

new year, new you //

Diablo checks out a Danville detox diet and five rejuvenating spas.

> I've recently run into several women who are either doing a 28-day cleanse or have just finished one. They recommended these drastic diets—which require giving up gluten, dairy, caffeine, soy, and alcohol—saying they are losing weight and feeling better.

I was skeptical, because the thought of giving up foods I love for a month doesn't much appeal to me. But cleansing is a hugely popular trend. With more than 300 people signing up for the "Danville Detox" every month, *Diablo* had to check it out.

One of our writers, Hannah Craddick, agreed to give the diet a try. She made it through all 28 challenging days. To read her detox diary, and all that she learned and experienced, turn to page 40.

To help start your year off right, we sought out spas that offer more than a massage. We believe the best spas are transformative, leaving visitors rejuvenated and recommitted to health and wellness. With this in mind, we sought destinations where the location and treatment ingredients enhance the overall experience. I checked out the spa at Capella Pedregal in Cabo San Lucas, where the sea and the spa's water treatments washed away my cares, leaving me feeling grounded in a way that I plan to maintain in 2011. We highly recommend the five spa resorts in the feature starting on page 26.

We also got the scoop on the new John Muir Medical Centers in Walnut Creek and Concord. These regional hospitals are going high tech and high touch, with state-of-the-art tools and a soothing design that will improve health care



John Perkins of Piatti shows off dishes from the cleanse menu.

in our region. (The beds even "talk" to patients to see how they are feeling and record the information for doctors.) It's good to know that these major health centers will be even better equipped to help patients and save lives. Get the scoop on page 21.

Finally, we showcase a special project by Pleasant Hill photographer Stephen Joseph on page 34. Joseph has been working to preserve the little-known plant-classifying legacy of famed naturalist John Muir. Working with a Muir historian, Joseph tracked down Muir's plant clippings and then re-created the natural colors and textures. Walnut Creek's Bedford Gallery will exhibit his photos beginning January 9, before they travel on a national tour.

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