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in their raw form on a daily basis," says Jason, 50. "That's why we juice, because it's a quick and tasty way of packing in all the vitamins, minerals and nutrients we need for optimum health."

Jason's 3-Day Juice Diet (four juices a day, nothing else) is particularly popular if you want to try it at home. There are lots of free recipes on his website, but if you don't want to make the juices yourself you can even get them delivered to your door.

Best tip: "If you only have time to make one juice a day, do it in the morning. Your digestive system has had a nice rest after sleep, meaning it's ready to absorb all that goodness. It's also a fantastic way to kick-start your day," advises Jason.

● *Want to know more? Listen to Jason Vale's podcast, or go to Juicemaster.com*



Piper Jason

GALIA GRAINGER



Her approach is brutal and often unorthodox, but that hasn't stopped many otherwise pampered celebs from embracing Galia Grainger's no-nonsense weight-loss regime.

The self-confessed "diet dominatrix" was star of the Channel 4 show *The Extreme Diet Hotel* and has hosted numerous celebrity guests at her two weight-loss retreats in the UK, which specialise in offering very low-calorie diets (around 400-500

per day) combined with a tough

exercise programme including daily hikes and fitness classes. Actress Lisa Riley credits Galia, 61, with kick-starting her 12st weight loss, Bianca Gascoigne, Gail Porter members of the *Towie* cast and actress Tamsin Outhwaite are also fans. Gemma Collins tried it, but made a hasty retreat after six hours! Galia followed the short-term fasting plan herself and dropped from a size 18 to an 8.

So what's her secret? The diet plan she's created at her retreat is low-calorie, low-carb, vegan, full of antioxidants – and contains nothing processed. She also advises "conscious eating" – eating slowly at a dinner table and chewing properly to make the most of even the most meagre portions.

"My clients cry, they shout, but after a week with me they leave a stone lighter feeling better than they have in years," she adds.

Best tip: "You most certainly cannot try this at home!"

● *Want to know more? Go to Slimmeria.com*



Lisa Riley

MARTIN McDONALD



my body back," she says.

Martin is pretty modest though. "I've been lucky enough to have been asked to work with a lot of celebrities," he says.

So what's his secret? A former university lecturer, Martin is a nutritionist with a background in sports nutrition and says that everything he recommends is science-based. He advises a low-carb diet, which is high in protein and fat, and never depriving yourself. Martin is also a public speaker who wants to "demystify nutrition and empower people to achieve their health and fat-loss goals".

Best tip: "You don't fail a diet – it fails you. If it's ridiculous, unsustainable and doesn't teach you anything, it won't work."

● *Want to know more? Check out his website and find out about his public speaking events at Martin-macdonald.com*

Weather presenter Clare Nasir credits leading nutritionist Martin McDonald with giving her the "body of a 20-year-old", and actress Jennifer Ellison is also convinced that Martin helped her reclaim her body.

"I feel much more confident now, I never thought I'd get

Clare Nasir



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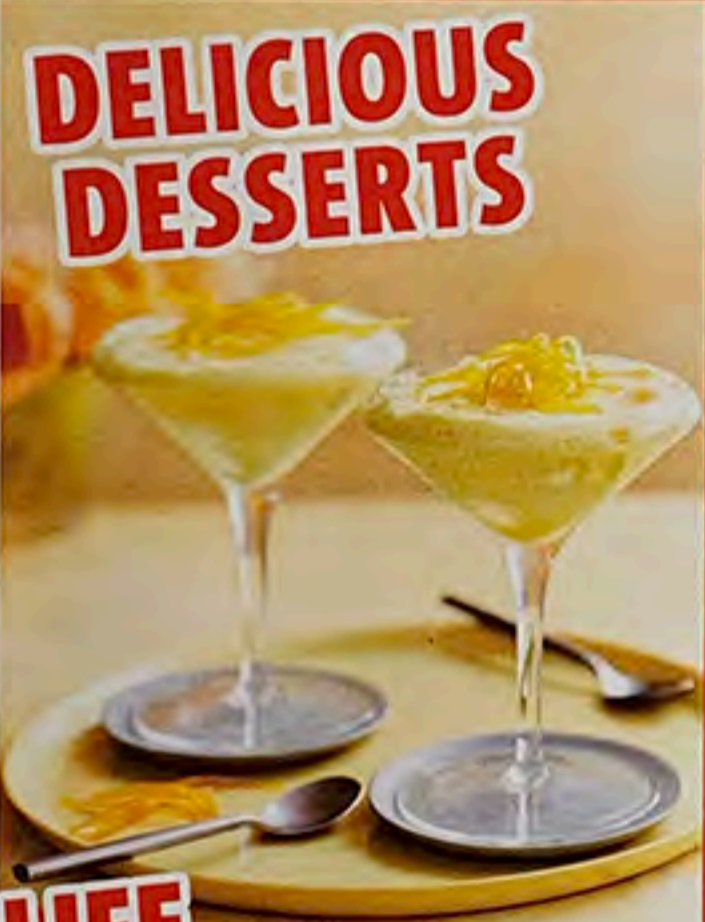
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