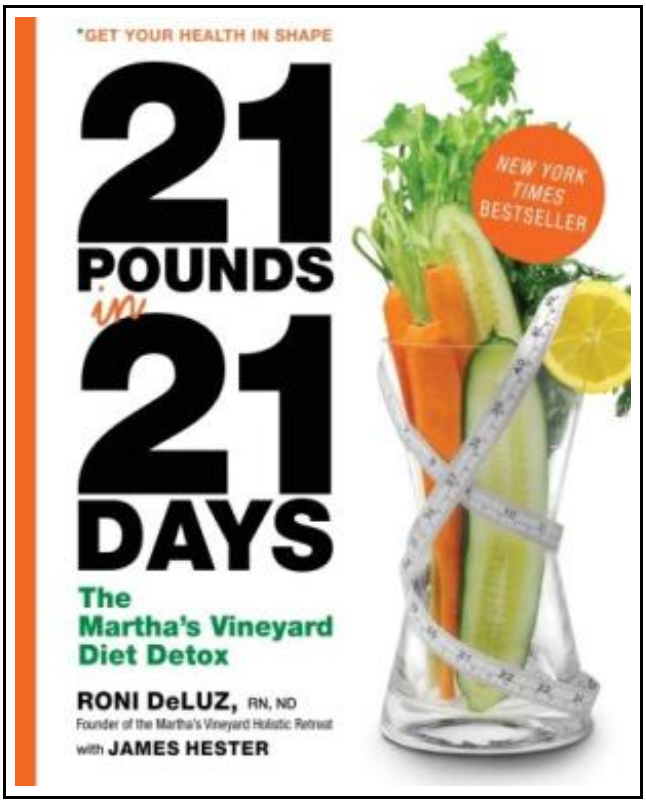
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HarperCollins Publishers Inc, United States, 2009. Paperback. Book Condition: New. Reprint. 231 x 183 mm. Language: English . Brand New Book ***** Print on Demand *****.Detox diets are making news as the quickest, easiest way to shed pounds, boost 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. 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. The Martha s Vineyard Diet Detox 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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