



# Celebrity Diets

## 1 What are Celebrity Diets

Ever wondered how Cher, Jennifer Aniston, and Madonna stay in such good shape? Sure they often work out, but they also follow very careful diets to reduce their weight and keep the weight off.

In this eBook we explore some of the diets that are most popular with celebrities, the so called *Celebrity Diets*.

When reduced to the simplest possible terms, the principal of a diet is to control or lose weight.

Before we delve into the world of *Celebrity Diets*, we need to first understand some basic principles of how our bodies gain and lose weight.

Human bodies have evolved to consume fruits, vegetables, and other foods like, such as lean protein and natural carbohydrates. These are the foods that our ancestors would have eaten, and these foods were hard won. It took a great deal of physical effort to grow and harvest food, to hunt food, and to gather food. As a result, it is not hard to understand why obesity was extremely rare hundreds of years ago.

In today's world, junk foods, fried foods, fast foods, and other high calorie foods, are commonly consumed, and our bodies are not equipped to deal

with these high calorie foods and we have not had time to adapt to these foods.

Even though people may be working very hard in their jobs, and for very long hours, many peoples jobs and life styles are becoming increasingly sedentary. For example, people are commonly working desk jobs and other jobs that can be done sitting down or with little physical effort and movement. As a result, most people are not burning enough calories to maintain their weight levels or offset their high calorie food consumption.

***Calorie Intake*** is the total calories your body derives each day from all of the foods you consume and the drinks you consume.

***Calories Burned*** is the total energy your body uses each day from performing activities like walking, moving, thinking, working out, etc. Even the activity of maintaining life uses energy and therefore burn calories. Examples include breathing, your heart pumping blood, and so on. You even burn calories when sitting in a chair, but at a much lower rate when you are more active, such as walking or jogging.

Your **weight will be stable** over a period of time if:

$$\text{Calorie Intake} = \text{Calories Burned}$$

And, you will **lose weight** over a period of time if:

$$\text{Calorie Intake} < \text{Calories Burned}$$

Finally, you will **gain weight** over a period of time if:

$$\text{Calorie Intake} > \text{Calories Burned}$$

How much you lose or gain weight depends on how ***Calorie Intake*** compares to ***Calories Burned***. If there is a large difference, then the weight gain or loss will be more rapid.

So, how do you keep track of your *Calorie Intake* and the Calories Burned?

Well, the only way to do this is to:

- Weigh and keep track of each item food, drink, etc you consume each day, and calculate the amount of calories in this. The labels on food

and drink can help with this, as can specialty books that contain the calorie content per unit weight of 1,000's of foods and drinks.

- At the same time, you will need to keep track of the various amounts of exercise you perform each day (such as walking for 30 minutes in the morning, yoga for 30 minutes at night, etc), and calculate the energy these exercises use. In addition, you also need to take into account the energy your body uses to maintain life.

The calculations to do all of this are simple enough, and you need is to be organized and meticulous so that you record all exercise and items consumed. While this method will help you think about each food and drink you are about to consume before you consume it, it can take quite a lot of time each day to work everything out.

And, in today's increasingly busy world, who has the time to weigh each item of food before you consume it, and do all of these tedious calculations ?

Eating food is supposed to be fun, it is supposed to be enjoyed.

This is where diets, and *Celebrity Diets* in particular, come in handy. The tedious details, such as calorie content for each item of food, have all been worked out by experts before hand, and all you need to do is follow the simple plans provided by the diets.

These simple diets can give your spirit a much needed lift while also helping you to feel better, both physically and mentally. By following these diets, you can lose weight and stay in shape without having to worry about all of the tedious details, such as the energy contents of the foods that you consume.

## 2 What Celebrity Diets Are There ? Which Should I Choose ?

There are a vast, and mind-boggling range of *Celebrity Diets* out there to help you help you lose weight and keep your weight under control, such as:

1.3-Hour Diet

2.5-Factor Diet

- 3.Abs Diet
- 4.Atkins Diet
- 5.Blood Type Diet
- 6.Bob Greene The Best Life Diet
- 7.Cardio Free Diet
- 8.Dr. Phil's Diet
- 9.Fat Flush Diet
- 10.Fat Smash Diet
- 11.Grapefruit Diet
- 12.LA Weight Loss Diet
- 13.Martha's Vineyard Detox Diet - 21 Pounds in 21 Days
- 14.NutriSystem Diet
- 15.Slim Fast Diet
- 16.Sonoma Diet
- 17.South Beach Diet
- 18.Ultimate New York Diet
- 19.Ultra-Metabolism Diet
- 20.Weight Watchers Diet
- 21.Zone Diet

In addition to these diets, new diets regularly receive media coverage, especially in women's magazines.

However, at the current time, the most popular and most frequently mentioned **Celebrity Diets** in the media are the following so called **BIG SIX** diets:

1. Atkins Diet
2. Jenny Craig Diet
3. NutriSystem Diet
4. South Beach Diet
5. Weight Watchers Diet
6. The Zone Diet

In the sections below, we cover each of these most popular **BIG SIX** diets in turn, and discuss the advantages and disadvantages of each.

