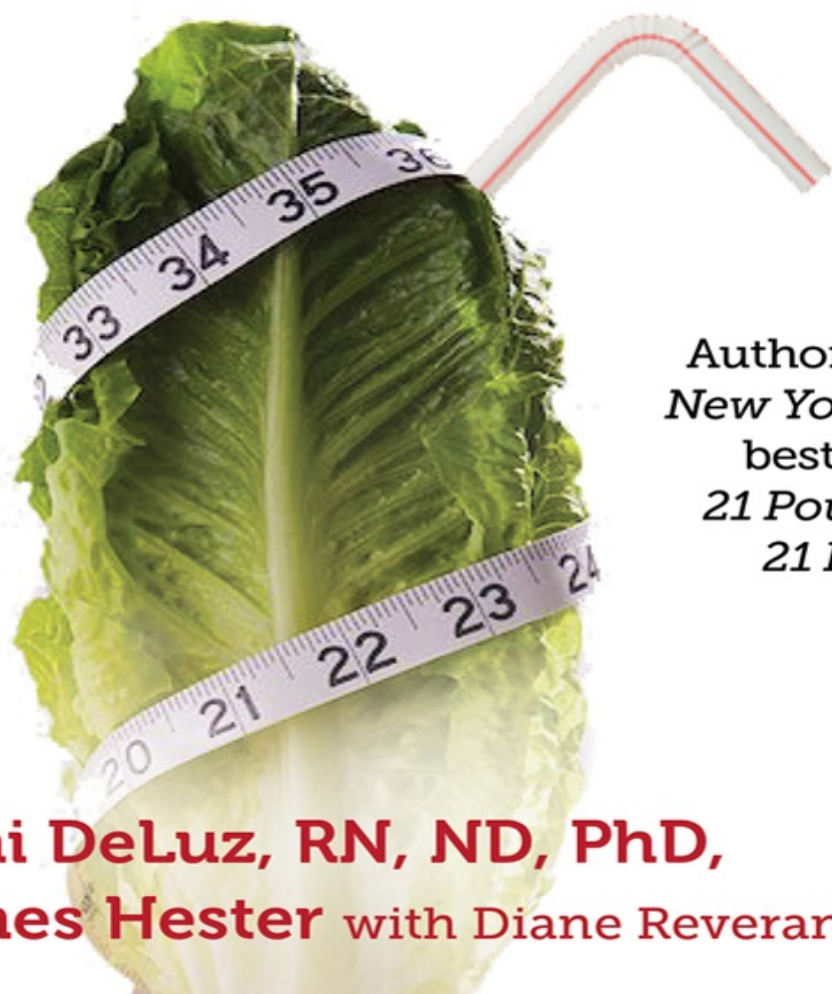


1 POUND A DAY

THE MARTHA'S VINEYARD DIET DETOX
AND PLAN FOR A LIFETIME OF HEALTHY EATING



Authors of the
New York Times
bestseller
*21 Pounds in
21 Days*

Roni DeLuz, RN, ND, PhD,
and James Hester with Diane Reverand

Thank you for downloading this Gallery Books eBook.

Join our mailing list and get updates on new releases, deals, bonus content and other great books from Gallery Books and Simon & Schuster.

[CLICK HERE TO SIGN UP](#)

or visit us online to sign up at
eBookNews.SimonandSchuster.com

1 POUND A DAY



THE MARTHA'S VINEYARD DIET DETOX AND
PLAN FOR A LIFETIME OF HEALTHY EATING

Dr. Roni DeLuz, RN, ND, PhD,
and James Hester

with Diane Reverand



GALLERY BOOKS

New York London Toronto Sydney New Delhi

Authors' Note

Introduction: No Chewing? It's Easier Than You Think

PART 1: WANT TO GET LIGHT?

1: Why Detox?

2: Easy to Gain, Hard to Lose

3: The Best Defense

PART 2: THE 1 POUND A DAY DIET DETOX

4: The Game Plan

5: The Setup

6: Get Juiced

7: Clean and Green Soups and Broths

8: Crank Up Your Healing

9: Make a Dazzling Reentry: The Transition

PART 3: KEEP IT GOING

10: Stay Light

11: Eat Clean

12: The Balancing Act

13: Turn Up Your Metabolism

14: Your Body Deserves a Five-Star Vacation and Regular Getaways

15: Dr. Roni's Healthy Eating Plan: Meal Plans and Recipes for the Rest of Your Life

Afterword: You've Done Yourself Proud

Acknowledgments

About Dr. Roni DeLuz and James Hester

Index

We dedicate this book with love and appreciation to all our detox graduates. Your stories, questions, challenges, and successes have inspired us to write our second book. You have made this book possible because your histories helped to lay the foundation.

Roni DeLuz is not a medical physician, psychologist, or pharmacist. Neither is James Hester. Roni DeLuz is a registered nurse, a PhD in natural health, a lifestyle consultant, and a certified color hydrotherapist.

This publication contains the opinions and ideas of its authors. It is a source of information only and is sold with the understanding that the authors and publisher are not engaged in rendering medical health, or any other kind of personal professional services in the book. The reader should consult his or her medical, health, or other competent professional before adopting any of the suggestions in the book; beginning any diet detox, detox, or diet plan; or taking any herbs or supplements.

The authors and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the ideas and information in this book.

