

Lose 2 lbs every



THEN:
274 lbs

NOW:
198 lbs

Claudia Odom,
38, Durham, NC

It worked for me! ▲
"I lost 31 pounds in just 21 days!"

Claudia Odom stepped out of her dermatologist's office with a prescription to erase the white patches on her skin. But she couldn't bring herself to drive to the pharmacy. *A cream might be a temporary fix, she thought. But what if these skin problems are another way of my body telling me something is wrong?*

Tired of watching her health go downhill, Claudia tried the Martha's Vineyard Diet Detox. The result: Her skin cleared up fast and she went on to lose 76 pounds. "I'd finally found what worked for my body," she says.

Claudia's weight wasn't the only thing that dropped—her cholesterol plunged from 230 to 178, and her blood pressure went from 178/100 into the normal range at 110/70. "Now I'm confident that my body will function well for the rest of my life. It's such an amazing feeling!"

Summer escalations in ground-level pollution combined with warm-weather slowdowns in the body's ability to neutralize toxins elevate acid levels in the body. This triggers weight gain, fatigue, acne and other frustrating health hassles. But fresh juice can be a miracle slimmer, note Stanford University researchers, thanks to its uniquely high concentration of alkalizing, detoxifying plant compounds.

This simple three-week plan will provide you with a minimum of 22 daily servings of fruit and veggies in the form of nutrient-dense juices. "You'll absorb thousands of acid-neutralizing, detoxifying nutrients every day, which is the key to shedding fat effortlessly—and permanently," says naturopathic physician Roni DeLuz, R.N., N.D. Expect to lose up to 31 pounds in three weeks and heal stubborn health challenges—fast!

A SAMPLE DAY TO JUMP-START YOUR SLIMMING

Breakfast energizer: In juicer, combine 3 large carrots, trimmed; 1 cucumber; ½ beet; ½ peeled lemon and 1" piece fresh gingerroot. Drink along with 8 oz. warm water or herbal tea.

Midmorning perk-up: In juicer, combine 1 cup mixed berries, like raspberries, strawberries and blueberries; 1 cored apple and 2 cucumbers.

Power lunch: In juicer, combine ½ cucumber; 1 large handful spinach; 3 carrots, trimmed; 2 stalks celery; ½ beet (with greens)



and ½ lemon. Enjoy with 8 oz. iced herbal tea.

Mid-afternoon refresher: In juicer, combine 2 cored apples, 1 cucumber and 1 large handful dandelion greens or spinach. Or simply mix 1 Tbs. Macro Greens supplement into 8 oz. apple juice.

Satisfying supper:

In juicer, combine 3 medium tomatoes, 1 cucumber, 1 small handful cilantro, 1 red bell pepper and ½ peeled lime. Serve in bowl; add dash of hot sauce, if desired.



Evening treat: In juicer, combine 1 cup mixed berries, 1 cucumber and ½ peeled grapefruit. Enjoy with 1 large glass iced herbal tea.

WEEK 4 AND BEYOND...

In addition to flushing fat, this cleanse restores your liver's ability to produce detoxifying enzymes, plus rejuvenates *mitochondria* (cellular furnaces) so they can burn body fat for energy. "Weight will continue to melt off as long as you dodge metabolism-stalling toxins and keep your body's pH in the optimal range," says DeLuz. To do:

- 1. Think 1-2-3.** Have 1 glass of juice, 2 pieces of fruit, 3 cups of veggies daily.
- 2. Go green.** If one of your daily veggies isn't a green salad, mix 1 Tbs. of green super-food powder into juice.
- 3. Eat quality protein and fat.** Think fish, lean meat, skinless poultry, eggs and protein powder. Nix chemical-laden processed meats and fried foods.

day

DIET IN A NUTSHELL

Enjoy unlimited amounts of fresh juice, aiming for at least one 8 oz. glass every two hours. For best results, switch up the recipes: USDA research suggests that consuming at least six *different* plant foods daily can triple your intake of acid-neutralizing phytonutrients.

Juicing made easy!

"At first glance, juicing may seem work-intensive," admits DeLuz. "But with the right tools and a little know-how, juicing can be a pleasant experience that's actually faster and easier than preparing regular meals." Here, the top strategies DeLuz recommends for a no-sweat, super-speedy slimdown.

Get the right juicer: First's test kitchen tried out more than a dozen juicers to determine what really matters for optimal performance. The lowdown: Machines with a $\frac{1}{3}$ to $\frac{1}{2}$ horsepower rating are better able to quickly and efficiently process tough vegetables, like beets. A large feeding tube (at least 3 inches wide) eliminates the need to cut up produce and makes cleanup easier. And a stable base with evenly distributed weight can prevent leak-inducing vibrations. *First*



pick: the Breville Juice Fountain Compact BJE200XL (\$100, at **Breville USA.com** or call **866-BREVILLE**), which was also highly rated by *Consumer Reports*.

