



The dieting Secrets of
TOP CELEBRITIES



...the truth behind the celebrity world

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Introduction

Celebrities and their dietary choices are always hard hitting press. They are all at it: Madonna, Katie Holmes, Gwyneth Paltrow, Beyonce... it is rare to come across a celebrity who hasn't experimented with one form of dieting or exercise regime at some point in their career.

The problem with these dietary crazes though is that the press sets them up to be miracles. They forget to tell you that all these stars have got personal trainers constantly at their back, making sure they work out for hours on end every single day.

Now for the average person, many of us cannot afford the luxury of spending hours every day at the gym. We work, we have families... we have many external factors influencing how we manage our time.

However, achieving a natural weight loss which lasts is attainable, and you can do it without having to sacrifice your health, your diet and your social life.

In the following eBook, we have delved into the dieting secrets of top celebrities, to show you the truth behind the celebrity world.



7 Day Elimination Diet

This intense liquid diet is particularly popular with actress Gwyneth Paltrow. Whether she has 'over-indulged' on holiday or is preparing for a new film role, Gwyneth chooses to adopt this easy to follow liquid detox to re-purify her body and help her feel fresh.

Spaced over 7 days, all she drinks is a concoction of liquid meals and snacks, consisting of:

- **Room temp lemon water**
- **Coconut milk**
- **Handful of berries and almonds**

Combined with the "Tracy Anderson Method" of Pilate style exercise regimes, Gwyneth regularly turns to this diet to help shift the lbs and stay in shape.

What's the catch?

Following this diet for one day alone runs the risk of leaving you feeling tired, fatigued, weak and dizzy, let alone you trying to do it for a whole week.

The problem is lack of carbohydrates, fat and protein. All these different elements are essential for maintaining your natural metabolic rate, whilst enabling you to burn stored fat. Without them, all your body is actually losing is water weight which can easily be put back on once you stop.



Master Cleanse (juice fast)

A few celebrities have given this little number a try over the last few years, but the most recent and memorable case has to be Beyonce. Keen to lose weight for her film role in 'Dreamgirls', Beyonce used to the Master Cleanse to lose over 20lbs.

How's it work?

Similar to the 7 day elimination diet, the Master Cleanse is designed to last 1-10 days and supposedly cleanses your body of undigested foods and unhealthy toxins.

Through following a liquid only diet, you are allowed to digest 32 to 64 ounces of fruit/vegetables juices every day, though you can dilute this amount using water.

What's it made from?

You might remember this recipe from other detox diets, but generally all it consists of is a blend of lemon juice, maple syrup and cayenne pepper. To help spice it up a little you can add other fruit and vegetables to the mix, but you need to stay within the daily requirements.

What's the catch?

As with all detoxes of this kind, whilst they may offer instantaneous weight loss, this is primarily all water weight. Once you stop the fasting, this water weight can be quickly regained.

Then there are the complications they can contribute to:

- **Physical weakness**
- **Headaches**
- **Low blood sugar**
- **Dizziness**
- **Fatigue**
- **Constipation**

So whilst this diet may appear to offer all the results on the outside, we thoroughly recommend you do not try it.

Macrobiotic

Madonna has always been a keen advocate of following punishing workouts and strict diets, and her latest one is no different.

Based upon the idea that food and food quality affects health, well-being and happiness, even the way you choose to cook your food can influence your weight loss.

What does it involve?

Of the diets out there, the Macrobiotic is probably one of the best-rounded ones available as it offers an equal balance of different food types.

The general rule is to avoid eating highly processed/ refined foods and focus instead on eating purely natural ingredients, such as the following:

- **Well-chewed whole cereal grains: 25-30%**
- **Vegetables: 30-40%**
- **Beans and Legumes: 5-10%**
- **Miso soup: 5%**
- **Naturally processed foods: 5-10%**
- **Remainder: fish and seafood, seeds, nuts, nut butters and fruits**

Yet the most interesting aspect to this diet has to be its seasonal suggestions.

Spring: eat food of a lighter quality such as wild plants, lightly fermented foods, grains and fresh greens.

Summer: eat food of a lighter quality such as large-leafed greens, sweet corn, fruit, summer pumpkins, barley, bulgur and couscous.

Autumn: eat foods of a more concentrated quality such as root vegetables, pumpkins, beans, cereals, sweet rice, mochi and millet.

Winter: eat foods that are stronger and more concentrated such as round vegetables, pickles, root vegetables, miso, shoyu, oil and salt, millet, buck wheat and fried rice.



What are the perks?

Whilst the macrobiotic diet contains very little carbohydrates, fats and meats, they have got one thing right: their limitations on over stimulants.

Burgers, alcohol, coffee, chocolates and general commercial dairy products... the macrobiotic suggests that you avoid eating any of these foods or limiting them to special occasions.

That being said, the macrobiotic is a diet that can do more harm than good over the long term, and should only ever be tried for a short period and under the supervision of a physician

Remember, Madonna does more than this diet to maintain her curves. She is notorious for working out for a couple of hours every day – a luxury that we as the public do not have.

