept better!"

Such reports are common among detox dieters, says DeLuz. "So many people are so toxic, it's easy to lose a lot," she adds. "The cleaner your diet, the more efficiently you burn fat. You're also healthier and happier all around. I recommend that everyone try it!" Which is why she's sharing a special version of her plan with *Woman's World* readers. Everything you need to get clean and lean is right here!

—Beth Weissman

SUCCESS STORY

Mia lost 5 lbs in a week!

After seeing a not-so-flattering photo of herself, Mia Fontaine, 24, decided to detox. Quickly down five pounds, she fits into her too-tight pants again. Bonus: She has more energy. "It has been an exciting experience!" laughs the Chicago author.

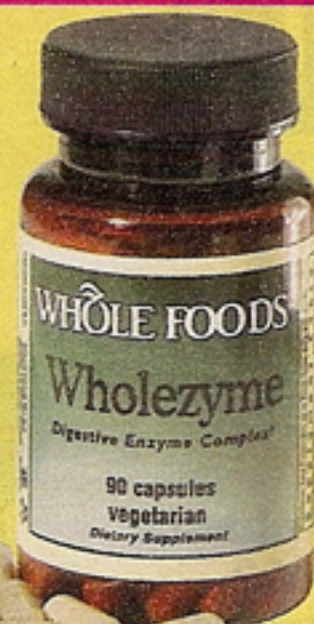


Your detox menus

While using these menus, feel free to drink extra water if thirsty. Enzyme supplement to try: Whole Foods' brand Wholezyme or Vitamin Shoppe brand Multi-Enzymes

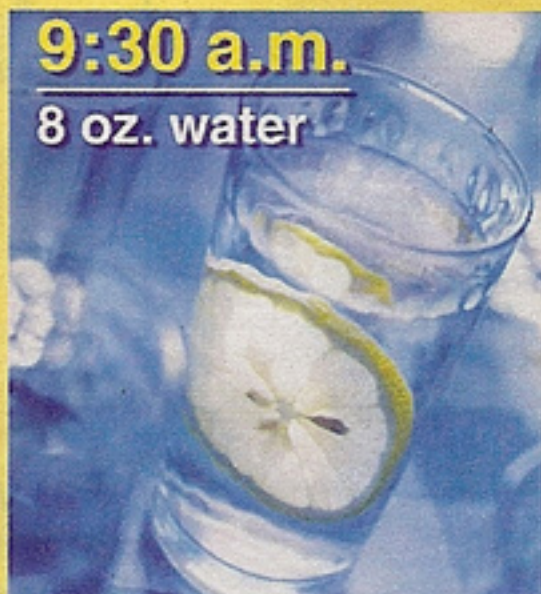
8:30 a.m.

8 oz. water
2 cups berries
1 cup herbal tea, any variety, hot or iced (lemon and stevia* optional)
1 enzyme supplement



9:30 a.m.

8 oz. water



10:30 a.m.

3 cups mixed greens and cucumber with vinegar, salt-free seasoning, fresh garlic and/or Bragg's amino acids** to taste



12:30 p.m.

8 oz. water
1 cup fresh vegetable juice or 3 cups salad (as in 10:30), 1/4 cup sprouts
1 enzyme supplement

1:30 p.m.

1 cup tea, herbal or regular, hot or iced (lemon and stevia optional)



3:30 p.m.

Smoothie:
1 cup frozen fruit (berries, pineapple, papaya) whipped in blender with about 1/2 cup water (add more or less to achieve desired consistency) and stevia to taste



5:30 p.m.

8 oz. water
1 cup Martha's Vineyard Detox Soup and 1 cup of soup broth, *recipe below*
1 cup herbal tea, any variety, hot or iced (lemon and stevia optional)
1 enzyme supplement



6:30 p.m.

8 oz. water
1 cup herbal tea, any variety, hot or iced (lemon and stevia optional)

Martha's Vineyard Detox Soup

In a large pot, boil 4 cups water (preferably distilled), 3-4 cups cut vegetables and your favorite herbs/spices; simmer, adjusting herbs/spices as desired, until vegetables soften, 10-20 minutes. Purée vegetables and 1/4 cup broth in blender; reserve remaining broth to enjoy separately.

The ease-into-it option Want to try a less drastic version of the plan? You'll still need to check with your doctor first, but our nutrition team suggests using the menus, *above*, and adding the following each day: • 2 cups fat-free milk • 4 oz. lean poultry or seafood • 2 cups brown rice

* a natural sweetener available in the natural-foods section of most grocery stores.

** a natural seasoning available in the natural-foods section of many grocery stores; also at health-food stores.