

## **Kelly Ripa's nutritionist says people don't understand her diet**

By Christine Burroni April 4, 2018



Kelly Ripa AFP/Getty Images

Kelly Ripa's nutritionist doesn't think she's losing any sleep over the bikini photo backlash.

"She's one of the most positive people that I know," Dr. Daryl Gioffre, who founded the Alkamind diet she follows, told Page Six on Tuesday. "She doesn't take stuff too seriously and I think that's a big part of being healthy, that you just have to go with it."

After Mark Consuelos recently posted a photo of the "Live!" host in a bikini on Instagram, commenters tore into Ripa, 47, about her age and body. "Kelly's gorgeous, but isn't there a cutoff age where age-appropriateness comes into play? Just because you can rock a bikini, doesn't mean you should," one Instagram user commented.

According to Gioffre, Ripa has put her own spin on his program, which rules out all acidic food and drink. “I think a lot of people don’t understand what the alkaline diet is really about,” he told us.

“She was straight up with me when she was in my office, she said ‘Doc, I’m gonna drink my coffee,’” he recalled, adding, “If I had to define Kelly Ripa in one word, it’s ‘balance’ and that’s what being healthy is all about. She’s not like doing some like radical thing 100 percent, she lives this balanced lifestyle of doing 80/20.”

Ripa has followed the program since 2015 and even wrote the foreword to his book, “Get Off Your Acid.”

Gioffre, who has worked with the couple’s daughter and “RHONY” alums Jill Zarin and Aviva Drescher, hasn’t consulted Consuelos directly but insists that the couple of 22 years is one to be idolized.

“They are phenomenal role models for their kids,” he said, adding that “one of the beauties about Kelly Ripa is that she’s a family person.”

“Mark looks incredible, he has a lot of energy from what I see. He seems like he’s just doing all the right things as well,” he added.