If you would like to find out more information about any of these diets, including the less popular **Celebrity Diets** which aren't covered below, and have access to the internet, then please refer to section below.

## **2.1    *Atkins Diet***

The *Atkins Diet* has is the most common of all the so called "low-carb" diets and is used by dieters all over the world and is equally popular with men and women.

The list of **Celebrities** that follow this diet includes:

- Calista Flockhart
- Geri Halliwell
- Minnie Driver
- Renee Zellwegger
- Sarah Jessica Parker

One of the main principles behind the Atkins Diet is that weight gain is caused by excessive consumption of refined carbohydrates, particularly corn syrup, flour, and sugar. Because the body burns carbohydrates first, reducing these in your diet forces the body to utilize other energy stores, such as fat.

When the body burns fat, it is in a state known as *ketosis*, during which appetite, food cravings, and hunger pangs are naturally suppressed. In addition, when carbohydrate consumption is reduced, *Blood Sugar Levels (BSLs)* are better regulated by the body, and less *insulin* is secreted by the *Pancreas*. The reduced insulin levels direct also encourage the body to burn stored fat instead of carbohydrates.

Another basic philosophy of the Atkins Diet is that fats are not bad, except for *Trans Fats* which should be avoided.

### 2.1.1 Atkins Diet - Foods Allowed / Disallowed

The Atkins Diet allows followers to eat reasonable quantities of:

- cheese,
- eggs,
- fish,
- meat,
- nuts,
- vegetables,

However, the following foods are not allowed:

- alcohol,
- bread,
- caffeine,
- fruit,
- pasta,
- potatoes,
- processed foods, such as deli meats which can often contain sugars.

- rice,

### 2.1.2 Atkins Diet - Phases

The Atkins Diet follows four distinct stages:

- **Stage 1 - Induction:** is the first and most challenging stage, which lasts about 14 days and results in the most rapid weight loss. In this stage of the diet, carb intake is restricted to 20 grams or less per day, of which leafy greens and non-starchy vegetables should account for 12-15.
- **Stage 2 - Ongoing Weight Loss:** during which carb intake is increased by 5 grams per day.
- **Stage 3 - Pre-maintenance:** is a consolidation phase, during which carb intake is increased to a new long-term, sustainable level.
- **Stage 4 - Lifetime Maintenance:** of the person's reduced weight by maintaining this level of carb intake. You've got to stick to this level. Reverting to your old eating habits can result in a very rapid weight gain.

### 2.1.3 Atkins Diet - Advantages and Disadvantages

The **advantages** of the Atkins Diet include:

- **Atkins Snacks and Treats:** there are many Atkins snacks and treat products available on the market, such as tasty shakes, chocolate bars, and snacks, and these help satisfy your sweet tooth without going overboard in moments of weakness.
- **Big Portions are OK:** providing followers are eating the right foods, the Atkins Diet does not greatly restrict meal portion sizes, so big eaters tend to find it easier to stick to this diet.
- **Diabetes:** the Atkins Diet has proven very effective in controlling insulin levels in people with *Type 2 Diabetes*.

- **Diversity:** with such a diverse selection of allowed foods, the diet can be so satisfying that it doesn't feel like a diet at all.
- **Few Hunger Pangs:** eating a diet high in protein can help control hunger and food cravings.
- **Less Worry about Oil and Fat:** with the Atkins Diet there is far less need to worry about hidden oils and fats in foods.
- **Restaurant Support:** the Atkins Diet is so popular that many restaurants now feature "Atkins" items on their menus.
- **Simple and straightforward:** the Atkins Diet is straightforward and uncomplicated compared with other diet plans, once you understand the carbohydrate content of different foods.

The **disadvantages** of the Atkins Diet include:

- **Bad Breath:** the Atkins Diet can cause bad breath.
- **Commitment:** the diet, like all diets, requires commitment and determination to achieve success.
- **Fall Off the Wagon = Rapid Weight Gain:** if you deviate from the diet and start eating a diet high in carbs, sugar, or fat again, then rapid weight gain can result. (This is true for all diets).
- **High Fats:** the Atkins Diet can be high in saturated fats, which can eventually lead to heart disease.
- **Lack of Fiber:** the Atkins Diet is generally low on fiber, and this can cause bowel problems, such as *Constipation*. Taking fiber supplements can help alleviate these issues.
- **No Alcohol:** the Atkins Diet does not allow alcohol consumption, and this can be difficult especially in social situations.
- **Potential Nutrition Issues:** by not eating much fruit, your body could be missing out on essential vitamins and minerals.
- **Reduced Energy Levels:** can be caused by the reduced carb intake.

## 2.2 *Jenny Craig Diet*

The *Jenny Craig Diet* is regularly advertised on TV, in women's magazines, and in the media. In addition, *Jenny Craig Diet* often makes headlines because of the dramatic weight loss results it can achieve. One of the most recent examples of this occurred when actor **Kirstie Alley** lost an amazing 75 pounds on the Jenny Craig Diet, regularly updated her *Internet Blog* with her progress, and, for the grand finale, she appeared on the Oprah show looking terrific and in a bikini.

