

Ultra juice detox

These natural compounds will melt off a pound a day until you've lost *all* the weight

There's no longer much debate in the scientific community about the link between toxic exposure and weight gain. Study after study confirms that chemicals added to foods, as well as industrial pollutants in the air and water, slow fat-burning metabolic rate, plus hinder the function of the liver, gallbladder, lymphatic system and other weight-controlling organ systems.

But studies at the Centers for Disease Control and Prevention and elsewhere suggest that the problem is even more serious than experts previously believed. "At least 1,000 new chemicals are being dumped into our environment every year—and the number we've been exposed to has more than doubled in the last few decades," maintains naturopathic physician Roni DeLuz, R.N., N.D., author of *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox* (HarperCollins, 2007). "As if that weren't enough, these new toxins often mimic hormones, altering the function of virtually every cell in the human body."

The good news: Women across America have discovered that sipping pure, freshly squeezed juice is an easy and delicious way to reverse this toxic overload. "Fresh fruit juice is an incredibly potent and natural detoxifier since it contains all the antioxidants, phytonutrients and enzymes found in fresh fruit and veggies," contends Dr. DeLuz, whose juice-based diet has helped thousands of women shed inches quickly, easily and permanently.

What makes juice so effective—even more so than *eating* the actual produce? "Juicers physically break open tough

plant cell walls, allowing 95 percent of nutrients to escape into the liquid," Dr. DeLuz explains. "This causes more nutrients to be released into the digestive tract." And that means a greater number of nutrients are more rapidly absorbed into the bloodstream. (Compare that to eating fruit: According to a recent UCLA study, only 30 percent of detoxifying nutrients are absorbed through chewing, in part because we don't chew food thoroughly enough for proper digestion.)

"Once absorbed into the bloodstream, powerful plant nutrients stimulate fat cells to release waste and stored fatty acids, plus help the body's detoxifying systems—the lymph, gallbladder and liver—flush fat-trapping chemicals," says Dr. DeLuz. In fact, drinking freshly squeezed juice for just two days has been proven to flush the toxic burden that prevents women from being their slimmest and healthiest. "Juicing can help you lose up to a pound a day—an incredible 21 pounds, if you juice for 21 days straight," raves Dr. DeLuz.

If three weeks seems like too long, opt for a two-day juice detox each week. This fuss-free strategy can help you shed up to 4 pounds a week since the fat-burning from the detox days carries over to the non-juicing days.

"No matter which approach you choose, you will enjoy significantly increased energy, more stable blood sugar, lower blood pressure and cholesterol, strengthened immunity and much more," says Dr. DeLuz. Read on to learn more about how to transform your health—and your body!

Perfect for women too busy to diet!



Angela Stokes, 29, Brighton, England

3 JUICES THAT TRIGGER INSTANT RESULTS

1 The Energizer



Juice 1 beet, 7 carrots, 2 apples, 1 cup kale, 1 cup spinach and 1 oz. aloe vera gel (or freshly peeled aloe). Stir in 3 Tbs. extra virgin olive oil. Drink once weekly.

Why it works: Its phytonutrients *betacyanins* and *farnesol* help the body flush toxins from the liver and gallbladder, increasing these organs' ability to convert fat into energy.

2 The Fat Flusher



Juice ½ cup blueberries, ½ pear, ½ medium-size raw potato and 3 apples. Mix in 2 Tbs. flaxseed, 2 tsp. psyllium powder and 3 Tbs. unpasteurized honey. Drink twice weekly.

Why it works: USDA studies suggest that this drink's *flavonoids* neutralize toxins in the digestive tract. Its soluble and insoluble fibers also bind to toxins, forcing them out in 24 hours.

3 The Bloat Fighter



Juice ¼ watermelon, rind removed; ½ to 1 lemon and ½ cucumber. Drink anytime, but especially to ward off PMS-related water retention.

Why it works: Research at Stanford University suggests that this powerful nutrient blend of *lycopene*, *herperidin* and *D-limonene* has a diuretic effect that flushes out the trapped fluid that triggers water retention.

Clip and post on the fridge! →

NOW: 134 lbs

◀ It worked for me! "I lost 160 pounds!"