Give Us Thirty Days, and We'll Change Your Life

1 Pound a Day will change your life. That is not an empty promise. It is what we hear from everyone who does the program. Whether they come to the retreat on Martha's Vineyard or do the detox on their own with the help of our first book, the *New York Times* bestseller *21 Pounds in 21 Days*, thousands of people have had fantastic results. They call, write to us, post testimonials on Facebook and our website, and tweet about just how great they feel. They cannot stop talking about how the detox has transformed them. They go from being exhausted, overweight, down, and sick to seeing huge improvement in just thirty days. They lighten up in every way. They lose a pound a day, their energy soars, and their spirits are higher than ever. We'll share their success stories throughout *1 Pound a Day*, along with their tips on what they do to make detoxing easy and—yes—even fun. Their insights on the process will smooth the way for you. You will see how thrilled 1 Pound a Day detoxers are by the changes in their looks and health. They are proud of what they have accomplished. They deserve to be.

Our new book, *1 Pound a Day*, offers an expanded, simplified month-long program to rid your body of toxins, and a new plan for keeping it clean for the rest of your life. Since our first book was published six years ago, we have spent a lot of our time giving support to people all over the world undergoing the detox at home. Judging from the hundreds of questions we receive each month, we have learned exactly where detoxers need direction. We have come to see that if you are detoxing at home, not only do you need a program that is simpler than what we offer at the retreat, where there is a staff of professionals to support you, but you need more guidelines, tips, and recipes.

Doing this detox should not become a part-time job. We have streamlined the detox and made it more practical. We provide tips and suggestions from our own experience as well as from other detoxers to guarantee a month of detoxing that will run like clockwork. You will learn to make fresh juices and soups that appeal to you from recipes created for various palates. We tell you how to order online the supplements we use at the retreat, as we did in our first book, and suggest products that are readily available at your local vitamin or health food store.

This is a lifestyle . . . What you get out of this detox that you don't get from other diets is your health. It is the rebuilding of your body. I am talking about the whole, total rejuvenation. Nothing else promises or offers that.

Robin Quivers



Based on what we have learned from people who have done the program, it has become clear to us that detoxers need more help transitioning from the detox back to normal eating. That is why we have changed the program from twenty-one days to thirty. The transition back to normal eating is a very important part of permanent weight loss and continued health improvements. Doing a detox is not like flipping an on-off switch—on the detox and then back to junk food. You do not want to shock your digestive system by going out and bingeing on chips, pizza, and chocolate on day twenty-two.

Reintroducing food to your cleansed system should be a gradual process. We will walk you through that nine-day period, giving you a specific plan to help you ease back into a less restricted diet. The first part of the program will lock in the changes you have experienced and set you on the right path for sustained good health.

Yo-yo dieting is proof of how hard it is to keep weight off and make healthy eating a habit. Once you have made up your mind, it is not so difficult to follow a specific set of food rules for a month. It just takes a little discipline. You do not have many choices. That is the retreat mentality. When you are on your own after thirty days, the temptations can be a lot more challenging. Your commitment to health does not end in a month. If you want to continue to look and feel terrific, you have to eat clean. In this book, we want to pay more attention to where the real change has to happen—how you eat after you are done detoxing.

We give you guidelines and strategies for eating in the most nutritious way possible every day, so that your post-detox glow and restored energy are permanent. Dr. Roni has five basic principles for wholesome eating that will make eating right a habit. We have supplied two weeks of daily eating plans that offer a variety of breakfasts, lunches, snacks, dinners, and desserts that are so satisfying that your food cravings will vanish. We include delicious, healthy recipes from Dr. Roni's kitchen. These dishes are sophisticated and represent a broad range of cuisines and eating styles. The recipes will convince you that eating healthy does not have to be bland or boring.

We are realists. No one is perfect. There are times when we all backslide. Dr. Roni's 75/25 formula gives you room to have that piece of fried chicken or dish of ice cream every now and then. If you can eat well 75 percent of the time, you are doing great. If you really go off the rails, we provide two-day and seven-day detoxes to get you back in control of your eating.

The three parts of this book are designed to help you return to health and to stay at peak levels of well-being. Our program is so much more than a diet, as you will see in the pages that follow. [Part 1: Want to Get Light?](#), will motivate you to clean up your act. Starting with the scary facts, we will explain what toxins and bad food choices are doing to your body. Then we will show you how detoxing restores your health. Along the way, we quote from people who told us about their experiences on our Facebook pages or in other communications to us.

The second part, [The 1 Pound a Day Diet Detox](#), is a step-by-step guide to the new and revised diet detox. It starts with a daily plan for the first twenty-one days of the detox. We explain the benefits of the supplements, juices, broths, and soups that constitute the program. We introduce techniques that will speed up and deepen the detoxification process. Two chapters contain recipes for highly nutritious juices, broths, and soups. [Part 2](#) will end with the final, all-important stage of the detox: a nine-day transition plan to take you gently back to everyday eating.

[Keep It Going](#), the last part of the book, will give you a blueprint for eating clean every day of your life—to nourish your body on a cellular level and to maintain super energy and excellent health. Dr. Roni explains what it means to eat clean and outlines her health maintenance diet. We cover the crucial importance of keeping your body in balance and advise you on how to avoid an acid environment in your biochemistry. We even show you how to turn up your metabolism. For those times when you lose your resolve, we detail abbreviated versions of the detox to get you back on track. The book will end with meal plans and delicious, healthy recipes that will inspire you to change the way you eat for life. Although the pounds will evaporate, the benefits of the 1 Pound a Day Diet Detox go way beyond weight loss. We want to move into the territory of long-term change and healing.