The list of **Celebrities** that follow this diet includes:

- Kirstie Alley
- Queen Latifa
- Valerie Burtinelli

The *Jenny Craig Diet* aims to help followers achieve gentle, healthy, and sustainable weight loss of around 1-2 pounds a week, by encouraging sensible eating habits that help achieve long-term weight management.

The *Jenny Craig Diet* is ideal for people who lead busy lives and/or have not been able to live a healthy lifestyle for a long period of time.

## 2.3 *Jenny Craig Diet - History*

Jenny Craig, the inventor of the diet, is an ordinary American who was born in 1932 in New Orleans. With no formal training or academic qualifications, she used her experience to develop a sensible, practical diet plan that really achieves results.

Today, *Jenny Craig* is one of the largest and most successful weight loss management companies in the world, with more than 650 offices located across the Australia, New Zealand, United States, Canada, and Puerto Rico.

## 2.4 ***Jenny Craig Diet – The Diet***

The ***Jenny Craig Diet*** consist of two main phases:

The pre-packaged foods that are delivered right to your door.

However, after you have learned enough about the diet, followers make the transition to planning their own meals.

When you join the ***Jenny Craig*** program, you will be assigned a counselor who will:

- Design a balanced weight loss plan (including diet and exercise) that specific to your needs, situation, capabilities, and body type,
- Encourage you through the numerous challenges of weight loss.
- Provide assistance with any questions you have about diet, lifestyle, or exercise.

The ***Jenny Craig*** program encourages followers to develop a healthy relationship with food, where they learn how to make food their ally, rather than their enemy.

The ***Jenny Craig Diet*** follows a reduced calorie plan, relying on a diet with fixed proportions of diet carbs, fats, and proteins:

- 60% carbs
- 20% fat
- 20% protein

as well as smaller meal portion sizes. The diet does have a high proportion of carbs compared to other diets, but this works because the reduced meal portion sizes prevent weight gain.

Dieters select from several different, varied, and nutritious diet plans, each with fixed calorie intakes ranging from 1200 to 1500 calories per day. A wide selection of meals and foods are available. For example, desserts

include crème brulee, chocolate pudding, pumpkin pie, and lemon cream pie.

Dieters chose their menu for the coming week, a simple internet form is the easiest way, and the meals are delivered to your door a few days later, pre-packaged and ready to heat and eat.

Dieters are also encouraged to eat fruits, milk, yogurt, fish, and whole/sprouted/malted wheat.

And, dieters can also consume an unlimited amount of non-starchy vegetables (such as broccoli, cabbage, celery, etc) because these have very low calorie content.

Once you have achieved half of your weight loss goal, counselors gradually "wean" you off the pre-packaged food diet and guide you through the transition to shopping and cooking on your own, which is not only a lot cheaper, but also enables you to sustain your weight loss for the long term.

Weekly meetings ensure that diets are well balanced and that dieters stay on track.

The *Jenny Craig Diet* costs approximately \$100 per month. But, this cost falls dramatically once you stop buying prepackaged meals.

#### **2.4.1 Jenny Craig Diet - Foods Allowed / Disallowed**

In addition to the prepackaged foods provided with the *Jenny Craig Diet*, followers can also eat fruits and vegetables that they buy from a grocery store.

After the first phase of the diet, followers will be preparing their own meals from carefully selected ingredients.

However, fatty foods, fast foods, etc are definitely not allowed on this diet.

#### **2.4.2 Jenny Craig Diet - Advantages and Disadvantages**

Advantages of the *Jenny Craig Diet* include:

- **Cook Books:** a wide range of *Jenny Craig Diet* cookbooks are available, that enable you to prepare your own delicious, low calorie, low fat, low cholesterol meals, even during the dangerous holiday seasons.
- **Diversity:** the menu contains a diverse range of tasty meals, including vegetarian options, which will satisfy even the fussiest eaters.
- **Education:** even while eating pre-packaged meals, diet followers are educated about their diets and how to lose weight. After the program ends, followers are provided with the information and motivation they need to continue managing their weight.
- **No Abstinence:** on the *Jenny Craig Diet*, there is no need to give up your favorite foods, and it does not exclude entire food groups. You just need to learn to control the size of the portions that you eat.
- **Simplicity and Convenience:** Pre-made, specially tailored, nutritional meals are delivered directly to your door. These meals are tailored to your body and weight loss goals.
- **Support:** Followers of the *Jenny Craig Diet* receive a wide range of support, including exercise routine advice, motivational DVDs, and even simple to use exercise equipment. *Jenny Craig* also provides weekly face to face meetings, or phone consultations for those who cannot attend the meetings.

