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Juice Diet Claims To Cut 21 Pounds

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The cartoon character Popeye was known for ingesting a can of spinach and instantaneously gaining strength.

James Hester compares Popeye's results to what he feels after following the Martha's Vineyard Diet Detox.

"You think better, you feel better, you look better," said Hester, co-author of "[21 Pounds in 21 Days: The Martha's Vineyard Diet Detox.](#)"

Roni DeLuz, co-author and naturopathic doctor and registered nurse, developed the diet, which she said allows the digestive system to rest and repair itself because there is not any chewing of food involved.

Hester said the plan is designed to rid the body and bloodstream of toxins, which leads to better health, such as greater mental clarity, a reduction in cellulite, fewer headaches and backaches, less arthritis, joint pain, fewer symptoms of PMS and a stronger immune system.

The diet will also lead to weight loss.

Enzyme Drinks, Teas Allowed

The meals on the detoxification program consist of enzyme-rich drinks, herbal teas, aloe vera, vegetable purees, "live" juices, homemade soups and plenty of water. "Live" juices are juices made using a juicer.

Salt, sugar, milk, eggs, butter and alcoholic beverages, including wine, are excluded while following the detox.

The detox also recommends enemas; kidney, gallbladder and liver flushes; lymphatic drainage massages; sauna treatments; detoxifying baths; cellulite treatments and walking at a leisurely pace or using a Chi machine. It also suggests brushing dry skin before showers.

The detox can also be performed for seven days and two days, but a 21-pound weight loss will not be achieved. There are other benefits, the authors said.

"The weekend detox helps you improve your appearance and energy level quickly. Your eyes and skin will brighten; your thoughts will be clearer; you'll feel less stressed out, frustrated and angry," the book says.

In addition to the physical health benefits, there are also emotional health benefits.

In fact, the book describes how depression is often relieved after detoxing. People feel calmer, happier and more optimistic, the authors say.

"Do the detox for health reasons not vanity reasons, and you'll lose the 21 pounds," said Hester who follows the program several times a year.

Cleansing The Colon

[Tsila Trager](#), a certified colon hydrotherapist, believes that it is important to rid the body of toxins and waste to achieve optimal health.

While colonics help, she cautions that the results on the diet vary. However, she believes that enemas help people feel better and lose weight.

She added that there is about "10 to 15 pounds of fecal matter just sitting there," because many people consume food without drinking enough water to help with bowel movements.

Where's The Protein?

Many health care professionals have criticized the detox diet because of the lack of protein, fat and fiber, as well as the speedy weight loss. Kathlee Zelman, a WebMD expert, reviewed the diet. [She wrote that](#) "while the plan may sound like a scientific approach to weight loss, it lacks the fundamentals that dietitians, doctors, and health authorities know are essential for good health."

Hester believes that critics lack discipline and have likely not tried the diet.

"I don't think you should criticize something until you do it," he said.

"After doing it, you can make an intelligent decision about whether it is good for you."

Hester added that if someone fears the lack of protein in their diet, protein shakes can be added. This will allow the body to detox without the 21-pound weight loss, however.

Other health professionals criticize the Detox Diet because they believe that followers may lose muscle mass.

"You have to burn off the fat before you start burning muscle and most people I know have to burn a lot of fat before getting to the muscle," Hester said.

Do You Maintain Weight?

After the 21st day, there is a maintenance diet that should be followed. It includes slowly reintroducing food groups to your diet.

The maintenance diet includes steamed vegetables, chicken and other organic foods, and several ounces of water.

Hester said that DeLuz's philosophy is if you do 75 percent what she says and eat 25 percent recreational food, you will maintain the weight loss.

A person's attitude will determine the success of the detoxifying program, he said.

"You have to ask yourself if you are out of control (with eating and drinking)," Hester said. "Some people don't want to change."

Suggested Diet

A suggested schedule on the 21-Day Detox Diet would include:

8:30 a.m.

- Antioxidant berry drink -- the detox recommends a brand that contains a variety of berries and a high oxygen radical absorbance capacity value.
- Herbal cleansing formula
- Cup of herbal tea
- 8 ounces of water

10:30 a.m.

- 8 ounces of water with high-density green drink that contains a variety of different vegetables, not just wheatgrass or spirulina.
- 8-ounce glass of hot or iced herbal tea

12:30 p.m.

- 1 cup of fresh vegetable juice
- 1 enzyme capsule
- Herbal cleansing formula

- 8-ounce bottle of water

2:30 p.m.

- High-density antioxidant or berry drink

6 p.m.

- 1 cup of homemade cleansing soup -- the book provides several recipes

- 1 cup of broth from cleansing soup mix

- 1 cup of herbal tea

- 1 enzyme capsule

- Herbal cleansing formula

- 8-ounce bottle of water

7:30 p.m.

- 8-ounce cup of hot or iced herbal tea or water

Bedtime

- Aloe vera

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