We know what the detox can do because it has changed—or more accurately saved—our own lives. Dr. Roni developed the detox to heal herself. She had a Bachelor of Science in Nursing from Fairleigh

University. She owned and operated three nursing homes in Southern California that provided health care to medically fragile and developmentally disabled children. In 1989, she became so sick she could barely get out of bed. Her health had been on a downward spiral over a period of two years. What started as feeling a bit off evolved into having increasingly frequent headaches and feeling pain in her joints. Though she lived on aspirin or Tylenol to relieve the pain, her symptoms intensified. As she went from one specialist to another, her list of prescription drugs grew longer. She was taking several different drugs but just kept getting worse. Whatever was wrong with her was taking over her body and her life, and none of the specialists could come up with an explanation. They just kept prescribing more medications. What happened next is best described by Dr. Roni:

I thought I was going to die. Since traditional medicine was not helping, I turned to alternative treatments. I went to see an herbalist who treated illness with plant-based remedies. When I described my symptoms, he explained that my body was being compromised by a toxic overload. I learned I had been poisoning myself with all the medications prescribed by the nearly thirty specialists I had seen. My digestive system was in bad shape. The herbalist recommended that I eat organic baby food, which was easier to digest and far more nutritious than the diet I had been eating. In three months, my energy was returning, and I felt stronger. As the doctor gradually weaned me off the prescription drugs, I improved even more.

At the recommendation of the doctor who had helped me so much, I went to American Biologics in Tijuana, Mexico, for virus tests, which revealed that my liver was compromised. I was diagnosed with chronic fatigue syndrome (CFS) and fibromyalgia. In retrospect, I realize I had been suffering from environmental illness.

Once I returned to California, I learned everything I could about holistic medicine. I began to understand how the body heals itself naturally. I learned to teach the chronically ill how to create the right conditions in the body for natural healing. I earned my naturopathic doctor (ND) Certification and a PhD in natural health from Clayton College and the Holistic College of Nutrition.

I developed the cleansing program and healing philosophy behind *1 Pound a Day* while nursing myself back to top health. In 1999, I moved back east and opened the Martha's Vineyard Holistic Retreat, where I taught my clients how to repair, regenerate, and rejuvenate themselves by detoxifying their bodies. To the delight of my clients, we discovered that weight loss was a side effect of the detoxification process.

In 2003, James Hester came to the retreat to lose weight. He had hit a bad patch in his life personally and professionally and had put on more than forty pounds. I guided him through my program twice, and he lost forty-three pounds. He was surprised that he looked so much younger. He replaced his anger with vibrancy. His energy level and attitude had returned to their optimal state.

He became a convert and wanted to get the message out. We collaborated to write a book. It went on to become the *New York Times* bestseller *21 Pounds in 21 Days* with the support of Wendy Williams, Robin Quivers, and Steve Harvey and James's appearances on *Larry King Live*, *The View*, and *CBS Sunday Morning*. James's passion got the word out, and the amazing results people got from the detox did the rest.

He has become my business partner and an expert on the practical aspects of the detox. James loves to detox and looks forward to the clean and clear feelings he experiences each time. He finds that doing a full detox three times a year works for him, with quick tune-ups when

necessary. In the past ten years, he has done more than thirty detoxes himself and has guided hundreds of people through the process. He knows what it takes to stay on track and has a good time doing it. His experience will help to guide you through the process.

Since our book was published, we have watched juicing, cleanses, fasts, and detox diets become a part of popular culture. We were way ahead of the times. We know that this new health consciousness, the interest in ridding the body of toxins and eating clean, is more than a fad. Obesity has become the number one health concern in this country. The diseases that are killing us are linked to excess weight and the toxic load that throw our bodies out of balance and stress our organs. We know that when you commit to thirty days on the 1 Pound a Day Diet Detox, you will benefit immeasurably from the purest, freshest food and the deepest cleanse available. You owe yourself this chance to transform yourself and to look and feel great for the rest of your life.

Dr. Roni DeLuz and James Hester



NO CHEWING? IT'S EASIER THAN YOU THINK

Just the thought of a detox probably sounds like deprivation to you. Doing the 1 Pound a Day Diet Detox does take commitment, but the payoff is worth the effort. Unless you try it, you will never know how great you can feel and how fabulous you will look when you flush out all the toxins that are stressing your body. Consider it a one-month adventure in uncharted territory that leads to the fountain of youth. Time and again we hear from our detoxers that the cleansing month flies by. It is an exciting time. The changes they experience so quickly create momentum and motivation to keep going.

You take time off or go on vacation to relax and restore yourself. It's a start, but don't you think your entire body deserves a major holiday, too? Give it a rest. That means more than just reducing everyday stress and getting enough sleep. You have to go deep to give your organs a break.

Mother Nature did not design your body to mop up the thousands of manmade chemicals that are poisoning you from the air you breathe, the water you drink, the food you eat, the cleaning and personal grooming products you use, even the clothes you wear. Toxic chemicals accumulate in your organs and make your body sluggish. Toxins affect the way your body metabolizes food and eliminates waste. The end result: those unwanted pounds. Unless you do something about it, toxic overload will overwhelm your body as it struggles to expel damaging chemicals, and you will eventually get sick.

Everything goes more smoothly when your house is in order. Commit yourself to discovering how much light you can feel when you clean up from the inside out. You know how great it is to organize your closet and wardrobe and get rid of clothes you never wear that crowd your drawers and closets. Putting yourself together in the morning becomes a pleasure instead of a mad dash with clothing, accessories, and shoes tossed everywhere. The same is true for your body. It functions more smoothly when toxins do not jam up the works. We are offering you a way to take care of your body like the prized possession it is.