Disadvantages of the *Jenny Craig Diet* include:

- **Commitment:** the diet, like all diets, requires commitment and determination to achieve success.
- **Expense:** The first phase of the *Jenny Craig Diet* can be expensive, because you are eating the pre-packaged foods that are delivered right to your door. However, after followers have learned enough about the diet, they can make a transition to planning and preparing their own meals, which is much cheaper.
- **Fall Off the Wagon = Rapid Weight Gain:** if you deviate from the diet and start eating a diet high in carbs, sugar, or fat again, then rapid weight gain can result. (This is true for all diets).

- **Hunger Pangs:** unless they have purchased and prepared additional vegetables, big eaters may suffer from hunger pangs (especially in the prepackaged food stage of the diet), which may tempt them to "fall off the wagon".
- **Not Always Convenient:** the pre-packaged meals are not ideal for those with frequently scheduled business trips or client dinners.

## 2.5 *NutriSystem Diet*

The *NutriSystem Diet*, also called the *NutriSystem Advanced Program*, is a low-calorie; nutritionally sound plan, consisting of prepackaged meals that are delivered to your door, which you supplement with fruits and vegetables that you buy from a grocery store.

The list of **Celebrities** that follow this diet includes:

- Dan Marino
- Joey Fatone
- Marie Osmond
- Tony Orlando
- Tori Spelling

The *NutriSystem Diet* also comes with a Quick Start Guide, fitness DVDs for men and women, a lifestyle guide, a custom meal planner, round-the-clock online and telephone counseling (provided at no extra charge), as well as menus and checklists so dieters always know what to eat and when.

The *NutriSystem Diet* is based on the *Glycemic Index (GI)*, which ranks carbohydrates according to their effect on blood sugar levels. Using this information, Nutrisystem attempt to stabilize blood sugar levels by emphasizing "good" low GI carbs (those that break down slowly and release glucose into the bloodstream gradually) rather than "bad" high GI carbs (those that break down rapidly).

By eating foods that mainly contain low GI carbs, as well as protein and fiber, dieters can control appetite, reduce hunger, and quell cravings between meals.

The *NutriSystem Diet* lasts 28 days, and at this point you can continue on (and purchase more meals) or stop, for example, if you have reached your weight loss goal.

Various 28 day *NutriSystem Programs* are available, including: Women's, Men's, Women's Silver, Men's Silver, Women's Diabetic, Men's Diabetic, and Vegetarian.

Where possible, the prepackaged *NutriSystem* meals contain heart-healthy ingredients, such as omega-3 fatty acids and soluble fibers.

### 2.5.1 NutriSystem Diet - Foods Allowed / Disallowed

In addition to the prepackaged foods provided with the *NutriSystem Diet*, followers can also eat fruits and vegetables that they buy from a grocery store.

However, fatty foods, fast foods, etc are definitely not allowed on this diet.

### 2.5.2 NutriSystem Diet - Advantages and Disadvantages

Advantages of the *NutriSystem Diet* include:

- **Broad Fitness Requirements:** The *NutriSystem Program* provides a broad range of plans that cater for everyone's fitness levels, starting at beginner all the way up to advanced, including aerobics, resistance training, yoga, and so on.
- **Diversity:** the menu contains a diverse range of tasty meals, including vegetarian options, which will satisfy even the fussiest eaters.
- **Simplicity and Convenience:** Pre-made, specially tailored, nutritional meals are delivered directly to your door. These meals are tailored to your body and weight loss goals.

- **Support:** Followers of the *NutriSystem Program* receive a wide range of support, including exercise routine advice, motivational and exercise DVDs, round-the-clock online and telephone counseling (provided at no extra charge).

Disadvantages of the *NutriSystem Diet* include:

- **Commitment:** the diet, like all diets, requires commitment and determination to achieve success.
- **Expense:** the diet is expensive, and the basic 28 day plan costs about \$300, or even more if you order the foods you like from the menus provided.
- **Fall Off the Wagon = Rapid Weight Gain:** if you deviate from the diet and start eating a diet high in carbs, sugar, or fat again, then rapid weight gain can result. (This is true for all diets).
- **Hunger Pangs:** unless they have purchased and prepared additional vegetables, big eaters may suffer from hunger pangs, which may tempt them to "fall off the wagon".
- **No Alcohol:** the Atkins Diet does not allow alcohol consumption, and this can be difficult especially in social situations.

## 2.6 *South Beach Diet*

The *South Beach Diet* was specially created to help followers lose weight and reduce their risks of heart disease, lower blood pressure, and also help them to manage or prevent *Type 2 Diabetes*. The diet was developed by a Miami-based cardiologist specifically for his heart patients.

Rather than strictly limiting carbs and fats, as other diets tend to do, the *South Beach Diet* emphasizes the differences between "good carbs" and "bad carbs" and between "good fats" and "bad fats".

Like the *Atkins Diet*, the *South Beach Diet* does not greatly restrict meal portion sizes, providing followers are eating the right foods, so big eaters tend to find it much easier to stick to this diet.

