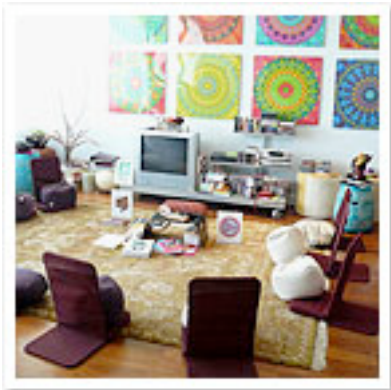


DAILY CANDY

January 2, 2009

Fruity Call

Detox with Dr. Etti Ben-Zion



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Fortunately, Dr. Etti Ben-Zion can cure you of your food (and nonfood) fetishes with her seven-day detox program.

On days one through five, you give up solid food and drink vegetable and fruit juices (provided by Ben-Zion) four times a day. On day six, you salivate over the permissible fruit smoothies. And on day seven, you graduate to organic vegan meals.

You convene early each morning at Ben-Zion's holistic studio, where she lectures on the evils of sugar, soda, and sweeteners and leads you in new agey exercises like tribal dancing and meditation.

The meetings renew your commitment.

And put a sprig in your step.

Available at Holistic Health Studio, 5700 Collins Avenue, suite 16m, Miami Beach (305-861-9383 or holistichealthstudio.com).