This detox has changed my life in every aspect! I completed the detox, and I lost 20.2 pounds! I have never in my life felt this great about my body and my overall health. I feel amazing!!!! I have lost inches all over my body and that has never happened to me with any other weight-loss program. My skin is so clean and clear, everyone tells me that I am glowing! All my clothes are falling off me. I have definitely added additional waking hours to my day. I am so full of energy that I no longer need naps. I haven't had any headaches, nausea (which was daily for me), gas, or heartburn.

Jannica S. Covington

You will be amazed as your weight drops steadily. You will like what you see in the mirror—glowing skin, clear bright eyes, glossier hair. The 1 Pound a Day Diet Detox is the ultimate natural beauty treatment, but it has many other powerful benefits that will improve your life. People who have done

the program have reported

- Supercharged energy and less need to sleep or nap
- Better mental clarity, memory, focus
- Fewer headaches and backaches
- Reduction of arthritis, knee, and joint pain
- Fewer colds and a stronger immune system
- Reduction of cellulite
- Improved acne, eczema, and other skin conditions
- Breaking addictions for sugar, caffeine, and nicotine
- Slowing down hair loss
- Stronger fingernails and shining hair
- Reduction of digestive problems
- Restoration of regularity

1 Pound a Day will give you the tools you need to transform your life, to go from blah to radiant. This is the first step of this cleansing detox as a jump start for lifestyle changes that will last forever.

TOXIC OVERLOAD TEST

Take this test to gauge your need to detox. We are exposed to so many toxins in our lives. Some things are beyond our control, but we have the capacity to change some of our lifestyle choices. This test will give you a sense of the toxic burden your body carries.

1. Where do you live?
 - a. City
 - b. Suburb
 - c. Country
2. How is your weight? Are you:
 - a. Obese
 - b. Overweight
 - c. Average to lean
3. Do you have a hard time losing weight and keeping it off?
 - a. Yes
 - b. Sometimes
 - c. Never
4. How much processed food do you eat a day?
 - a. 5 to 9 servings
 - b. 2 to 4 servings
 - c. 1 serving or less
5. How much water do you drink each day?
 - a. 3 glasses or less
 - b. 4 to 7 glasses
 - c. 8 glasses or more

6. What is your level of stress?
 - a. Extreme
 - b. Moderate with some spikes
 - c. Usually minimal
7. Do you use commercial household cleaners and personal grooming products?
 - a. Use conventional products
 - b. Use a mix of conventional and chemical-free
 - c. Use organic and nontoxic products
8. Do you lose energy or get tired during the day?
 - a. Often
 - b. Sometimes
 - c. Never
9. Is your mental state:
 - a. Cloudy and fuzzy more than 50 percent of the time
 - b. Mostly clear with occasional fog
 - c. Sharp and crystal clear
10. Do you suffer from indigestion, stomach problems, frequent gas, bad breath, or irregularity?
 - a. Frequently
 - b. Sometimes
 - c. Never
11. Do you experience food intolerances that give you postnasal drip, blurred vision, burping, headaches, itching, burning eyes, sneezing, swollen eyes, or a swollen face?
 - a. Yes, from specific foods
 - b. Sometimes
 - c. Never
12. Do you experience insomnia?
 - a. Yes
 - b. Sometimes
 - c. Never

If *a* is your answer to six or more of these questions, you urgently need to detox. Your current situation and your choices are increasing your toxic load and are already affecting your health and well-being. If you select *b* most often, toxins are probably draining you of energy and causing you discomfort. You should detox to keep poisonous chemicals from accumulating in your body and intensifying the physical symptoms and problems you might have. If you have a mix of *a* and *b* choices with very few *c*'s, your need to detox is more urgent. If your response to eight or more of these questions is *c*, you are on the right track to health. You could benefit from the 1 Pound a Day Diet Detox to increase your vitality and longevity.

My exclusive focus on weight loss as a by-product of the detox changed dramatically after visiting my MD for an annual checkup. My labs were all normal, and I'm off cholesterol

medication for over one year. My heart is efficient, more so than ever before. I have not had a bout with seasonal allergies in more than a year.

Patti Firrincili



The 1 Pound A Day Diet Detox not only cleanses the organs of your body of accumulated toxins but also nourishes your body on a cellular level. The terms “cleanse” and “detox” have become interchangeable, but there is a distinction. A cleanse primarily focuses on clearing the digestive tract, so that waste does not build up. Our detox eliminates toxins from the organs, the bloodstream, and the entire body, and replenishes the nutrients the body needs to heal and regenerate. This powerful detox uses fresh vegetable juices, pureed vegetable soups, homemade broths, teas, dried and liquid phytonutrients from green vegetables, and antioxidants to fight inflammation, improve joint health, and boost the immune system; probiotics to enhance digestion; and antiaging compounds. Get ready not to chew for twenty-one days, and then to add solid food in a very controlled way during the next nine. Not eating solid food for that length of time might seem challenging, but your organs need a rest. Your body needs to repair itself from toxic damage while getting maximum nutrition. Thirty minutes a day of gentle exercise will support the detox process. We are not suggesting that you do a hard workout at the gym or go to a fast-paced aerobics class. That would stress your body too much while you are detoxing. Instead, we recommend a thirty-minute walk or yoga session each day. You can break your exercise into two fifteen-minute walks or sessions if that works better for you.

In the purifying process of the detox, normal hunger disappears as your organs do the work of cleansing. When you provide your body with the nutrients it needs on a cellular level, you will be surprised to see that your appetite changes. Hunger pangs and unhealthy food cravings vanish.