The list of **Celebrities** that follow this diet includes:

- Bette Midler
- Bill & Hillary Clinton

The ***South Beach Diet's*** main philosophies are that:

- Excessive consumption of "bad carbs" (those with a high GI) can impair the body's ability to process fat. "Bad carbs" are those with a high ***Glycemic Index (GI)***, and excessive consumption of these can cause ***Insulin Resistance Syndrome***, which prevents the body's insulin from processing fat or sugar properly, causing the body to store these as fat.
- Excessive consumption of "bad fats", such as saturated and trans fats, contributes increased risks of cardiovascular disease.

Reducing, or better yet eliminating, these bad fats and carbs helps your body lose weight and become less prone to heart disease.

### **2.6.1 South Beach Diet – Phases and Foods Allowed / Disallowed**

Followers of the ***South Beach Diet*** only eat carbs that are high in fiber and are digested slowly, that is they have a low Glycemic Index (GI). For example, brown rice (low GI) is allowed but white rice (high GI) is not allowed.

As for fats, polyunsaturated and monounsaturated fats are acceptable in moderation, but saturated and trans fats to be avoided completely.

The ***South Beach Diet*** has 3 phases:

- **Phase 1 - Fast Weight Loss:** is the first and most challenging and strictest stage of the diet, during which dieters cut out (or as much as possible) sugar, candy, bread, potatoes, fruit, cereals, and grains. This phase of the diet lasts 3-4 weeks and results in the most rapid weight loss.
- **Phase 2 - Slow Weight Loss:** as the dieter slowly approaches their desired weight, whole grain foods and fruits are gradually returned to

the diet. Phase 2 of the diet ends when the person has reached their weight loss goal.

- **Phase 3 - Long Term:** once the dieter is at their desired weight, Phase 3 of the diet begins, and whole grain foods and fruits can now be a regular part of the diet. Phase 3 should be maintained to achieve long-term weight loss.

During each phase of the diet, various foods are allowed and encouraged, while other foods should be avoided or eaten sparingly. These are listed in the sections below.

#### 2.6.1.1 South Beach Diet – Phase 1: Foods Allowed / Disallowed

During *Phase 1* of the *South Beach Diet*, the following foods should be **eaten**:

- Chicken (no skin)
- Eggs
- Fish & Shellfish
- Handful of Nuts (e.g. peanuts, pistachio)
- Lean Cuts of Beef or Pork (Tenderloin, Sirloin)
- Low Carb Vegetables (Broccoli, Pepper, Mushroom, Spinach)
- Low Fat Cheeses (e.g. Cottage, Cheddar, Feta)
- Low Fat Yogurt
- Skimmed Milk
- Turkey (no skin)

And, the following foods should be **avoided or eaten sparingly**:

- Alcohol
- All Rice, Bread & Pasta
- Duck, Goose, Chicken Wings
- Fatty Cuts of Beef or Lamb, Pork Sausages and Liver
- Fruits & Fruit Juices
- High Calorie Sodas
- High Fat Dairy (Brie, Edam, Camembert)
- Ice Cream
- Simple Carbs (Cakes, Cereal, Cookies, Candy, Chocolate)
- Starchy Vegetables (Potatoes, Corn, Yam, Beets, Peas)

#### **2.6.1.2 South Beach Diet – Phase 2: Foods Allowed / Disallowed**

As well as the "*allowed foods*" from *Phase 1*, the following foods can also be eaten during *Phase 2*:

- High Fiber, Low Sugar Cereals (All-Bran, Porridge)
- Selected Starchy Vegetables (Carrots, Green Peas, Sweet Potatoes)
- Whole Fresh Fruits (Apples, Bananas, Berries, Grapes, Oranges, Pears, Plums)
- Whole grains (Barley, Brown/Wild Rice)
- Wholegrain Breads/Bagels (Multigrain, Oat/Bran, Rye Crisp bread, Whole meal Pita)
- Whole wheat Pasta

And, the following foods should be **avoided or eaten sparingly**:

- Brown or White Bread, White Bagels and Rolls
- Cornflakes, Cheerios, Rice Crispies
- Dried Fruits (ex. apricots), Canned Fruit, Fruit Juice, Watermelon, Raisins, Pineapple
- Other Starchy Vegetables (Beets, Parsnips, White Potatoes, Sweetcorn)
- White Pasta
- White Rice, Rice Cakes

### **2.6.1.3 South Beach Diet – Phase 2: Foods Allowed / Disallowed**

When you reach *Phase 3* of the *South Beach Diet*, you will have:

- Achieved your weight loss goals,
- Learned how to balance your consumption of food groups to achieve weight loss,

And now it is important to maintain your commitment to the diet to maintain your weight at its current level.

Phase 3 has no restrictions on food. Anything can be eaten. However, of course you will need to constantly use what you have learned to avoid the dangerous "hi fat", "bad fat / carb" foods while also maintaining a healthy, active lifestyle.

### **2.6.2 South Beach Diet - Advantages and Disadvantages**

Advantages of the *South Beach Diet* include:

- **Few Hunger Pangs:** eating a diet consisting of the "recommended foods" can help control hunger and food cravings.