Zone Diet

This particular diet has been around a few years now, yet it does appear to have many good points about it. Jennifer Aniston especially enjoyed the Zone Diet whilst she was in 'Friends', using it to slim down for her role.

And admittedly it contains something many current celebrity diets are lacking: carbohydrates and fats!

How does it work?

Now here is the fun part. Free from the gruelling task of calorie counting and limiting yourself to one food type, the Zone diet encourages you to eat a healthy balance of carbohydrates, protein and fat:

- **40% carbohydrates**
- **30% protein**
- **30% fat**

Through establishing this balance between your foods, the Zone diet is believed to rev up your metabolism, balance your hormones, reduce the amount of excess insulin that is released into your blood stream, lower the risk of developing other chronic diseases and enable you to effectively lose weight.



Is there a catch?

If we are honest, there appears to be very few drawbacks to this diet. Look at Jennifer Aniston at the beginning of 'Friends', she was in great shape and looked healthy.

Our only recommendation would be to make sure that you add a bit of roughage to your diet, and also introduce enough variety to ensure that you are still receiving enough vitamins.

Atkins

A lot of celebrities have fallen in love with this diet during the last few years, but none more than J-Lo. When she is looking to trim the inches off her waist and lose weight, she opts for the Atkins motif of eat meat, and lose weight.

Compared to the other dietary fads on the market at the moment, Atkins is quite controversial in its inclusion of meat. Take any of the ones we have mentioned above. The vast majority of them try to cut out meat altogether, which is not good for the body.

How does it work?

Atkins focuses primarily on the idea of consuming fewer grams of carbohydrates. By reducing your carbohydrate intake, your body is left with fewer leftover calories after every meal which instead encourages your body to burn stored body fat.

To do it properly there are several stages:

14 day Induction – you can either eat 3 large meals or 4-5 small meals over the course of the day. Included should be plenty of protein and fats, with 20g of carbohydrates.

On-going Weight Loss – similar to the induction phase you must eat plenty of protein and fats. The only difference is, is that you can add an extra 5g of carbohydrates every week if you continually losing 1-3lbs.

This phase continues until you are 5-10lbs from your target weight.

Pre-Maintenance – here you can add an additional 10g of carbohydrates to your diet every week until you are losing 1lb a week. This then continues until you reach your target weight loss.

Lifetime Maintenance – continue eating the final amount of carbohydrates from the 'pre-maintenance' stage, unless you begin to regain weight. If this happens, they recommend you go back to the Induction stage.

What's the catch?

The regulation. Whilst you may free to eat lots of protein and fats, ensuring you are keeping to the regulated amounts of carbohydrates can be hard, making this diet less than ideal for those with a busy schedule.

Quantum Wellness

Reference 'Oprah Winfrey and weight loss' on the internet, and you'll discover Oprah has been associated with many dietary crazes in her time. Yet her latest 'Quantum Wellness' seems to be offering her great satisfaction both physically and spiritually.

Designed as a 21 day cleanse, Quantum Wellness embraces a Vegan diet that excludes such foods as: caffeine, sugar, alcohol, gluten, dairy and animal products, and moves towards more natural ingredients.

How does it work?

During this 21 day period there are only certain foods you can eat:

- **Whole grains**
- **Fibre**
- **Beans and legumes**
- **Steamed or sautéed vegetables**
- **Flax crackers**
- **Almonds**
- **Blue berries**

So what's the catch?

As with all diets, when you make foods such as 'chocolate' a no-no, the temptation to eat them is never stronger and ultimately when you do eat them, you're more likely to eat more than you ever did in the past.

The same can be described of meats. If you are a natural meat lover, removing it from your diet can make the desire to eat steaks, pork and lamb even stronger than it was prior to your diet.

The real key to natural weight loss is to create a balance, where no food is treated like a sin, but can be eaten in moderation.



Tracy Anderson Method

Tracy Anderson is certainly becoming a celebrity in her own right. Not only does she help train Gwyneth Paltrow, but she has now taken Scarlett Johansson under her wing.

In preparation for her film role as the Black Widow in 'Iron Man II', Scarlett has been practising an intensive pilates-style exercise regime that has helped her to shed 14lbs.

Following a carbohydrate free diet, and exercising daily, the strength of these exercise routines has certainly made a difference to Scarlett's appearance. Her weight loss has been all over, affecting her famous curves, stomach and hips.

What are the benefits?

Exercising regularly and taking care of your body is always important as it helps to improve your overall well-being. The only real shame to this diet is the difference it has made to Scarlett's general appearance. Gone are her famous curves, and all that is left is a much skinnier actress.

Barry's Boot Camp

This guy's unique combo of cardio training and exercise has made him even more famous amongst celebrities that Tracey Anderson.

The latest celebrity to try his intense workout is Katie Holmes, following the birth of her daughter Suri.

Restricted to a 1,000 calorie diet of protein and low fat every day, Barry's Boot Camp harnesses these calories to help you burn fat 9 times faster than you would with traditional workouts.

Designed using focused interval training; every exercise requires 100% of your energy and commitment for a minute at a time, ensuring your whole body experiences an intense workout.



What's the catch?

