



## THE ORIGINAL HOLLYWOOD CELEBRITY DIET

**\$19.95 + S&H (celebrityproducts.com / 888-297-9638)** You drink 32 oz. of juice over two consecutive days and have nothing else but water.

● **The Rap:** It's called a "two-day juice fast."

● **Road Test:** This one was totally surprising. If you don't eat any food in two days, of course you're going to lose weight, but the chances of me actually going two days without cheating was pretty slim. I get cranky when I have to limit my food intake. But oddly enough, it was pretty easy for about 42 of the 48 hours. I loved how simple life was when I didn't have to think about food. But by 8 p.m. on the second day, nothing was going to keep me out of the refrigerator. I tore into some leftover flank steak and ate it with my hands.

● **Endorsed By:** Although it's called a Hollywood diet, I couldn't find any celebs who endorsed it.

● **Miracle Promise:** "Lose up to 10 lbs. in just two days!"

● **Rating:**



I reduced this one's rating since dietitian Lisa Drayer calls it "a pure gimmick," explaining that "it's not balanced or safe, and any juice with a vitamin pill could substitute." Still, I lost 6 lbs. in two days.