

Celebrity fitness special: Gwyneth Paltrow's body secrets

The actress's detox specialist on how she maintains her healthy glow

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With her glowing skin and immaculate body, **Gwyneth Paltrow** looks to be in the best shape of her life and always looks fully energised.

This month, the stunning actress is gearing up to start promote her highly-anticipated movie 'Contagion', in which she stars alongside **Kate Winslet** and **Marion Cotillard**, and the 39-year-old mother of two is leaving nothing to chance.

As well as following a regular workout routine with fitness guru, **Tracey Anderson**, Gwyneth takes great care of her health and wellbeing on a much deeper and more holistic level.

Here the actress's detox specialist **Dr Alejandro Junger**, who is also a New York cardiologist and the founder of 'The Clean Program', reveals to Starlounge how he helps her keep toned and slim.

"Gwyneth has a deep passion for health and wellness," Dr Junger tells Starlounge.

"The program is an amazingly effective way to detox, something which she is passionate about.

"Cleansing positively impacts women like Gwyneth's lives because it provides an opportunity for a reset. It restores the body's own natural ability to heal itself."

Dr Junger was introduced to Gwyneth, who is married to **Coldplay** star **Chris Martin**, by a mutual friend in 2007.

"On her weekly newsletter, Goop.com, Gwyneth is always connecting with people who are in this same space," he explains.

"She had expressed her interest in cleansing and so I designed her a protocol. The protocol for everyone is the same.

"Everyone does the 21-day Rebuild or Renew Cleanse which helps women like Gwyneth work and exercise regularly whilst they are detoxing."

The 21-day program which Gwyneth follows, consists of a liquid shake for breakfast with vitamin, mineral and protein supplementation included, a solid lunch that consists of specific foods (excluding processed foods and allergens), and a liquid meal or shake for dinner.

"There are additional supplements that are taken conveniently with every meal as well," adds Dr Junger.

The Clean Program was primarily devised to repair any damage caused by toxicity in the environment.

"Sadly, there are chemicals everywhere," he explains.

"In the food we eat, in the air that we breathe, and in the water we drink. It's all part of 'global toxicity.

"My program is all about getting the bodies natural process restored. When there is an accumulation of toxins in the body, it will use a lot of energy to cleanse and we will often tire.

"Toxins also lead to over production of mucus and the storage of fat.

"Allergies, headaches, depression, irritable bowel syndrome, fatigue, weight gain and insomnia are just a few of the symptoms

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from the accumulation of toxins. My program repairs the gut and gets rid of the toxins."

Dr Junger's Top Health Food Tips:

Green Vegetable Juice: Helps gear up for detox (juicing cucumber, celery, spinach and hint of apple)

Wild Caught Colder Water Fish like salmon, trout: Good source of EPA-DHA and protein to support the liver with all the extra work it does to cleanse (if you are not vegetarian)

Spirulina: A fantastic algae-based food supplement that has more protein kilo per kilo than steak. Tastes amazing when mixed.

Unsweetened Almond Milk: a great base for your smoothies and shakes (instead of having milk)

Lemon-Water: Most people are chronically dehydrated. So even though water is thought of as a super-food, it really is because people just don't drink enough of it.

By Emma Bussey / Starlounge

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