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Gwyneth Paltrow regularly goes on a detox diet to lose weight and purify her body, ridding it of accumulated toxins
The Sun

[Gwyneth Paltrow Gushes About 3-Week Detox Diet](#)

Star says she has never felt better in her life

Hollywood actress Gwyneth Paltrow is just one of the many believers in the much-controversial and arguably [still debatable benefits](#) (at least according to some nutritionists) of detox diets. Having done the Master Cleanser in the past, the star is now just coming off yet another 3-week such diet, whose praises she simply can't stop singing in the latest [GOOP](#) newsletter.

The "Clean" program, designed by cardiologist and nutritionist Dr. Alejandro Junger, involves three separate stages, and is meant to eliminate all the toxins accumulated in the body in time, so that it regains its vitality and is restored to good health. The program also helps with digestion, and is designed in such a way as to constitute an energy boost, being made up of three daily meals, only one of which is solid. As per Paltrow's words, it's more than enough to help one lose weight while also maintaining their energy levels high to allow for exercise as well.

"As I write this, I am finishing the amazing three-week-long 'Clean' detox program detailed below. Designed by New York cardiologist and detoxification specialist Dr. Alejandro Junger, this program allowed me to work and exercise regularly, something I cannot do if I am on a liquid-only detox. I followed it to the letter and I can report that it worked wonders." the actress writes for GOOP.

However, the detox program [did more for Gwyneth](#) than just supply her with the energy necessary to work out and lose weight, as she says so herself. "I feel pure and happy and much lighter (I dropped the extra pounds that I had gained during a majorly fun and delicious 'relax and enjoy life phase' about a month ago). I also really enjoyed learning about the incredible health benefits of resting your digestive system, etc. This thing is amazing. And don't forget to ask your doctor if a cleanse is right for you." Paltrow adds.

The same GOOP post also includes a very extensive and comprehensive Q&A with Dr. Junger in which he reveals all there is to know about the "Clean" detox program. Among the pieces of advice he offers, one should note avoiding processed foods and choosing organic whenever possible, meditating and learning to enjoy each meal and to savor it accordingly to avoid overeating.