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health & fitness

THE MOST POPULAR CLEANSE PROGRAMS, AT A GLANCE

WHAT TO KNOW ABOUT THE CLEANSE PROGRAMS THAT ARE SWEEPING THE NATION.

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BY MIKE DAWSON

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SUPPLEMENTS

Be Well by Dr. Frank Lipman Cleanse

Ingredients: Protein shakes, herbal supplements, probiotics, and some food.

Celebrity Users: Maggie Gyllenhaal, Gwyneth Paltrow

Perks: Approved foods include free-range organic chicken and grass-fed lamb.

Cost/Duration: \$200/14 days

Rant: "I had low energy, and I was starting to get a killer headache."**

Rave: "My sugar cravings were gone. ... A great thing to do to reset your system."**