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21 Pounds in 21 Days - Diet Review

21 Pounds in 21 Days is the new book by the popular, holistic Dr. Romi 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. [How Does the 21 Pounds in 21 Days Diet Work? | LoveToKnow](#)

21 Pounds in 21 Days is a book written by Romi DeLuz, a registered nurse and naturopathic doctor who explains the details of the Martha's Vineyard Diet Detox and how it rids the body of toxins. [Lose 21 Pounds in 21 Days: The Martha's Vineyard Diet Detox is a liquid detoxification program and not a](#)

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The 21 Pounds in 21 Days Diet, also known as the Martha's Vineyard Diet Detox, was developed by Romi DeLuz.

The diet promises participants will lose a pound a day, or 21 at the end of the 21 days, all while detoxing the body.

[21 Pounds in 21 Days: The Martha's Vineyard Diet Detox ...](#)

In 21 Pounds in 21 Days, DeLuz offers three different detox programs, including the original and most effective 21-day "MasterFast," which promises a 21-pound weight loss in just three weeks and focuses on detoxification through antioxidants, fasting, stress reduction, and lifestyle changes. Also included in the book are:

21 Days (2014) - IMDb

Directed by Kathleen Behun. With Max Hambleton,

Whitney Rose Pynn, Mickey River, Eduardo Roman.

Three filmmakers embark on a paranormal challenge by barricading themselves in a house so haunted, no one has been able to live in for more than 21 days.

Lose 21 Pounds in 21 Days: The Martha's Vineyard Diet Detox

The Martha's Vineyard Diet Detox promises to peel off a pound a day and rid your body of toxins. But is it a good idea, given that your body detoxes itself, regardless of what you eat? [On the plan](#)

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