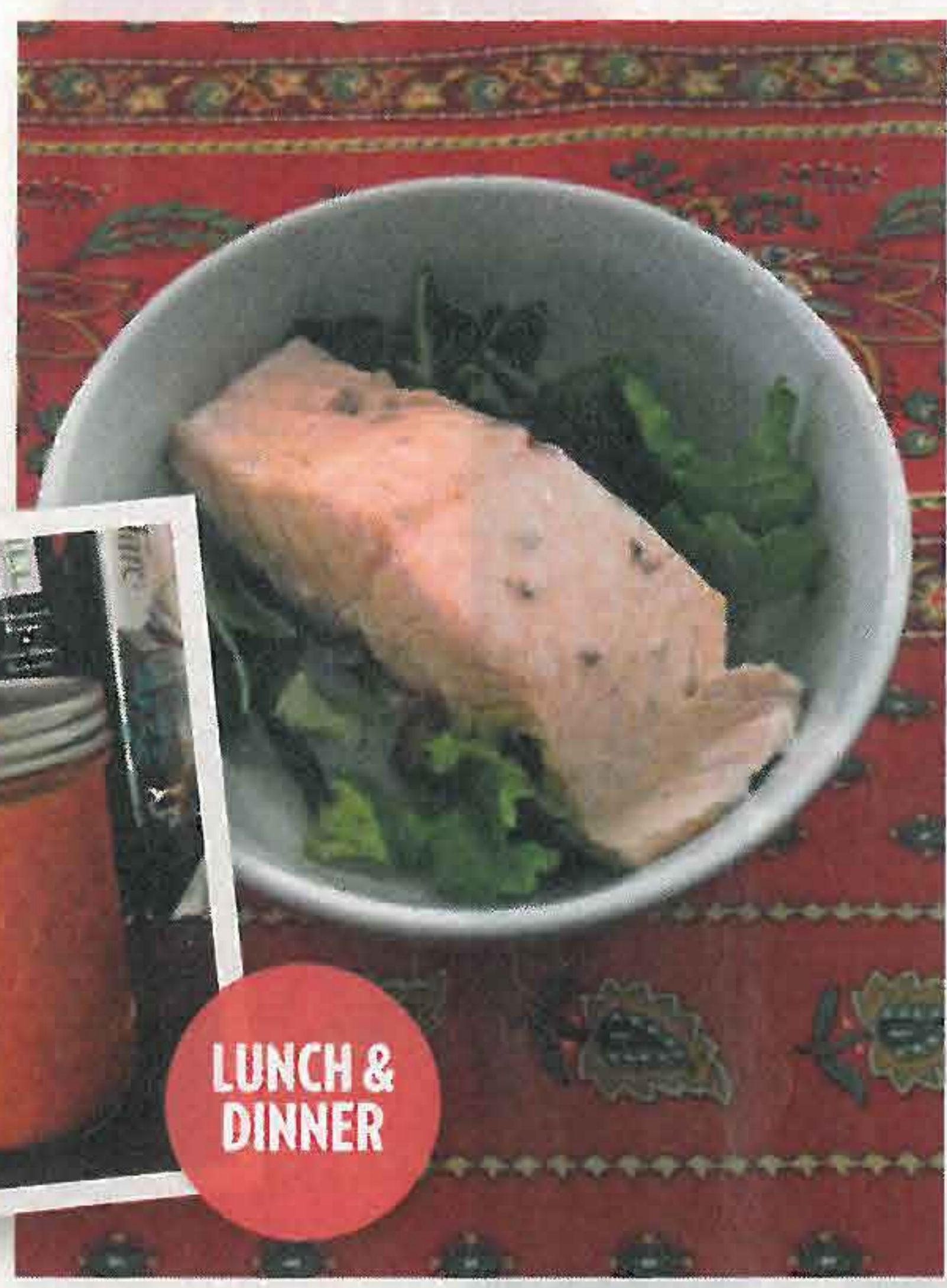


BodyWatch

CELEB CLEANSES: WE TRIED 'EM!

NO FOOD, BAD MOOD? FOUR STAFFERS WEIGH THE PROS AND CONS OF DETOXING



LUNCH & DINNER

3-DAY GOOP WINTER DETOX

Gwyneth Paltrow blogged about her “warming winter detox,” which includes a long list of “no” foods, such as dairy, gluten, processed foods, sugar, alcohol and caffeine. A strict meal schedule includes a 10 a.m. breakfast shake; a veggie-heavy lunch at 1:30 like carrot soup (far left); and a protein-like salmon for dinner at 6 p.m.

COST

Unlike her designer sweaters, this plan doesn't break the bank. Besides buying organic, you need a few speciality items like liquid chlorophyll (about \$11 for 16 oz.), available at health-food stores.

EXPERT OPINION

N.Y.C.-based dietitian Keri Glassman calls the plan “a bit labor-intensive” but not impossible. “The recipes [available on goop.com] are fairly simple and provide adequate calories to be able to get through the workday feeling satisfied,” she says.

WE TRIED IT!

Eating like Her Goopness was stressful for our staffer, who didn't notice significant weight loss. “I couldn't poach salmon by 6 p.m. for dinner since I was still at work! The warm lentil-walnut pâté was yummy, but the chickpea soup is basically water, chickpeas, an onion and the juice of three lemons.”



22-DAY VEGAN CHALLENGE

Beyoncé started eating only plant-based foods in December.

COST

Just groceries, but the singer indulges in 22 Days protein bars, which retail for \$35 for 12.

EXPERT OPINION

“Without a specific meal plan, it might be hard for the average person to follow,” says Glassman.

WE TRIED IT!

An editor balked at cheese-free fettucine alfredo but lost 5 lbs.: “I had more energy and extra incentive to resist the office candy bowl.”



DR. LIPMAN'S 14-DAY CLEANSE

Stars like Kyra Sedgwick have three shakes a day, a light lunch and dinner plus vitamin supplements.

COST

\$229 for shakes and vitamins, plus groceries

EXPERT OPINION

Glassman approves, but as with any new diet plan, “check with your M.D., especially when it comes to supplements.”

WE TRIED IT!

After day 3, “I felt lethargic,” said our tester, who lost 12 lbs. But by day 4 “my skin was glowing!”



3-DAY PRESSED JUICERY CLEANSE

Mindy Kaling is a fan of the L.A.-based company's three-day program, which includes six juices a day.

COST

\$199, which includes shipping

EXPERT OPINION

“Consuming only liquids can be tough—and can set you up for binges later,” says Glassman.

WE TRIED IT!

“Compared to others, the juices taste better and are easier to get down,” says a writer. “By the end I felt lighter and had lost about 5 lbs.”