Buy these items organic:

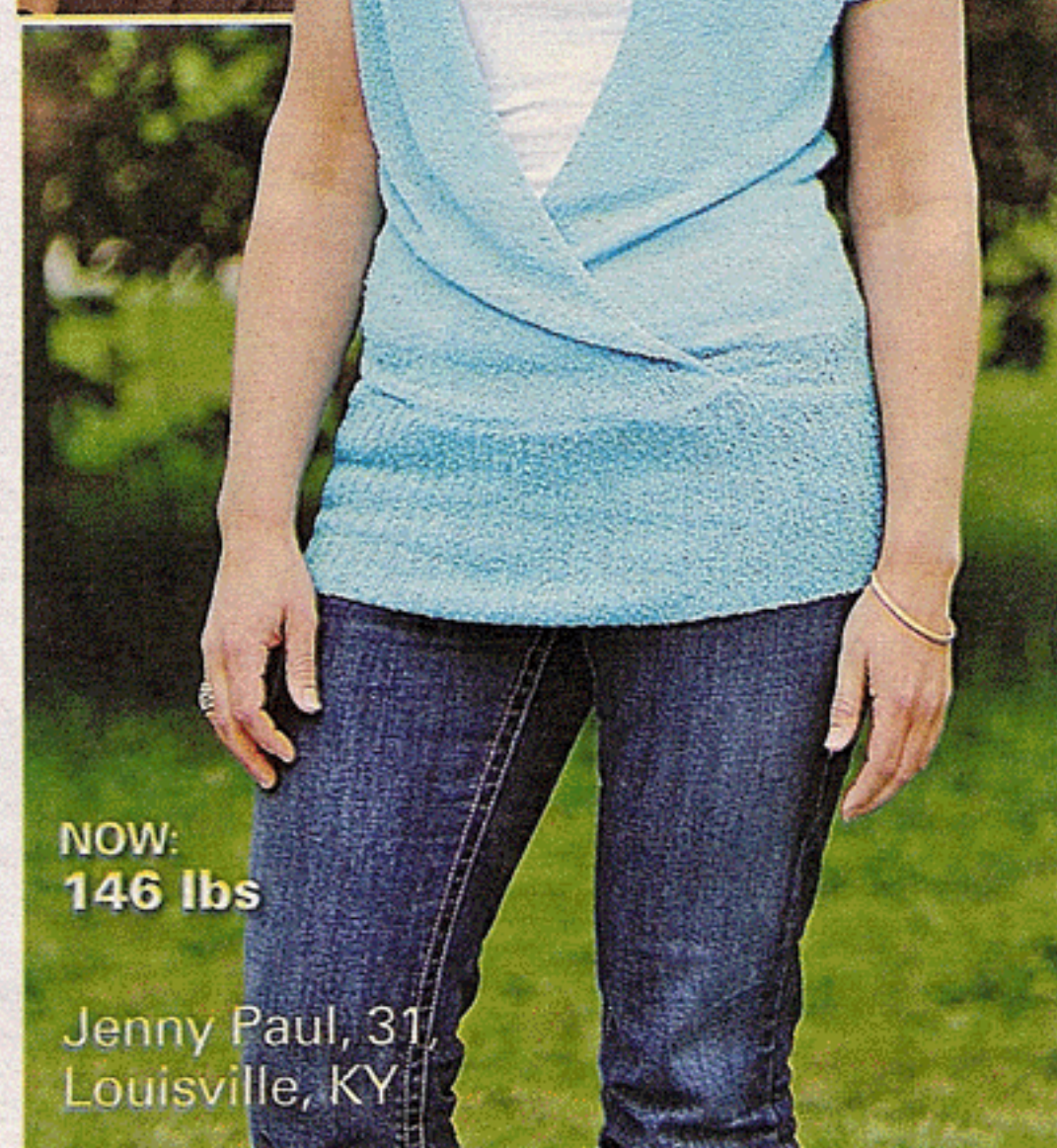
Choosing organic apples, cherries, peaches, imported grapes, berries, bell peppers, celery and spinach cuts your toxin exposure by as much as 80 percent, according to researchers at the University of Stirling in the United Kingdom. For other produce, rinse (or gently scrub) with a mixture of 4 Tbs. apple cider vinegar and 1 gallon water. Vinegar's *malic acid* and *tartaric acid* dissolve toxin residue.

Don't bother with the peeler:

Peels contain up to 27 times more antioxidant activity than the pulp of produce, according to a study in the journal *Nutrition Research*. So toss unpeeled fruit and veggies into your juicer. The exception: citrus (the white pith can make juice taste bitter).



THEN:
180 lbs



NOW:
146 lbs

Jenny Paul, 31,
Louisville, KY

It worked for me! ▲

"My uncomfortable heartburn vanished!"

"I always felt guilty for not being more active," Jenny Paul reveals, recalling the days when short breaks on the couch would morph into long daily naps. Then a copy of *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox* practically called out to Jenny from the bookstore shelf, and though skeptical, she decided to give the detox a whirl.

Almost immediately, Jenny's cravings and heartburn disappeared, and she was amazed by the "out of this world" energy that she experienced on the second day. "It was weird since I wasn't eating constantly. And it was thrilling—I stopped taking afternoon naps and started running," she says. "I'm entering my first 5K race this summer and a triathlon in the fall!"

WE'RE HERE TO HELP!

For more recipes, log on to **MyFirstForWomen.com**. For more on detoxing, read *21 Pounds in 21 Days* (Collins, 2007) or *Tosca Reno's The Eat-Clean Diet* (Robert Kennedy, 2007).



THEN:
206 lbs

NOW:
141 lbs

Sara Terry, 29,
Mitchell, IN



◀ *It worked for me!*

"My pants felt looser after one day!"

Pictures don't lie, Sara Terry thought as she flipped through her family's recent park photos. Deciding that the images of her bulging belly and pudgy knees were the wake-up call she needed, Sara turned to the *Martha's Vineyard Diet Detox*. "I'm not a patient person," she says. "I needed a program where I would see the weight come off quickly."

Did it ever! Sara lost 5 pounds in one day. "And I couldn't believe how well I slept that first night," she gushes. Now 65 pounds trimmer, Sara feels like a new woman. "I've changed my life forever. I'm more active with my kids and I feel more comfortable in my skin."