

EXCLUSIVE: ALEXA CHUNG MAKES HER DESIGNER DEBUT

GRAZIA

MIDDLE EAST

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DETOX DANGER!
TOP DUBAI NUTRITIONIST
ON WHY GWYNETH'S DIET
COULD HARM YOUR HEALTH

CAMERON finally gets the ring!

* "I WAITED BECAUSE
I DIDN'T WANT TO SETTLE"
* INSIDE THE WEDDING YOU
THOUGHT YOU'D NEVER SEE

YOU
WANT
A HOT
BODY?
THE UAE'S
NEW FITNESS
TRENDS
TRIALED



Standout sneakers

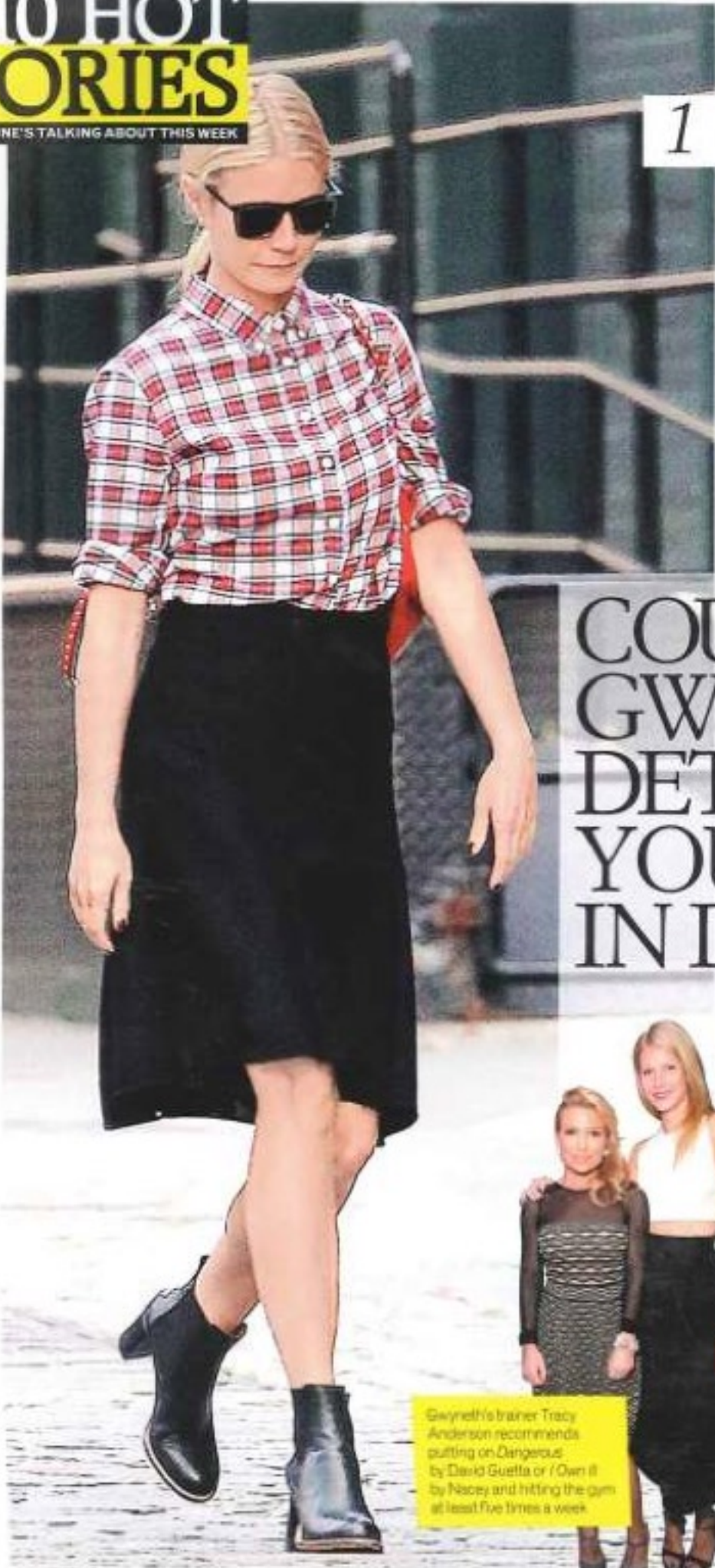
Peekaboo pieces

MEET THE MICRO TRENDS

Colour pop ya collars

PLUS HOW TO CHEAT YOUR WAY TO WEIGHT LOSS - NO STOMACH CRUNCHES REQUIRED

EVERYONE'S TALKING ABOUT THIS WEEK



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IN GWYNETH PALTROW'S WORLD, THE WORD JANUARY IS SYNONYMOUS WITH DETOX. THE A-LISTER FAMOUSLY FOLLOWS A SUPER HEALTHY MACROBIOTIC DIET, combined with gruelling workouts powered by fitness guru to the stars Tracy Anderson as well as advocating regular cleanses to keep her uber-toned body in shape. Now she's encouraging us to do the same and discover the secret of her success through her annual detox plan.

"OK. Time to give that liver a break. January always signifies detox time for us, and this year is no different," Gwyneth explains in a personal forward to the plan which can eliminate excess weight as well as harmful toxins.

COULD GWYNETH'S DETOX PUT YOUR LIFE IN DANGER?

"The more we research, the more concerned about environmental toxins we become. We asked Bruce Lourie [environmental thought leader] if it would be possible during our annual cleanse to not only drop some accumulated weight, but to get rid of some of the heavy metals, fire retardants, and pesticides in our systems, too."

But the svelte actress-turned-lifestyle-guru who posted her controversial January purge on her website *Goop* – which is dedicated to "health, fitness, and the psyche" – has come under fire from medical experts who have voiced concern about the 300-calorie-a-day diet.