If you are not yet persuaded that detoxing is for you, the first chapter, Why Detox?, will convince you how important a deep cleanse is for your health. If detoxing seems like something wacky that health fanatics do, that chapter will change your mind. By the time you finish reading it, you will be determined to flush toxins from your system, lose weight, and transform your life.



WANT TO GET LIGHT?

WHY DETOX?

You are exposed to toxins and noxious substances everywhere you turn. More than 80,000 man-made chemicals have been introduced since World War II, and most of those have never been tested for safety. Your body does not experience these toxins one at a time. No one knows the effects of the potentially harmful interactions of these chemicals that you encounter every second. No matter how hard you try, you cannot avoid toxic exposure. Toxins are so much more pervasive than you think. When you consider pollution, the earth's atmosphere, soil, and water automatically come to mind. You accept that industrial waste and car emissions do a lot of damage, but you may not be aware that you live in a toxic stew in your own home. The fact is that the inside of your house is more toxic than outside. Almost all modern conveniences and items you use without a second thought contain harmful chemicals. What follows is a list of some of the products with highly toxic ingredients or components.

Synthetic fabrics are petroleum based and processed with many chemicals.

Residues from pesticides are found in conventionally grown vegetables and fruit.

Conventionally raised meat and poultry contain pesticides from feed, plus antibiotics and hormones.

Fish are contaminated with dangerous levels of mercury.

Processed food is loaded with additives, preservatives, and coloring.

Carpets and upholstered furniture outgas formaldehyde and other toxins.

Vinyl flooring is toxic.

Mattresses contain flame retardants by law; those chemicals are neurotoxins.

Wrinkle-resistant, stain-resistant, drip-dry fabrics all have toxic finishes.

Paint contains highly toxic solvents and volatile organic compounds.

Polyurethane finishes outgas toxic fumes.

Home cleaning products contain a host of toxic ingredients.

Grooming products and cosmetics are filled with chemicals that are absorbed through your skin or inhaled in a mist.

Nonstick pots and pans can be deadly.

Pressed or treated wood used to make furniture and cabinets outgases formaldehyde.

Dry cleaning fluid residues are powerful neurotoxins.

Food cans are lined with plastic that leaches chemicals into the contents.

Plastic food containers, food packaging, and wraps contain highly toxic phthalates and BPA.

Plastic toys can be toxic unless labeled "BPA-free."

Cell phones, computers, televisions, and microwaves disrupt electromagnetic fields and outgas BPAs and other harmful chemicals.

These items and countless more are part of your everyday life. Toxins enter your body from the air you breathe, the water you drink, and what you eat, and are absorbed through your skin. Your body is not designed to process this avalanche of man-made chemicals. Relentless exposure to synthetic chemicals

increases your toxic load to levels your body is not equipped to handle. The accumulation of toxins overwhelms your body, disrupting normal functions. Toxins are silent killers, and diseases are expressions of toxicity.

YOUR BODY IS A DETOX MACHINE

Your health depends on your body's ability to eliminate toxins and waste from your cells, organs, and bloodstream. Healthy cells automatically detoxify themselves. Detoxification is a natural process that never stops in your body. Toxic materials and substances for which your body has no use are continually neutralized and eliminated. The process is so important that many interlocking and overlapping systems operate to accomplish this mission. Your body processes and expels chemicals and waste materials primarily through your skin, lungs, kidneys, liver, lymphatic system, and colon. These systems of elimination support and work together to keep you clean inside.

Some refer to a healthy body as a well-oiled, well-maintained machine that runs smoothly. Another way to look at the miracle of your body is to think of it as an orchestra. Each instrument has a distinct sound, and each musician an individual part to play. When all the players follow their music and play on key at the right tempo, the orchestra creates beautiful music. If members of the orchestra do not follow the music or the conductor, the piece falls apart and the sound is noise, not music. The same is true of your body. When the many systems work together in harmony and do what they are designed to do, you will feel great and enjoy excellent health. If the intricate balance of your body is overwhelmed by a toxic body burden, your health suffers. The good news is that you can restore that harmonious balance in your body by getting rid of the toxins that disrupt your bodily functions.

The Largest Organ of Elimination

Your skin is your largest organ of elimination. One way that toxins leave your body is through perspiration. It is a good idea to work up a sweat for twenty minutes three times a week after you have completed the detox. You have to make exercise part of your life during and after detoxing. Be sure to limit your exercise to no more than thirty minutes a day of gentle movement like walking or yoga during your detox month. Sauna, steam, and detox baths promote the excretion of heavy metals like lead, mercury, and cadmium and harmful fat-soluble chemicals like PCBs, PBBs, and HCBs, which we cover in more detail later.

The skin is also an organ of absorption. Putting something on your skin is like eating it. Think about the chemicals in soaps and lotions and permanent press clothing. What enters your body through your skin travels through your bloodstream and can damage cells before the chemicals reach your liver to be filtered out.

Deep Breathing

Polluted air causes asthma, bronchitis, and lung cancer. Studies have shown that parents who smoke increase the risk of their children developing asthma from their exposure to secondhand smoke. Even more disturbing, pollution is able to affect your DNA to produce genetic respiratory conditions in future generations. The contaminated air you breathe also affects your pH balance and can make your body acidic.

Your lungs filter the air, and your breath expels many contaminants when you exhale. The blood carries used and toxic gases to your lungs to be eliminated with each exhalation. When you sneeze or cough, you expel those toxins with force. If pollutants get stuck in your lungs, they enter your

bloodstream and travel through your body causing damage, and can overwork other filtering systems.

