

WHAT WE'VE BEEN GOOGLING

RIISING FEMALE CELEBRITIES*

*Drove up most places in search results

- Ariana Grande (singer, right)
- Kylie Minogue
- Kim Kardashian (left)
- Zoella (blogger)
- Sia (singer)
- Kylie Jenner (Kardashian sister)
- Mary Berry
- Pixie Lott
- Mel B

RIISING MALE CELEBRITIES*

- Pharrell Williams (singer)
- Benedict Cumberbatch (right)
- George Clooney
- Jay Z
- Nigel Farage
- Zac Efron (actor)
- Rory McIlroy
- Jon Snow (CA)
- Brooklyn Beckham
- Tom Hiddleston (actor)

TOP DIETS

- Clean 9 Diet
- Ultima Diet
- Perricone Diet
- Atkins Diet
- 80/20 Diet
- Green Coffee Diet
- Exante Diet
- 43 Diet
- Sugar Detox Diet
- Clean Eating Diet

THE TOP 5 DIETS TO TRY IN 2014

From the simple to the bizarre, we reveal the eating plans taking the spotlight this year.

The Bonus Years Miracle Food Diet

Developed by physician and dietitian Dr. Fildes, this eating plan is based on combining various combinations of more 'nutritious' foods that can allegedly add an average of 4-6 years to your life for men and 4-8 years for women. By following most plans that include these stress-reducing products, the idea is that you'll not only lose weight but will also adopt a healthier lifestyle, protecting your body from the end of disease and health problems.

The seven foods, which include fish, nuts and vegetables, will help you feel fuller for longer so you won't want to binge. More than 125 recipes can be created from the seven ingredients, so you're unlikely to get bored - just be prepared to put aside preparation time. Cheryl Paltrow and Oprah Winfrey have recently tried it, and she claims to have lost 100 lbs. **INFO:** For more information visit www.dietof.com

SAMPLE MEAL PLAN
BREAKFAST: Oatmeal with cranberries and almonds.
LUNCH: Chicken salad with chicken.
DINNER: Roasted salmon with Brussels sprouts and broccoli, followed by four cubes of dark chocolate.

The DASH Diet

The DASH (Dietary Approaches to Stop Hypertension) diet was originally developed for doctors by the US government to help prevent and reduce the risk of heart disease. The programme, which involves eating a healthy lifestyle, is split into phases. The first is three weeks to help you establish your eating habits, while eating out more often. The second phase focuses on incorporating the right foods into your diet. While you will continue to eat the foods from phase one, you can also begin to gradually introduce some other healthy food groups, being careful to stay away from high-sodium sugars.

SAMPLE MEAL PLAN
BREAKFAST: Hard-boiled egg with spinach.
LUNCH: Tuna salad with oil and vinegar dressing.
DINNER: Roasted salmon with sautéed carrots and onion.

LOOK

Your High Street Fashion & Celebrity Weekly £1.40

NEW CELEB BODY SHOCKERS!

SARAH
Terrified Over Premature Ageing!

BRITNEY
Even More Surgery She's Trying To Hide!

256 HOTTEST HIGH STREET BUYS!

Raid The Rails!

£19.99, £55, £65, £50

POSH

New Quick-Fix Aloe Vera Diet!

And It's Transformed Her Skin!

Kickstart a new life with Clean 9

Forget energy dips and fridge-stalking habits of bygone days of dieting. Forever Living Products' revolutionary nine-day body cleansing programme combines 21st century science with centuries-old knowledge of aloe vera. It contains aloe vera juice, protein shakes and supplements to leave you feeling lighter and brighter ready for a balanced and healthier way of life.



Cosmopolitan

Women & Orgasms

Emma Willis 'The two things that give me total confidence'

10 BEST Beauty SKIN ADVICE

ONE WOMAN'S FIGHTBACK 'How I told depression to go f*ck itself!'

health & beauty LUST-HAVES

Introducing Crystal One Step

Portable Far Infrared Sauna

Kickstart a new life with Clean 9



ESSEX STYLE MAGAZINE

"In terms of long-term benefits, I've largely managed to keep the weight off, whilst also adhering to a much healthier diet. Impressed with the effects the aloe vera gel was having on my skin and overall well-being, I have continued using it, and will do for a good while yet. Another batch will soon be ordered.

The Forever Living Clean 9 programme has been great for me. It's really made me reconsider my way of life, and the way the things I eat and drink affect my general health... Do I recommend it? Absolutely. Give it a go!" (Full article)

Clean 9

Lose between 7 and 14lbs in just 9 days

- Burn excess fat
- Body cleansing
- Reduce those unwanted pounds
- Leaves you feeling simply AMAZING!


