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OSCARs 2010: CELEBRITIES' PRE-AWARDS WEIGHT LOSS PLANS

Oz Garcia, nutritionist to the stars, reveals Hollywood's slimming secrets

By Emily Hebert | March 03, 2010 4:00 p.m.
Heidi Klum Oscars 2009



Hollywood's leading ladies never fail to dazzle the night of the Academy Awards—but don't be fooled: Their svelte silhouettes are the result of highly regimented exercise and eating habits. "Everybody thinks there's a shortcut but there isn't," says Oz Garcia, PhD, the nutrition specialist behind Heidi Klum's post-baby body and Hilary Swank's famously lean muscle in *Million Dollar Baby*. "You should always have a healthy lifestyle, but there are temporary fixes that will help." Here, Garcia reveals the pre-Oscar guidelines he sets forth for clients like Swank and Klum.

ONE MONTH BEFORE

Detox Responsibly Though Garcia doesn't recommend doing the Master Cleanse—the decades-old detox that's based on a pepper, water, and lemonade concoction—he does suggest doing more nutrient-rich alternatives and intermittent fasting prior to a red carpet event. "I think a two- or three-day juice fast through a program like [BluePrintCleanse](#) is a safe and healthy way to detox," says Garcia, adding that, "There's a lot of information that indicates intermittent fasting and cleansing is also great for preventing heart disease and diabetes."

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