- **Diversity:** there are many "allowed foods" on the list for each phase, so it should be easy to maintain a diverse and interesting diet.
- **Low Cost:** the *South Beach Diet* is low cost because you buy and cook the recommended foods yourself. No need to purchase expensive pre-packed foods.
- **Reduced Risk of Heart Disease:** the *South Beach Diet's* focus on "good carbs/fats" and "bad carbs/fats" also reduces the dieters risk of heart disease, lowers blood pressure, while also helping them to manage or prevent *Type 2 Diabetes*.
- **Simplicity:** there is no need to count calories or measure foods on this diet, providing you carefully follow the foods to eat and avoid at each phase.

Disadvantages of the *South Beach Diet* include:

- **Commitment:** the diet, like all diets, requires commitment and determination to achieve success.
- **Fall Off the Wagon = Rapid Weight Gain:** if you deviate from the diet and start eating a diet high in carbs, sugar, or fat again, then rapid weight gain can result. (This is true for all diets).
- **Lack of Support and Structure:** the *South Beach Diet* does not have the structure or support groups of other diets, such as Weight Watchers or Jenny Craig. For some people, this is an advantage of the *South Beach Diet*, but for other people, it can make the diet harder to stick to.
- **Strict Limits in Phase 1:** where you eliminate lots of foods and food groups from your diet, and these may be many of your favorite foods. However this phase only lasts 3-4 weeks.

## 2.7 *Weight Watchers Diet*

Since the *Weight Watchers Diet* was created in the 1960s, it has become one of the most popular (and well advertised) diet plans in the world. The

*Weight Watchers Diet* is often the top-rated diet in magazine articles, and it is constantly evolving to meet the challenges of the modern lifestyle.

The *Weight Watchers Diet* combines a very simple *calorie counting* mechanism with a comprehensive dieter support system, including weekly meetings.

The list of **Celebrities** that follow this diet includes:

- Claire Sweeney
- Coleen McLoughlin
- Jenny McCarthy
- Natasha Hamilton
- Patsy Kensit
- Sarah Ferguson (British Royal)
- Sheree Murphy

*Weight Watchers* attempts to match the calories consumed with those calories expended through exercise and the dieters base metabolism, and enables dieters to lose approximately 1/2 to 2 pounds each week and maintain their weight loss goals, providing they stick to the plan.

### 2.7.1 Weight Watchers Diet - Plans

The *Weight Watchers Diet* provides two plans:

- **Flex Points Plan:** this plan is based on meal portion control, and depends on calorie counting. With this plan, you have to keep track of everything you eat throughout the day (no cheating !), and make sure that your daily total calories is below your daily limit.
- **Core Foods Plan:** this plan does away with some of the calorie counting of the *Flex Points Plan* and instead focuses on restricting your diet to various healthy foods, and avoiding the less healthy foods.

The *Weight Watchers Diet* does not specifically count calories or the calorie content of foods. Instead, a much simpler *Points System* has been developed and each food you consume item is worth so many points.

Each day and week, you have a *Points Target* (depending on which plan you choose), against which you can actually earn credits by doing exercise.

The more exercise, such as walking, you do, the more foods you can eat, while still losing weight.

### 2.7.2 Weight Watchers Diet - Advantages and Disadvantages

Advantages of the *Weight Watchers Diet* include:

- **Education:** Weight Watchers provides the knowledge to enable dieters to maintain their weight and lead a healthy lifestyle, even if they leave the plan.
- **Flexibility:** the "Points System" is so flexible that Weight Watchers dieters can still eat out.
- **Great Weight Loss:** Weight Watchers dieters routinely achieve weight losses of 1/2 to 2 pounds per week, and these loss rates are usually sustainable and involve few sacrifices in lifestyle.
- **No Abstinence:** on the *Weight Watchers Diet*, there is no need to give up your favorite foods, and it does not exclude entire food groups. You just need to learn to control the size of the portions that you eat. The diet is nutritionally balanced and designed to keep you healthy.
- **Support:** Weight Watchers dieters receive access to excellent support, including website tools, motivational DVDs, books, magazines, and regular meetings.

Disadvantages of the *Weight Watchers Diet* include:

- **Commitment:** the diet, like all diets, requires commitment and determination to achieve success.

- **Expense:** the *Weight Watchers Diet* can become very expensive, especially when you add up all the support materials and the weekly discussion groups. For example, the weekly meetings cost about \$12 per week, and the online support program costs another \$5 per week.
- **Fall Off the Wagon = Rapid Weight Gain:** if you deviate from the diet and start eating a diet high in carbs, sugar, or fat again, then rapid weight gain can result. (This is true for all diets).
- **Hunger Pangs:** unless they have purchased and prepared additional vegetables, big eaters may suffer from hunger pangs, which may tempt them to "fall off the wagon".
- **Not For Everyone:** some aspects of the *Weight Watchers Diet* are not ideal for everyone, such as the weekly meetings. In addition, progress and adherence to the diet depends a lot on the group of dieters going through the program with you and on the personality of the group leader.
- **Potential Flaws:** calorie counting is not a perfect system, because it does not take into account nutritional content or other factors. However, even with these limitations, the *Weight Watchers Diet* does attempt to educate dieters in healthy eating.
- **Slow Weight Loss:** the *Weight Watchers Diet* provides slow weight loss compared to some other diets, however, this is arguably more sustainable and also allows your body time to adjust.

