

JANE



**THE
LAZY
GUIDE TO
GREAT
SKIN**

Glow like
you just
got some

**TOO BROKE
TO FLY?**

4 awesome
road trips on
\$100 a day

**143 ways
to rock
summer '07**

42 skimpy (not skanky) outfits
38 beach-beauty steals
18 life-changing concerts
45 hot guys

**You + This Move
= Sex Goddess**
(p. 88)

**Zooey
Deschanel**
On her famous ex and
notorious party trick

toxic avenger

There's no shame in living a not-so-clean life—just give your body a break every now and then (so you can start over).

ORAL FIXATION

According to New York dentist Dr. Gerald Curatola, harsh chemicals in your toothpaste are “making the mouth a toxic swamp.”

He recommends laying off the hard stuff (including at-home bleaching products) and switching to his detergent-free blend.

Revitin toothpaste, \$8, rejuvenationdentistry.com

Ever wonder what that three-day beer-and-pizza fest did to your body? Or your college pack-a-day habit? The toxins you've been stuffing yourself with—like food additives and smoke, not to mention the pollution we inhale—can cause everything from bad skin to fatigue to headaches. If you've ever considered doing a detox to help jump-start a healthy lifestyle, or if you just feel sluggish from late-night Indian take-out and find yourself de-curious, check out these nine ways to take a load off your overworked organs. You just might clear up your zits, suddenly want to run a marathon and ditch the Advil... and, even though we know you won't, we're supposed to tell you to check with your doctor first, 'kay? —Courtney D.

you've got... ONE MONTH herbal cleanse

Naturopathic doctor and author of *The Fiber35 Diet: Nature's Weight Loss Secret* Brenda Watson likes monthlong cleanses, because they “give your body time to regenerate.” She recommends herbal formulas like Renew Life CleanseSmart

major BO and dizziness ... what really happens during a fast

“For the first week, I urinated a lot. That was annoying.”
—Sara, 22, tried the homeopathic diet plus herbal supplements for three weeks

“By the time my fast was over, I was starving for real food.”
—Tracey, 29, went to We Care Spa in Desert Hot Springs, Calif., for a week

“I did about two to three ‘number two’s’ a day. You feel it cleaning you out.”
—Alix, 25, tried the Wild Rose Herbal D-Tox kit for 12 days

“Um, do the words *major BO* mean anything to you?”
—Summer, 26, tried her own variation of the lemonade diet

“I had funky breath and a white paste on my tongue.”
—Genny, 21, tried the lemonade diet for seven days

“I stopped at day 8 because I felt dizzy, I had a fever, and I was sweating.”
—Sydney, 28, tried the lemonade diet for eight days





supplements (available at health-food stores), which contain ingredients such as rhubarb and burdock roots to help detoxify organs like the liver and kidneys, which in turn improve overall health, digestion and energy levels. You take the supplements from one to two times a day for 30 days. The good news is, you can eat during this cleanse. But don't screw it up by guzzling coffee and scarfing Doritos. Stick to fresh juices, fish and lean chicken, whole grains and veggies and fruits. Brenda also says you should frequent a sauna during this time to sweat out the toxins. PS: Shower right after to rinse the nastiness away.

The Fiber35 Diet: Nature's Weight Loss Secret, \$17, brendawatson.com; Renew Life CleanseSmart supplements, \$25, health-fit.com.

you've got ... TEN DAYS

lemonade diet, aka the master cleanse

Beyoncé recently thrust this bad boy into the limelight, but it was actually invented in the '40s to treat ulcer patients. The deal: For 10 days you consume nothing but six to 12 glasses of a mixture that includes lemon juice, maple syrup and cayenne pepper, plus spring water, an herbal laxative tea at night and saltwater in the morning. This supposedly purges toxins from your system, increases mental clarity and energy (sometime even after day 3), cuts unhealthy food cravings and makes you lose weight (duh). And while health experts like nutrition coach Jackie Keller denounce the cleanse (she says, "Putting your body into starvation mode causes it to shut down its natural processes and could do extreme damage"), two girls we talked to who tried it said they did in fact lose their cravings and gain energy... once they got past the fainting spells. Note: Just like Beyoncé, you'll probably regain any weight you lose when you start eating again.

you've got ... FIVE DAYS

liquid supplements

The Boots Feel the Difference 5 Day Total Body Cleanse consists of five vials of strawberry-flavored liquid. Once a day, you dump one of the vials into your bottle of water and sip it—easy, right? Then the botanicals and herbs neutralize stored toxins and provide liver support. A staffer tried it after this past

MMM ... HEALTHY STUFF TO PUT IN YOUR BODY SO YOU CAN LOOK EFFING HOT. FINE, AND ACHIEVE A SENSE OF INNER PEACE.