Please, let the tests come back negative, thought Angela Stokes, praying the doctor would tell her that she wasn't diabetic. But the signs were pointing in that direction: Angela had been adding about 15 pounds to her overburdened frame each year and was now suffering from chronic lethargy.

So when her doctor told her that the tests were negative, Angela saw it as a second chance at life and vowed to change her diet. "I was overeating and in denial," she admits.

At first Angela's weight-loss progress moved at a tortoise's pace: slow and steady. After two years of infusing her diet with fruit and vegetables, she lost about 30 pounds.

Then a friend introduced her to juicing. Angela loved the natural drinks so much, she made them a part of her get-healthy plan.

Angela began blending ingredients like strawberries, spinach and blueberries into drinks that she called her "medicine and multivitamin." Within two months she lost 30 pounds. She gushes, "For the first time in years I could see my collarbone!"

Since then Angela has lost an additional 100 pounds with the help of juice, and she's kept the weight off for two years. Now, through her website, RawReform.com, she devotes her life to helping others. Angela's motto: "Half the size, twice the life!"

TURN FOR THE SIPPING STRATEGY THAT WILL MAKE YOU SLIM!

Lose 1 lb a



For thousands of women, out-smarting the fat-packing effects of daily toxin exposure has been as easy as drinking freshly squeezed juice. “A juice detox is proven to cleanse the body of hundreds of different toxins, including those found in processed foods, cleaning products, plastic storage containers, cosmetics and pesticides,” says naturopathic physician Roni DeLuz, R.N., N.D. That’s because a mix of juices delivers the nutritional equivalent of 22 servings of

fruit and vegetables daily. “That will provide you with thousands of detoxifying nutrients, which is the key to shedding fat effortlessly—and permanently,” says Dr. DeLuz. In addition to losing up to 160 pounds, thrilled dieters have been able to heal stubborn health problems like prediabetes, hypertension and joint pain.

If you’re looking for a simple way to lose up to 4 pounds a week, try the two-day plan below and repeat once weekly until you reach your goal.

The how-tos successful slimmers swear by

“The key to making a juice detox successful is advance planning,” states Dr. DeLuz. Here, her top strategies.

Buy these items organic: Apples, peaches, cherries, grapes, raspberries, strawberries, bell peppers and spinach rank highest in pesticides, according to experts at the University of Stirling in Scotland. Choosing organic versions of these foods will cut your pesticide intake by 80 percent, making your detox more successful, says Dr. DeLuz.

Pre-prep produce: Taking 15 minutes to wash, peel and chop your juicing ingredients the day before you start will save you time on detox days and allow you to relax as you cleanse.

Organize your fridge in advance: Place ingredients in containers or bags and store them at the front of your refrigerator, where they’ll be easily accessible. Organize by color or recipe so items are easy to find. This system makes juicing a breeze, plus it cuts your

GET SKINNY IN A WEEKEND!

DAY 1: THE LIVER AND GALLBLADDER CLEANSE

It’s important to cleanse these organs first to release trapped toxins that slow metabolism, block production of fat-burning lipase enzymes and disrupt blood sugar, says Dr. DeLuz. “By targeting these weight-controlling organs first, you can shuttle their stored toxins to the colon, where they can be properly neutralized and excreted on Day 2.”

8:30 A.M. “The Energizer” juice blend (see recipe on page 31)

■ At least 8 oz. water

10:30 A.M. 6 oz. to 12 oz. berry juice (juice 1 cup mixed berries,

like blueberries, strawberries or raspberries; 1 apple and 1 to 2 cucumbers or oranges)

■ At least 8 oz. water

12:30 P.M. 6 oz. to 12 oz. green juice (juice 2 stalks celery, 6 stalks spinach or kale, 4 stalks asparagus, 1 to 2 apples and 1 lemon)

■ Herbal cleanser, like dandelion root tea or milk thistle tea

■ At least 8 oz. water

2:30 P.M. 6 oz. to 12 oz. fresh vegetable juice of your choice (for example: juice 1 beet, 4 carrots, 1 to 2 apples, 1 lemon and a 1"- to 2"- long piece of fresh ginger)



■ At least 8 oz. herbal tea of your choice (hot or iced)

