

21 POUNDS IN 21 DAYS REVIEWS%0A

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The human body is not meant to survive on only liquids for such an extended period of time. In fact, many of the most popular cleanse diets out today are only for about 10 days, making the 21 Pounds in 21 Days Diet twice as long. At \$119 for the program, it simply isn't a health-wise choice to make in regards to weight loss.

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21 Pounds in 21 Days is the new book by the popular, holistic Dr. Roni DeLuz. Following this all-natural juice diet promises to help you quickly lose unwanted pounds, detoxify your body and give your body an opportunity for better health. Also known as the Martha's Vineyard Diet, it gets its name from the Massachusetts retreat of the author. [Amazon.com: Customer reviews: 21 Pounds in 21 Days: The ...](#)

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(@21Pounds21Days): Lose Weight, Look Great and Stay That Way. Our program offers a healthy program to cleanse your body and a plan for keeping it clean for the rest of your life! Martha's Vineyard

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SOURCES: DeLuz, R. 21 Pounds in 21 Days: The Martha's Vineyard Diet Detox, Harper Collins, 2007.

[MVdietdetox.com](#). Jim White, registered dietitian, nutritionist