

Issue 1017
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WEEKLY

Us



JOE & SOFIA'S

No Strings Romance

After a messy split from her fiancé, Vergara hooks up with the *True Blood* stud. Inside their sexy nights (he cooks for her!)



Jay & Bey's Cover-Up
HEADED FOR SPLIT



Why Naya Rushed It
REVENGE WEDDING



BACHELORETTE EXCLUSIVE

WE'LL MARRY THIS YEAR!

\$4.99US



Hollywood's CLEANSE



Biel

Cameron Bure



The draw Shinier hair and skin, and shedding as much as 5 pounds in five days
What you're in for Four daily protein-powder shakes. But you also eat, yes, eat two snacks and a meal — about 1,200 to 1,400 calories a day.
On the menu Quinoa and kale salad
Off-limits! The usual culprits: meat, dairy, sugar, gluten and caffeine.
Cost \$345 with food, paleta.com
Devotees Candace Cameron Bure, Jessica Biel

The draw Better digestion, glowing skin, stronger hair and, of course, weight loss
What you're in for A liquid diet for up to five days. Each of the six daily bottles is about 180 calories.



On the menu A blend of kale, spinach and celery
Off-limits! Say buh-bye to caffeine, gluten and white sugar.
Cost \$72 a day, pressedjuicery.com
Devotees Nicole Richie, Julianne Hough, Kerry Washington



Pressed Juicery

Hough

Richie



Cuoco-Sweeting

Michele

The draw A body free of impurities, a stabilized metabolism and shinier tresses
What you're in for Six daily drinks (860 to 1,040 calories) for up to 10 days. Opt for renovation (for newbies), foundation or intense excavation.
On the menu A carrot-beet juice
Off-limits! Well, chewing. But you'll guzzle loads of raw produce.
Cost \$65 a day, blueprintcleanse.com
Devotees Lea Michele, Kaley Cuoco-Sweeting, Ashley Greene, Nikki Reed



THIS SPREAD: FROM LEFT: E-PRESS/BAUERGRiffin.COM; SHARKY/SPiLASHNEWS; BANEY/PHOTO: CANHAM; JOHNSTONE/SPiLASHNEWS; STEVE MATHIAS/APC.COM; JASON MERRITT/GETTY IMAGES FOR OAKLEY; EVAN AGOSTINI/INVISION/AP; REX USA/REX; LARRY BUSACCA/GETTY IMAGES; STEVE GRANITZ/WIREIMAGE; KYLE ROYER/STARTRAKSPHOTO.COM; BRIAN PRANIL/SPiLASHNEWS; STILL LIFE/NC

CRAZE

Yup, everybody's doing it! **Kim, Kaley** and other stars are juicing up to slim down. See who's sipping what

BY SARAH GROSSBART

The draw No solids to digest means the body has more energy (plus: weight loss)

What you're in for All juice all the time (1,200 daily calories) for three or five days.

On the menu The ubiquitous green juice

Off-limits! Plates. Unless you opt for Raw Cooler, with three juices, a meal, a snack and (gasp!) dessert each day.

Cost \$58 a day, coolercleanse.com

Devotees Naomi Watts, Salma Hayek, Michelle Williams



Gyllenhaal

Sedgwick

The draw Less bloat, plus fewer toxins and pounds

What you're in for Solid food!

Along with three daily powder shakes and dietary supplements, the two-week plan allows for lunch and dinner.

On the menu Roasted salmon

Off-limits! Taboos include gluten, dairy and some high-sugar fruits.

Cost \$229, bewellbydrfranklipman.com

Devotees Kyra Sedgwick, Maggie Gyllenhaal



The draw Fewer bad cravings, along with great skin and abs

What you're in for Swigging six juices a day (850 calories) for up to five days. Hungry for more? Try the Shred option: an extra two drinks and 300 more calories a day.

On the menu A spicy lemonade

Off-limits! A fork, for starters. The potables are also free of chemicals and artificial sweeteners.

Cost \$72 a day, ritualwellness.com

Devotees Kim Kardashian, Camila Alves



Alves

Kardashian

Cooler Cleanse

Ritual Reset

Be Well by Dr. Frank Lipman

Hayek

Watts