## 2.8 Zone Diet

The *Zone Diet* was created by Dr. Barry Sears, and was popular in the 1990's, gradually lost favor over the years, but is now enjoying a resurgence in popularity. Today, the *Zone Diet* is one of the most popular Celebrity Diets.

The list of **Celebrities** that follow this diet includes:

- Brad Pitt
- Cindy Crawford

- Demi Moore
- Jennifer Aniston
- Kristin Davis
- Sandra Bullock

The ***Zone Diet*** is concerned with the consumption of specific ratios of carbs, fats, and protein, as follows:

- 40% Carbs
- 30% Fat
- 30% Protein

which is believed to be close to the ratios of foods that our predecessors would have eaten.

The basic philosophy being that this allows your body to regulate insulin levels, allowing metabolism to proceed at optimum levels, thereby encouraging weight loss.

However, how and why the ***Zone Diet*** works is not as clearly understood as some may claim, and the diet has perplexed scientists for years. Some have concluded that the ***Zone Diet*** works because people are simply eating less junk food. Regardless of how the ***Zone Diet*** really works, one fact is clear – the diet has help many people to achieve weight loss.

### **2.8.1 Zone Diet - Foods Allowed / Disallowed**

Following the ***Zone Diet*** involves preparing meals that conform to the required ratios of carbs, fats, and protein.

To do this, people buy special ***Zone Diet*** cookbook, which contain meals that conform to the required ratios. The ingredients for each meal have to be measured quite precisely.

In addition, food groups are broken into "blocks", which are further subdivided into "mini-blocks". A typical ***Zone Diet*** meal might consist of one block of Carbohydrates, which may contain three mini-blocks, comprising, for example, 1 cup of green beans, 2 cups of yellow squash, and a glass of red wine.

The ***Zone Diet*** allows for two snacks a day and the occasional glass of wine, however, calorie intake tends to be much lower when strictly following the diet.

Dieters on the ***Zone Diet*** can eat fruits and vegetables.

However, gradually moving to smaller portion sizes is recommended to build a healthier lifestyle and maintain weight loss.

### 2.8.2 Zone Diet - Advantages and Disadvantages

Advantages of the ***Zone Diet*** include:

- **Few Hunger Pangs:** eating a diet consisting of the "recommended foods" can help control hunger and food cravings.
- **Potentially Rapid Weight Loss:** can be achieved on the ***Zone Diet***, because it is essentially a low-carb, low-calorie diet.
- **Reduced Risk of Heart Disease:** the ***Zone Diet's*** focus on lean proteins and "good carbs/fats" reduces the dieters risk of heart disease, lowers blood pressure, while also helping them to manage or prevent ***Type 2 Diabetes***.

Disadvantages of the ***Zone Diet*** include:

- **Commitment:** the diet, like all diets, requires commitment and determination to achieve success.
- **Complexity:** ***Zone Diet*** meals can be time-consuming and complex to prepare, because the quantities of each food need to be measured out. As a result, the diet is not suitable for everyone.
- **Expense:** the ***Zone Diet*** can be quite expensive to follow, because you will need to buy special ***Zone Diet*** cookbooks and other materials.

However, the *Zone Diet* is much lower cost than those which require the purchase of pre-packed foods.

- **Fall Off the Wagon = Rapid Weight Gain:** if you deviate from the diet and start eating a diet high in carbs, sugar, or fat again, then rapid weight gain can result. (This is true for all diets).
- **Not for Long Term Use:** the *Zone Diet* is not suitable for long term dieting.
- **Restaurant Difficulties:** eating out in restaurants can be difficult because the *Zone Diet* will limit your menu options.
- **Restrictive:** the *Zone Diet* is more restrictive than other diets, such as the *South Beach Diet*.
- **Time Consuming:** the *Zone Diet* can be time-consuming to follow, and meal preparation can be complex (see Complexity above).

### 3 Who Is On Which Diet ?

OK, now you know about each diet, the next question is "Which Celebrity is on Which Diet?" While Celebrities change diets almost as often as they change partners, a recent survey found the following:

- **Atkins Diet**
  - Calista Flockhart
  - Geri Halliwell
  - Minnie Driver
  - Renee Zellwegger
  - Sarah Jessica Parker
- **Jenny Craig Diet**
  - Kirstie Alley

- Queen Latifa
- Valerie Burtinelli
- **NutriSystem Diet**
  - Dan Marino
  - Joey Fatone
  - Marie Osmond
  - Tony Orlando
  - Tori Spelling
- **South Beach Diet**
  - Bette Midler
  - Bill & Hillary Clinton
- **Weight Watchers Diet**
  - Claire Sweeney
  - Coleen McLoughlin
  - Jenny McCarthy
  - Natasha Hamilton
  - Patsy Kensit
  - Sarah Ferguson (British Royal)
  - Sheree Murphy
- **The Zone Diet**
  - Brad Pitt
  - Cindy Crawford

- Demi Moore
- Jennifer Aniston
- Kristin Davis
- Sandra Bullock

## 4 How to Increase Your Metabolism

Celebrities struggle with weight gain as much as us mere mortals. And, just like everyone else, it becomes progressively more difficult after the age of 30.