~~Even taking a shower can be risky.~~ The Environmental Protection Agency stated that a long, hot shower of ten minutes or more can be dangerous, because the chlorine in our water supply can evaporate into the air, forming a toxic gas that you inhale. Breathing that gas can increase your risk of bladder, kidney, and colon cancer. To remedy this, you can buy a showerhead that filters the water or have a filtration system on your main water line to avoid this health threat.

Breathing properly is an important part of detoxifying your body. You have to breathe deeply and fully to oxygenate your body and brain. Be aware when you are breathing only from the top portion of your lungs, and correct it. Poor posture compresses your lungs and restricts your breathing capacity, your oxygen uptake, and the elimination of toxic gases. Proper breathing helps keep lymphatic circulation moving to produce and deliver antibodies to fight off disease and to remove cellular waste.

Keep It Moving

Your body has two circulatory systems: the bloodstream and the lymphatic system. The pumping heart fuels the bloodstream, which moves cellular waste to the liver, kidneys, bladder, bowel, skin, and lungs for expulsion. Your bloodstream also delivers oxygen, nutrition, and hormones to the cells.

The lymphatic system, the other circulatory system, is a major component of the immune system. It helps the immune system by removing and destroying waste, debris, dead blood cells, pathogens, toxins, and cancer cells. It absorbs fat and fat-soluble vitamins from the digestive system and delivers these nutrients to the body's cells. The lymphatic system removes excess fluid and waste products from the spaces between the cells.

The lymphatic system does not have a heart to pump it. Its movement depends on the motions of the muscle and joints. As the lymph fluid moves upward toward the neck, it passes through the lymph nodes, which filter it to remove waste and pathogens. That is why lymphatic massage is helpful in removing toxins from your body.

The Major Processing Plant

The liver is a factory with more than 600 functions. It is a vital organ that responds to the demands of the body by shifting blood to specific areas. The liver stores blood sugar, which is called glycogen, and releases it into the bloodstream when it is needed. The liver signals the adrenal glands to regulate blood sugar. Insulin is one of the hormones regulated by the liver. Produced by the pancreas, insulin is required for your cells to absorb blood sugar to produce energy. The liver also controls fat metabolism and makes cholesterol.

The liver is a detox plant. It filters poisons in the bloodstream, neutralizes them, and sends them on to the elimination organs. When other organs are not functioning optimally, the liver becomes overloaded. The toxins pass through the liver a few times, damaging cells until the liver can neutralize the contaminants. This extra strain reduces the liver's ability to do other jobs. The results are high cholesterol, imbalanced hormones, unregulated blood sugar, and raised blood pressure. When the liver is overloaded, inflammation can result. If the liver is overwhelmed by excess toxins, they can be redeposited in the joints or as plaque on the walls of blood vessels and the intestines, held in cysts, or lodged in fatty areas of the brain, the breast, or the prostate.

I lost thirty pounds right away and kept it off. I can't live without juicing and eating healthy every day now. It changed my life. Back in 2007, I was diagnosed with nonalcohol-related fatty

liver disease. Since I did the diet detox last year, all my liver functions have returned to normal, along with a few other health issues I had. I owe my healthy living to this way of life now. I'm no doctor, but this detox diet has totally changed my life.

M.B.



The liver can become a fat-storing organ if you do not eat well. A fatty liver results from a diet high in refined and fatty foods, sugar, high glycemic carbohydrates, some prescription medications, vitamin deficiencies, and alcohol consumption. Diabetes, high blood pressure, and obesity also tax the important organ.

The liver is a crucial target of the detox. A healthy liver will keep you clean inside. It is important to cleanse the liver before weight loss, because it will have to work overtime to filter the released toxins that have been stored in your fat cells. The next chapter explains how the storage of toxins in your fat cells makes you gain hard-to-lose weight.

The Kidneys and the Importance of Hydration

The kidneys filter and recirculate blood to flush out waste. They need plenty of water to do the job. The color of urine is the first sign of dehydration. A well-hydrated body produces urine that is mostly clear with only a slight tinge of yellow. If your urine has a strong odor or is dark in color, you are not drinking enough water.

More than 60 percent of your body is composed of water. Your brain is 70 percent water. The body needs pure water to operate healthfully. Water lubricates every process. Without enough of it, your cells cannot use nutrients for fuel, burn oxygen to give you energy, or generate the impulses in your nerves that make you move. Besides, being dehydrated ages you. You will not last more than three days without water. Your cells cannot function without it.

Dehydration can make you eat more. Aside from having a dry mouth, you can become hungry when your body needs water. You feel hunger because your body will get water from food. If your diet does not contain enough fruits and vegetables, which have high water content, you might develop sweet cravings so that your body can retain water to operate smoothly. Then a sweet craving can kick in to compensate for the low energy that comes with dehydration.

When you hydrate, you do not want to consume water filled with toxic chemicals. Water is the vehicle for detoxing. What you drink should not contribute to your toxic load. For the detox, you will drink naturally distilled water.

Colon or Large Intestine

The colon receives solid waste from the rest of the body. Your large intestine, like your kidneys, needs to be properly hydrated and cleaned to work efficiently. When the colon is not doing its job, waste backs up into the bloodstream. To make up for the colon's inability to expel the toxins, the liver, skin, kidneys, and lungs have to work harder.

Solid waste accumulating in the colon suffocates cells by preventing nutrient absorption. The space around cells fill up with waste, which disrupts their normal function. Blood is not able to carry nutrients into the cells, and your body has difficulty building new cells. If the situation continues, cells and tissues will die. One way that affected cells struggle to survive is to expend a lot of energy in a last-ditch effort, reproducing very quickly. That uncontrolled production of new cells is called cancer.