4:30 P.M. 6 oz. to 12 oz. berry juice

■ At least 8 oz. water

6:30 P.M. Bowl of steamed veggies

day with juice

health

But for even faster results (to lose one pound every day), follow the basic structure of Day 1 below for 21 days straight. That means enjoying freshly prepared juice in the morning, mid-morning, midday and midafternoon, eating a generous veggie- and protein-rich dinner, drinking unlimited water and herbal tea, and taking a 1 oz. dose of aloe vera gel at bedtime. No need to stick to the juice blends mentioned here. Try any combination of fresh fruit or vegetable juice—it's that easy!

risk of snacking in half since you won't see tempting treats when you open the fridge, explains Dr. DeLuz.

Set up a juice bar the day before:

Clear off a convenient space on the counter for your "juice bar," with the juicer as the star of this space. This helps dieters stick to the plan by removing the hassle of taking the juicer, glasses and other odds and ends out of cupboards whenever it's time to juice, says Dr. DeLuz.

of your choice (like red or green bell peppers, onions, string beans and squash) topped with 4 oz. steamed fish, chicken or tofu, chopped; flavor with no-salt seasoning, black pepper and your favorite herbs (fresh or dried)

■ Herbal cleanser, such as dandelion root tea or milk thistle tea

■ At least 8 oz. water

8:30 P.M. 8 oz. herbal tea (iced or hot)

■ 6 oz. to 12 oz. juice of your choice (if still hungry)

Bedtime 1 oz. aloe vera gel, like Lily of the Desert Aloe Vera Gel Whole Leaf (\$7 for 32 oz., at VitaminShope.com)

■ At least 8 oz. water

THE BEST OF THE JUICERS

Armed with 5 pounds of produce, First staffers gathered some best-selling juicers to determine which model excelled when challenged with our criteria: sturdiness, ease of cleanup and effectiveness—all without breaking the bank!

OUR TOP PICK: L'EQUIP 215 XL JUICER

This model was close to perfection. Its frame didn't jiggle as we juiced. The 3" feeding chute eliminated the need to cut or peel, and it gathered pulp in an external bin, making cleanup a cinch. It also yielded the driest pulp and the most juice. All that and a six-year warranty make it worth the price (\$130, at HarvestEssentials.com or call 877-759-3758).



THE RUNNER-UP: BREVILLE JUICE FOUNTAIN COMPACT BJE200XL

This sporty stainless-steel model lives up to its name with an efficient design and a cord wrap that makes storage easy. While it was simple to use and juiced produce quickly and efficiently, its internal pulp extractor made it a hassle to empty and clean. We found the pulp to be wetter, which meant less juice in the end (\$100, at BrevilleUSA.com or call 866-273-8455).



HONORABLE MENTION: JACK LA LANNE'S POWER JUICER

Though not as sturdy as our other picks, this model was still a front-runner, producing lots of juice and remaining quiet during the process (\$100, at PowerJuicer.com or call 800-532-0596).

DAY 2: THE COLON CLEANSE

"The second day of your detox is the ideal time for a colon cleanse since trapped toxins have now been shuttled to your digestive tract to be excreted," says Dr. DeLuz. The antioxidants, *anthocyanins* and *flavonoids* in "The Fat Flusher" juice neutralize toxins so they can't dampen the function of the metabolism-boosting thyroid and adrenals. And the large doses of soluble and insoluble fiber bind to the toxins that the Day 1 cleanse has already shuttled to the GI tract, forcing them to be excreted before they can be reabsorbed.



8:30 A.M. "The Fat Flusher" juice (see recipe on page 31)

■ At least 8 oz. water

10:30 A.M. and onward Follow the same plan as Day 1, but instead of steamed veggies for dinner, enjoy a large raw salad (with ingredients like tomatoes, lettuce, onions and spinach) drizzled with 1 Tbs. to 2 Tbs. each extra virgin olive oil, vinegar and lemon juice.

WE'RE HERE TO HELP!

For more information, read *21 Pounds in 21 Days* (HarperCollins, 2007) by Roni DeLuz, R.N., N.D., or log on to MVDietDetox.com. For more juice recipes, read *The Joy of Juicing* (Avery) by Gary Null, Ph.D.