

SEPTEMBER 7, 2015

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DIETS THAT WORK

Kate's Hot-Body Balancing Act The Kick-Acid Slimdown

Starving to be a size 0? Not Kate Hudson! "I love food!" insists the A-list actress, adding that searching for fine dining around the world is one of her favorite pastimes. Still, the 36-year-old mom of two manages to keep an eternally svelte, eternally sexy figure. Her secret: "I just make sure that [most days] I eat alkaline," she explains. "It's no meat, no dairy, no gluten, no sugar...and then I cheat when I want to!"

NO HUNGER REQUIRED

Like a growing number of celebs going alkaline (including Victoria Beckham and Gwyneth Paltrow), Kate stays trim and taut without counting calories or controlling portion sizes. The Fabletics co-founder just makes sure that the majority of the time she eats healthy, tasty foods that neutralize the body's acid and optimize fat-burning. "Being overweight is an acid problem!" in-

sists NYC's Dr. Daryl Gioffre, founder of AlkaMind. "As acid builds up, your body tries to protect its vital organs and tissues with a buffer of fat." If you're bloated, tired and can't lose weight no matter what, Dr. Gioffre advises a seven-day cleanse (below) of high-alkaline foods to reset the body's chemistry. That means digging into leafy greens, fresh veggies, salads, low-sugar fruits, omega oils like chia, olive and flax, nuts and seeds, green drinks and healthy whole grains. "I've seen people lose 15 pounds in a week," notes Dr. Gioffre, who recommends adding lemon-ginger-turmeric tea and olive oil and lemon shots to flush fat. "When you become alkaline, your body stops having to rob its own resources to heal. Sugar cravings disappear, energy increases, your skin glows and you lose weight rapidly and keep it off." Plus, there's Kate's rationale: Eating primarily alkaline allows her to "throw down some popcorn and Milk Duds" at the movies! **L.S.**

ON THE MENU

CLEANSE!

For seven days, eat three meals (and snacks as needed) of fat-melting alkaline foods. Eliminate: sugar, processed foods, caffeine, soda, dairy, meat, alcohol, fermented foods, gluten and artificial sweeteners.

STEP IT UP

Add an alkalizing supplement like AlkaMind Daily Greens or Daily Minerals. Test your pH level with drugstore litmus papers and aim to reach the 6.5 to 7.5 range.

KEEP ON LOSING

After a week, strive to eat 80 percent alkaline. Continue to supplement to drive acids out of the body. Add 12 minutes of exercise.

GET OFF YOUR ACID TO LOSE 15 LBS. IN 7 DAYS

Eat This

Breakfast

Smoothie: spinach, banana, mint, 1 cup almond milk, 5 strawberries, 1 tbsp. almond butter (261 cal.)



Lunch

2 cups gazpacho: chopped tomato, cucumber, cilantro, parsley, garlic, lemon, lime, sea salt (86 cal.)



Dinner

2 cups zucchini linguine (use a Spiralizer!) with 1/3 cup spinach-lemon pesto (288 cal.)



Snack

A.M.: 1 cup lemon blueberry chia pudding (195 cal.); P.M.: 2 cups baked kale chips (132 cal.)



Why It Works

Kick-starting the day with greens and protein suppresses the appetite and boosts energy.

Raw soups like gazpacho are full of water, fiber and antioxidants, making them a low-cal yet filling option.

By trading pasta for zucchini "noodles," you eliminate gluten and slash calories by 80 percent.

Chia seeds contain anti-inflammatory omega-3s, plus more fat-burning protein than almonds.

Other Options

• Muesli: 1/4 cup gluten-free oats, 1/2 cup unsweetened almond milk, 1/2 tsp. sliced almonds, 1/4 cup chopped apple, cinnamon (129 cal.)

• Savory avocado wrap: 1/2 sliced avocado, spinach, 1/2 tomato, 1 tsp. cilantro, 1/4 red onion, 1/2 tsp. cumin, wrapped in lettuce leaf (181 cal.)

• Quinoa burrito bowl: 1/2 cup quinoa, one 15 oz. can black beans, 1/2 sliced avocado, 1/2 tsp. cumin, green onions, garlic, lime juice, cilantro (661 cal.)

• 2 cups veggie sticks with 1/2 cup guacamole (170 cal.)
• 1/4 cup crispy smoked chickpeas (182 cal.)
• 8 baked zucchini chips, 1/4 cup dill dip (70 cal.)

Straight Shooter

A devotee of the alkaline diet, Kate stays slim by limiting red meat, coffee and gluten and being selective about her alcohol intake. "No wine and no beer," she says. "Only vodka and only tequila, straight up."