When dead materials back up in the colon, high levels of bacteria, viruses, molds, and parasites feed on the waste matter, which they break down. The immune system moves in to help with elimination. Histamine is released to expel the waste, producing coughing, sneezing, a runny nose, and diarrhea. Your body becomes inflamed to kill off and remove the germs. That is your immune system at work. When your immune system is overwhelmed, disease sets in.

Poorly digested food limits the amount of nutrients available to be absorbed and increases your toxic burden. Carbohydrates ferment, protein putrefies, and fat becomes rancid, producing gases and toxic by-products that are reabsorbed and put stress on the body's elimination systems.

Keeping your colon clean and clear is a crucial element of good health. Along with drinking enough water, eating vegetables and fruit is crucial to bowel health. Fresh produce is a great source of fiber, which acts like a sponge for toxins. Fiber is not digested and passes through your stomach, small intestine, and large intestine and is eliminated intact. This bulk cleans out your colon as it moves through.

TOXIC LOAD AND THE "SOUP POT" THEORY

The unprecedented high level of toxins found in our environment has overwhelmed the body's ability to process and eliminate these poisons. Your body is not designed to process so many man-made chemicals, which build up. When those toxins accumulate, they damage your cells, interfere with your bodily functions, and compromise your well-being.

The term "toxic load" refers to all the contaminants in air, water, and food to which you have been exposed. Your emotions and stress also affect the mix. The accumulation of chemicals, toxins, and other substances that enter your body is called your body burden. Think of a pot of soup on the back burner of your stove. It will boil over if you add too many ingredients and cook it over too high a flame. Your body is like that pot. If it is loaded with toxins with the heat of too much stress, your body is not able to contain the toxic burden and will boil over. You might experience vague symptoms like headaches or dull hair. You might develop sensitivities and have allergic reactions. If you do not lower your body burden, you will get sick. Chronic health concerns are often the result of low-grade poisoning of your metabolism. A polluted environment, damaging lifestyle habits like smoking, drinking alcohol, eating processed food and conventionally grown produce, medications, and stress all contribute to your body burden.

There are many signs of toxic overload, including

- Indigestion
- Headaches
- Dull, brittle hair
- Skin problems
- Weak fingernails
- Fuzzy brain
- Bad breath
- Fatigue
- Anxiety
- Aggression
- Depression
- Stress sensitivity

Low energy

Lack of stamina

Allergies

Flatulence

Autoimmune diseases like arthritis or inflammatory bowel disease

Cardiovascular disease

When toxins are stored in your body, they interrupt or completely block your metabolic function. Your body's ability to move nutrients into cells, produce energy, make repairs, generate new cells, and process and eliminate waste is compromised. Your body becomes inflamed and acidic. Your immune system goes into overdrive, reacting constantly to the presence of toxins by trying to expel the foreign substances. This causes extreme stress to a system trying to protect you. Your body produces extra blood vessels to feed the growing toxic fat cells, which strains your heart. In an effort to dilute the circulating toxins, your body retains fluids. The systems described earlier in this chapter cannot accomplish what they have to do to keep you healthy. That is when nagging symptoms develop into full-fledged disease.

The good news is that you can stop this disintegration. You can enhance your body's natural ability to detox and begin to reverse the damage that has already been done by spending a month on the Pound a Day Diet Detox. You can take action and accomplish a toxic reversal that lowers your body burden. We have seen it happen time and again. People come to the retreat in terrible shape and get their lives back. We have so many testimonials from people who have followed the simple program home. Your body wants to heal itself. Why not do all you can to help? Every organ and system in your body will benefit from doing the detox presented in this book.

Two of the signs of impaired metabolism are weight gain and difficulty losing weight. Recently, scientists have begun to speculate about the link between the dramatically increased exposure to environmental toxins during the last few decades and the obesity epidemic. The next chapter examines how toxins can make you gain weight and explains why detoxing helps you take it off.

Detox Success Story

CHANGING MY BODY FROM THE INSIDE OUT

I was overweight and had an ongoing battle with my weight over the course of several years. I heard Dr. Roni DeLuz talking about the Martha's Vineyard Diet Detox. It sounded like exactly what I needed so I bought her book and read it cover to cover. I did the program and had great success. I learned a lot about my body and how my habits and even my thought processes can cause serious health problems.

In November 2011, I was diagnosed with cervical cancer. Four months later I had a radical hysterectomy. I needed to develop a plan and put it in motion. I knew that if I was going to live a long time and live healthy, I would have to turn my life 180 degrees. I decided to do the detox again. This time I wanted more than a quick weight-loss plan. I needed to change my body from the inside out if I wanted to be truly healthy and to remain cancer-free.

A friend recommended the movie *Fat, Sick, and Nearly Dead*. Watching that movie was eye-opening. After learning about the damage that toxins in processed foods, chemicals, and environmental sources can do to the body and the illnesses they can cause, I was determined to do a diet detox to rid my body of these toxins and loosen up some of the fat cells that stored them. A detox works with the body to do the job it can't do itself—get rid of the toxins and flush out fat cells.

In July 2012, I started a sixty-day detox to rid my body of built-up toxins. I went from a size 18 to a size 10 in pants. I feel better than I ever have. My husband did the detox as well. He is an over-the-road trucker who lives on the road for months at a time. He managed to stick with it all sixty days. Juicing will always be part of a healthy diet for me. Knowing that I could be dealing with a life-threatening illness keeps me focused on my health, and I will do whatever I can to keep my body healthy and toxin-free.

The program really works. I attribute my cancer not spreading to Dr. Roni's detox.