Obviously getting the right amounts of exercise and eating right are the cornerstones of maintaining a healthy body weight. However, you can also make your body work for you by increasing your *Metabolic Rate*.

Your *Metabolism* determines the rate at which your body burns energy. People with high Metabolisms have high *Metabolic Rates*, and their bodies burn more calories per unit of time than people with low metabolic rates.

Here are some tips for increasing your *Metabolic Rate*:

- Black Pepper, Ginger, Chile Peppers
- Boost Your Omega-3 Fatty Acids
- Decrease Your Alcohol Consumption
- Don't Starve Yourself!
- Drink Green Tea!
- Drink More Water
- Increase Your Iodine Intake
- Increase Your Muscle Mass
- Vitamin B And Calcium

And, above all:

- Don't Give Up If You Fall Off the Wagon !!

## 5 Statistics

Obesity and obesity related health problems are on the increase throughout the Western World. In the USA alone, people spend **\$33 billion dollars per year** on diets or diet products.

However, the problem certainly is not limited to the Western World. During this author's recent holiday to Thailand and Malaysia, a surprising number of overweight Asian children were seen.

Clearly, the problem is no longer limited to Western Countries.

As junk foods, fried foods, fast foods, and other high calorie foods become increasingly common in people's diets, obesity rates will continue to increase.

For celebrities, the problems of diet are compounded because of their busy life styles. Celebrities may regularly travel or live for weeks or months away from home, and this can cause havoc with their diets and force them to eat out a great deal more than normal. Finding low calorie, nutritious meals may be difficult under such circumstances. In addition, the parties, the movie premiers, the awards nights, and all of the other functions celebrities attend can supply numerous temptations and opportunities for high calorie foods.

It is easy to understand why Celebrities face a constant struggle to maintain healthy weight levels, and why, after years of being out of the spotlight, many so often reappear carrying lots of excess weight.

So, while it is difficult for average people to maintain their weight levels, we should all spare a thought for the poor celebrities, who face much tougher challenges.

## 5.1 **WEB Calculators**

In addition to the above links, various WEB sites provide free calculators which can help a great deal with weight management, such as:

- **Calorie Counter:** how many calories do you need daily to maintain your weight ?
- **Activity Calculator:** how many calories do you burn doing exercise or everyday tasks ?
- **BMI Calculator:** are you overweight or underweight ?

Check out the following link:

- <http://www.modeldietplan.com/calculator.htm>

## 6 **Acronyms and Abbreviations**

Here are the Acronyms and Abbreviations used in this eBook:

- BSL - Blood Sugar Levels
- GI - Glycemic Index



# The Quest to Manage Weight

Whether it's weight loss or weight gain, whether it's five pounds or fifty, almost everyone in our society – irrespective of gender or age – has dealt with **some form of weight issue**.

Often excess weight and weight loss issues revolve around slow metabolism and lack of energy. So, detoxification and system cleansing are frequently needed to boost both metabolic rates and energy levels.

**Achieving weight loss and maintaining a healthy weight** are crucial factors in sustaining both physical and psychological wellbeing. Shedding those extra pounds not only helps protect the body from heart disease, hypertension, arthritis, diabetes and other physical ailments, but also from mental problems like stress and depression.

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

## View Natural Products for Weight Management

- [Metabolism & Weight](#)
- [Detox & Cleansing](#)
- [Energy](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and

therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »

## **Supplements are not the only way to manage your weight!**

### **The ABSolute Truth DVD**

Click now to get a free copy of the brand new video, "The ABSolute Truth" on DVD. This video isn't even for sale yet, but it will be selling in the next few weeks for \$49, but you can get a copy today for FREE!

#### **Here's just some of what you'll learn when you watch this video:**

- \* Why most so-called "experts" are dead WRONG when it comes to ab training
- \* Which exercises are a waste of time and which ones are actually worth doing
- \* How to get killer results with super short workouts
- \* The best combination of the most effective ab exercises
- \* A sample ab routine that will absolutely kick your arse!

[\*\*No strings, no catch. Get The Absolute Truth for free, now!\*\*](#)

### **Burn Fat Fast Guide and Audio CD**

Click now to get a free copy of the best-selling weight loss program, Burn Fat Fast. This product consists of the printed guide and audio CD. This sells for \$39 and it's full of the most powerful information on how to speed up your metabolism with simple exercise and nutrition tricks. No strings, no catch.

[\*\*Get Burn Fat Fast for free, now!\*\*](#)