



Gwyneth Paltrow believes in a healthy diet and shares her recipes in her cookbook. She also includes juice cleanses as part of her personal lifestyle.

Weight and see

The pros and cons of three popular diets

You've heard about them all: the no carb diet, the liquid diet, the caveman diet and even the diet that uses a feeding tube.

Here, three experts weigh in on their personal program.

BALANCED DIET/EXERCISE

Lauren Jawno, certified personal trainer and nutritionist, says, "Exercise at least five times a week, including strength training, eating healthy, getting enough sleep and drinking lots of water."

Pros: Increased energy, healthy skin, weight management, prevention of health issues later in life, more confidence.

Cons: *Don't expect a quick weight loss. This is only ideal for those who are disciplined and will make a long-term commitment.*

THE JUICE CLEANSE

For fast weight loss, Carol Belmonte, of Belmonte Raw in Toronto, says, "Celebrities like Beyonce and Gwyneth Paltrow, swear by the juice cleanse."

Every few hours, drink a bottle of fresh-pressed juice made of nutrient-dense fruits and vegetables that contain disease-fighting antioxidants.

During your cleanse, avoid all foods and especially alcohol and caffeine. A three- or five-day juice

cleanse will allow your organs to flush the toxins out of your system.

Pros: Carol says you will feel more energized, have clarity of mind, your skin will glow, your stomach flattens and weight is lost – especially after the second day.

Cons: *This program is less about permanent weight loss than about a feel-good program preceding an important occasion. You may experience some not-so-comfortable symptoms, including headache and sore muscles.*

LOW-CARB OR PALEO DIET

This diet encourages people to eat mainly fats and proteins and avoid carbohydrates like bread, rice, pasta, sugars and even fruit.

Lorne King, a fitness expert and owner of Advantage 4 Athletes in Markham, Ont., says, "Not all proteins, fat and carbs are equal. It's important to find the right combination of foods that will work best for your body."

Pros: Lorne says that the right balance of fats, carbohydrates and proteins will result in more energy, improved mental focus, balanced blood sugars, reduced body fat.

Cons: *Determining the foods that are properly balanced and right for your specific body is largely trial and error.*