With potentially dangerous side effects such as loss of consciousness in extreme cases, this plan is quite literally not for the faint-hearted.

No stranger to trying a number of detoxes, the queen of lean urges fans

Gwyneth's trainer Tracy Anderson recommends putting on *Dangerous by David Guetta* or *I Own It* by Nacey and hitting the gym at least five times a week.



to get their new year off to a healthy start by clearing out their digestive systems, which means banning all dairy, grains with gluten, meat, shellfish, anything processed and of course, all naughty treats in this "simple but tough detox." Gwyneth explains, "Just say no to alcohol, caffeine, added sugar..."

Well, that may be easy for those clean-living souls like the famous mum-of-two, but spare a thought for the rest of us who can't get through the morning without two shots of caffeine in a frothy latte.

The seven-day *Goop* meal plan offers recipes for three meals a day, plus snack options. Each day must begin with room temperature lemon water. Breakfast is predominantly fruit or vegetable smoothies and lunches are soups and salads, while dinner includes options like seared halibut with lentils and Thai curry soup.

Dubai-based nutritional therapist and detox expert Caroline Bienert highlighted that while the plan may work well for Gwyneth, others should certainly beware of the dangerous side effects before taking on the strict detox.

"If someone who was used to eating a lot of processed and high-sugar foods was to embark on this plan then they would be in danger of collapsing, as their system is not prepared," she explains. "You have to prepare your body before going to such extremes and perhaps Gwyneth has had some preparation before taking up this plan," she warns.

As the star herself advises on her website, Caroline stresses the importance of seeking medical advice before beginning any cleanse. "Every single person has a unique system; therefore everyone's detox needs to be bespoke to them. One plan that will work amazingly for one person may not work at all for the next, and in order to know you must seek professional advice and help to discover what the cause of any problems you are having."

Gwyneth's additional tips for an effective detox include drinking plenty of water, indulging in a handful of spa treatments and regular saunas to flush out the body's toxins. She also adds, "Think about kicking the week off with a colonic – they definitely get things going." OK then.

Expert Caroline takes a more holistic approach and says eating more green vegetables is the best way to flush out toxins out of our bodies. "All around the world people aren't doing this and because



THE MEAL PLAN REVEALED

Gwyneth's 7-day detox diet

DAY 1

First Thing: Lemon Water
Breakfast: Godzilla Native Juice
Lunch: Roasted Kabocha Soup
Snack: Rice Cakes with Almond Butter
Dinner: Lemongrass Chicken Banh Mi Salad

DAY 2

First Thing: Lemon Water
Breakfast: Clean Granola with Almond or Quinoa Milk
Lunch: Buckwheat Soba Noodle Salad
Snack: Kore Berry Mint Kiss Smoothie
Dinner: Roasted Kabocha Soup

DAY 3

First Thing: Lemon Water
Breakfast: Kore Hula Hydrator Smoothie
Lunch: Leek and Celery Root Soup with half a Baked Sweet Potato
Snack: Rice Cake with Hummus
Dinner: Seared Halibut with Lentils, Kale, and Salsa Verde

DAY 4

First Thing: Lemon Water
Breakfast: Clean Granola with Coconut Yogurt and Blueberries
Lunch: Braised Lentil Salad with Roasted Carrots, Arugula & Avocado
Snack: House Special Native Juice
Dinner: Grilled Zucchini Socca Tacos

DAY 5

First Thing: Lemon Water
Breakfast: Beet Down Native Juice
Lunch: Red Lentil Soup with Socca Wraps
Snack: Kore Carrot Cake Shake
Dinner: Cauliflower Fried Rice

DAY 6

First Thing: Lemon Water
Breakfast: Quinoa Flake Breakfast or Chia Seed Pudding
Lunch: Red Lentil Soup with Roasted Spaghetti Squash with Coconut Oil & Seeds
Snack: Kale in Comparison Native Juice
Dinner: Chicken Kofta Wraps

DAY 7

First Thing: Lemon Water
Breakfast: Kore Strawberry Gingersnap Smoothie
Lunch: Cauliflower Black Bean Bowl with Kale Guacamole
Snack: Handful of Clean Granola
Dinner: Thai Curry Soup

of this have a big build up of acid in the whole body. Making sure you eat quality over quantity is vital!"

For those wanting to kick-start a healthier new year, Caroline simply encourages adopting long-term lifestyle changes rather than starting on a strict detox plan similar to Gwyneth's.

"Go for the green smoothie every morning and start slowly setting yourself realistic goals and be in it for the long term, and not just the short-term quick fix."

Gwyneth is notorious for being one of Hollywood's most clean-living residents and while she practises what she preaches, combining her diet and detox with her rigorous five-times-a-week fitness regime, it's hard to ignore that she's created a business empire out of her healthy lifestyle and musings.

The star instantly bonded with personal trainer and wellness entrepreneur Tracy Anderson during a tough exercise session in Los Angeles and the pair are now business partners. They've since produced four best-selling exercise DVDs and Tracy Anderson's *30-day Method* book.

The Oscar-winner credits Tracy for completely transforming her body into the lean machine it is today and her incentive for keeping it in tip-top condition is her body is now her business.

"When I first started working with Tracy, finding motivation was hard. She advised me to think of exercise as an automatic routine, no different from brushing your teeth, to avoid getting distracted. Now it is part of my life," she enthuses.

So a body like Gwyneth's could be yours but surely you shouldn't have to pay the ultimate price of your health for it? **11**

• Always seek medical advice before starting any new diet plan. For more information on nutritional therapist and detox expert Caroline Bienert visit www.carolinebienert.com/en/