The X-Files of detox:

We test new bizarro homeopathic clean-outs.

allergy-filled spring and said that she felt more energized by the end.

Boots Feel the Difference 5 Day Total Body Cleanse, \$20, Target

you've got ... **THREE DAYS**

juice fast

Technically, a fast means you consume zero calories, but with this one, you drink fresh vegetable and fruit juices (heavier on the veggies than the fruit, since fruit has a lot of sugar). Brenda recommends getting a juicer and making your drinks at home so you can get the max amount of nutrients. Experiment with combinations like apple, spinach, carrot and ginger, and consume nothing but juice (and water) for three days to prompt your body to release stored toxins. To maintain your, um, regularity during this time, Brenda says, "Add fiber supplements to help regulate the system and absorb toxins." Try dumping a scoop of powdered fiber (available at health-food stores) into your juice.

you've got ... **ONE DAY**

ditch fries for fruit

If you really want to detox, it's not enough to fast sporadically and then return to eating like crap and boozing



DETOXIFYING FOOT BATH

Treatment and claim: You stick your feet in water charged with positive ions. The ions supposedly enter your body and pull the toxins out into the water via osmosis to restore the body's energy balance.

Courtney D.'s reaction: "I was skeptical—until the water filled with nasty black chunks!"

Scientist's opinion: "It makes no sense," says Charles Strom, chemist and director of labs at NYU.

\$100 for a 30-minute soak, Breath of Life Wellness Center, 417-883-1141



RUDRAKSHA THERAPY

Treatment and claim: You lie on a bed surrounded by Rudraksha beads (made from dried fruit). They send electromagnetic vibrations into your body to relieve probs like anxiety and sleep disorders.

Erin's reaction: "I'm a chronic insomniac, but this lulled me to sleep."

Scientist's opinion: "There's no reason to think organic material will cause a coherent electromagnetic field," Charles says.

\$55 for one hour, pratimaskincare.com



AURA READING

Treatment and claim: A trained reader feels the air around your body and pushes away any negative energy or blockages so the body can heal itself.

Courtney D.'s reaction: "I didn't feel any different, but it was eerie when she pinpointed exactly where I have a neck injury. She said she 'felt it' in my aura."

Scientist's opinion: [Loud, gut-busting laughter from Charles]

\$125 for one hour, all-sacredlife.com

every night. "You can't get rid of that in one fell swoop," Jackie explains. But in one day, you can start cutting back on saturated fats and processed sugar and start eating detoxifying foods like broccoli and cauliflower (which produce liver-supporting enzymes), purple-colored fruits (for the antioxidants) and orange- or green-colored

veggies (which are high in vitamin C and fiber). Dr. Nicole McCauley at the Breath of Life Wellness Center in Springfield, Mo., recommends the IntraMax All-in-One nutritional supplement for its complete dose of vitamins and antioxidants, as well as the carbon-based minerals that help pull stored toxins out of the body's tissues. Also check out the new

stars get colonics—just like us (oh, wait)

Know how "deviated septum" is code for nose job? "Exhaustion" translates to detox.

WHO

Courtney Love

THE CENTER

We Care Spa, Desert Hot Springs, Calif.

THE PROGRAM

A liquid diet and frequent colonics for weight loss and improved sleep and skin tone

THE COST

Up to \$4,094 for one week

ACTIVITIES

Meditative labyrinth, desert walks and tons of yoga

Lindsay Lohan

Wonderland Center, Los Angeles

Individualized programs, including a "sober companion" to accompany starlets on set

\$40,000 for one month

State-of-the-art gym, yoga, hiking

Britney Spears

Promises Treatment Center, Malibu, Calif.

Twenty-four-hour detox, individual treatment and experimental therapy

\$49,000 for 30 days

Art therapy (including drama), horseback riding

Mary-Kate Olsen

Cirque Lodge, Sundance, Utah

Behavioral group and individual therapy, including equine therapy

\$38,850 for 30 days

Ropes course, helicopter rides, salon and spa

—Courtney Largent