Heather Smith



EASY TO GAIN, HARD TO LOSE

If you are having problems with your weight, you are not alone. More than two-thirds of adults in the United States are overweight and nearly one-third are obese. Nearly one in three children and teenagers is overweight. To put these figures in another perspective, from 1980 to 2008 the rates of obesity have doubled for adults and tripled for children. The concern is global. For the first time in history, more people will die of diseases linked to obesity and subsequent metabolic dysfunction than starvation or malnutrition. The supersizing of the American diet, fast and processed foods, and our sedentary lifestyle had been considered the major contributors to the obesity epidemic. But overeating and inactivity cannot completely account for the epidemic rise in obesity during the past three decades. This alarming trend involves more than just an individual's lifestyle or willpower.

As we have said before, the increased production and use of synthetic chemicals during the past forty to fifty years have changed the environment drastically. The fattening of America has paralleled our increased exposure to contaminants. Evidence has emerged pointing to a link between toxins and obesity. Scientists are speculating that the current level of our chemical exposure may have damaged many of the body's natural weight-control mechanisms.

TOXINS AND FAT

When you carry toxins, excess stress hormones, and inflammation, your body tries to protect you. When a toxic overload accumulates, your biochemistry begins to shift to fat production. Fat acts as a protective buffer for toxins. When toxins are not effectively processed by the liver and eliminated, the body keeps them from circulating in the bloodstream by storing some of them in fat, creating a toxic dump, particularly around your middle. This is a form of self-defense against being poisoned. When you reduce your toxic load, your body shifts away from fat production.

Many toxic chemicals are fat-soluble. These toxins are stored in fat cells to get the poisons out of circulation and away from key organs. Water-soluble toxins are more easily eliminated through your sweat glands and urinary system. The fat-soluble toxins that are stored in your cells can disrupt the hormone signaling system that controls your appetite and metabolism. The toxins increase inflammation. They can reprogram cells to become new fat cells. The newly formed cells may not be able to create energy efficiently. Those cells fill with excess fat and even more toxins that are not being metabolized. You just keep gaining weight.

Before I did this diet the first time, I took a pill at the drop of a hat. I took pills for every little thing. I was on a drug called Soma and coming off it was a very bad trip. I lost twenty-five pounds in twenty-one days and a total of sixty. I went from a size 16 to a size 6. I could not have jump-started my weight loss any other way.

Now I am training for a triathlon. I have so much energy, and have become a vegan. I feel wonderful and wish I could have felt this good in my thirties. I am now forty-three and feel

The toxins in your fat cells can trigger the release of leptin, a hormone that tells the brain about the changes in the amount of fat tissue that is in the body and regulates appetite. If leptin levels stay too highly elevated for too long, leptin receptors can burn out, leading to a condition known as leptin resistance. The “burn fat” message is not transmitted. When this happens, you are hungrier, are likely to eat more, and continue to gain weight that is hard to shed.

TOXINS THAT MESS WITH YOUR HORMONES

The hormones in your body are chemical messengers that communicate between your organs, your brain, and the environment. Disrupting this communication can result in serious health consequences. There is a class of synthetic chemicals called endocrine disruptors. These chemicals interfere with the production of hormones and how they do their jobs. Some hormone disruptors actually mimic hormones, particularly estrogen, tricking your body by interfering with communication between the brain and other vital organs. Aside from fat accumulation, hormone disruptors affect you in many other ways, resulting in:

- Low energy
- Slowed metabolism
- Muscle loss
- Mood disorders
- Low sex drive
- Thyroid problems
- Immune disorders
- Early puberty
- Breast development in boys

As you can see, toxins that disrupt your hormones can have a devastating effect on the quality of your life. Even more disturbing, endocrine disruptors can affect the hormone signaling pathways of babies growing in the womb and newborns during critical stages of development. The effects are often not apparent until much later in life. Scientists suspect that this action has been contributing to the childhood obesity epidemic.

OBESOGENS AND WEIGHT GAIN

Even low exposure to certain toxins can seriously disrupt your metabolism. Scientists have recently discovered a class of toxins identified as “obesogens” that disrupt the regulation of fat storage and energy balance. These toxins change the systems that control your weight by increasing the number of fat cells you have, decreasing the calories you burn, and changing the way your body manages hunger.

Let’s take a look at a few of these obesogens and where you are likely to come into contact with them.

sample content of 1 Pound a Day: The Martha's Vineyard Diet Detox and Plan for a Lifetime of Healthy Eating

- [download Introducing Chaos: A Graphic Guide for free](#)
- [For Whom the Bell Tolls \(Scribner Classics\) book](#)
- [The Madonnas of Echo Park: A Novel pdf, azw \(kindle\), epub](#)
- [read The Chew: A Year of Celebrations](#)
- [read Too Hurt to Stay: The True Story of a Troubled Boy's Desperate Search for a Loving Home](#)
- [read Graphic Knits: 20 Designs in Bold, Beautiful Color for free](#)

- <http://interactmg.com/ebooks/Introducing-Chaos--A-Graphic-Guide.pdf>
- <http://diy-chirol.com/lib/Computer-Power-User--June-2016-.pdf>
- <http://unpluggedtv.com/lib/Code-Lightfall-and-the-Robot-King.pdf>
- <http://nautickim.es/books/Good-Strategy-Bad-Strategy--The-Difference-and-Why-It-Matters.pdf>
- <http://www.gateaerospaceforum.com/?library/Simple-Feng-Shui--Simple-Wisdom-.pdf>
- <http://sidenoter.com/?ebooks/Ironside--A-Modern-Faery-s-Tale--Modern-Faerie-Tale-.pdf>