The exercise routine promoted by 'Barry's Boot Camp' does offer an incredible whole body workout, the only area to be conscious of is the calorie size. At 1,000 calories, this is less than half your daily requirement accompanied with an intensified exercise regime. With such limited calories it is important that you still receive the right balance of nutrients, otherwise you are going to run your body down and make yourself physically weak.

Dietary aids

Alongside their daily 3 hour workouts and strict diets, many celebrities choose to use dietary supplements to help aid their weight loss.

Britney Spears is one of many stars reputed to be taking Hoodia Lollies to help suppress her appetite, whilst Eva Longoria, Teri Hatcher and Angelina Jolie are reputed to be using other Hoodia Gordonii products to help them stay trim.

So what's the secret to experiencing weight loss success through dietary aids? Finding a dietary supplement that is medically backed, tested and proven to help consumers achieve credible weight loss.

Our top 2 pills

Comparing over 40 weight loss products across the market for their successes, medical backing, cost and clinical trials, the following 2 dietary supplements offered the most promising results.

Product Name	Proactol	UniqueHoodia
How it works	<ul style="list-style-type: none">• Reduces dietary fat intake by 28%• Suppresses appetites• Lowers food cravings• Decreases blood cholesterol levels• Appeases aches and pains• Cuts calorie intake by 450 calories a day	<ul style="list-style-type: none">• Suppresses appetite by 10,000 times the effect of glucose• lowers calorie consumption
Medical Backing and Quality Assurance	Medical Device Directive 93/42/EEC	<ul style="list-style-type: none">• CITES certificate• Organics Annex Certificate• Certificate of analysis
Average weight loss (monthly)	6-18lbs	4-16lbs

Side Effects	None	None
Clinical Trials	<u>Pilot Clinical Study</u> <u>Clinical Study July 2006</u> <u>Vitamin Bile Salt Study Report 4</u> <u>TNO Report Part-1 2001 - Fat Binding Capacity</u> <u>TNO Report Part – 3 2005 - American Breakfast</u>	Hoodia Gordonii plant extensively tested
Recommended by	<ul style="list-style-type: none"> • Dr. Joerg Gruenwald • Will Davis (Pharmaceutical professional) • Aurora Barker (Practicing Nurse) • Dr Emmanuel Ekanem 	-
Pills per package	120	90
Price (1 month)	From £20.50	From £19.82
Overall rating	5 stars	4 ½ stars
Website	<u>Proactol Website</u>	<u>UniqueHoodia Website</u>

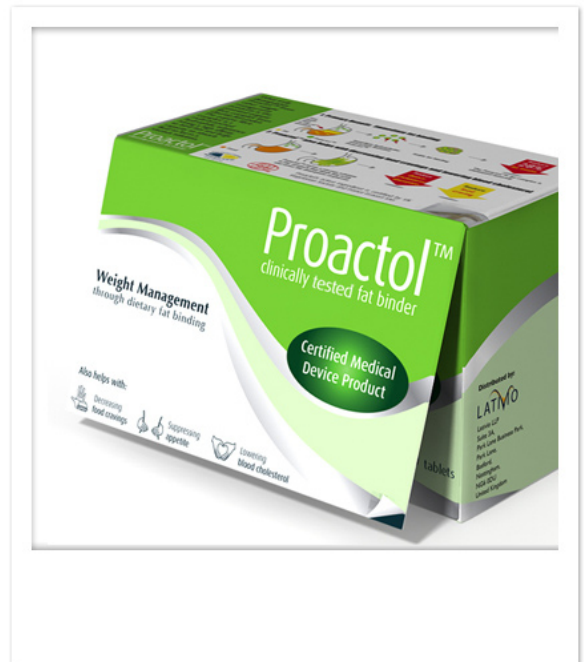
Side effect free, and medically backed by 5 clinical trials, Proactol™ is a 100% natural supplement that can offer consumers lasting weight loss results, plus the additional benefits of appetite suppression, improved blood cholesterol and increased mobility. Compare these to UniqueHoodia, and Proactol™ is by far the more superior supplement. More importantly, Proactol™ can offer consumers natural weight loss results without affecting their current lifestyles.

For more information about Proactol™ and its weight loss capabilities, visit www.proactol.com

Summary: what is the healthiest route?

Whilst celebrities may rave about following an Atkins diet, cabbage soup diet or the Master cleanse, the truth of the matter is behind the scenes they are working out for hours on end with very little calories. A route that is unhealthy and unsafe for your body.

If you are serious about taking charge of your weight loss and eating habits we recommend you try Proactol™. 100% organic, natural and clinically proven to reduce your dietary fat intake by 28%, with Proactol™'s support you can experience the weight loss you deserve and do something these stars cannot: maintain your weight loss for life.



With Proactol™ you can:

- **Reduce your dietary fat intake by up to 28%**
- **Lower your calorie consumption by 150 calories per meal**
- **Decrease your excess bodyweight**
- **Curb your food cravings**
- **Improve your blood cholesterol levels**

To read more about how Proactol™ can help you achieve your weight loss goals please visit the [Proactol Website](#) and begin your journey to success.