

Food Trend: Our 5 Favorite Cleanses for a Physical Spring Cleaning

By [Rachel Sparks](#)

Spring is a time of rebirth. We're shedding those chunky knit sweaters for v-neck tees and choker necklaces. Our hair is coming out of its perpetual bun and our we're dredging our skin of dead layers and thick moisturizers. While we're thinking about the next [celebrity beauty trend](#), we need to also consider how to keep our inner workings clean so that our skin and hair will have a natural glow. In addition to [celebrity fitness tips](#), these five food trend cleanses are what celebrities like Vanessa Hudgens, Amber Rose, and Hilary Duff use to boast about their hot celebrity bodies! Before you know it, you'll feel confident enough to walk out in the latest [celebrity styles](#).

This food trend is all about bringing spring cleaning to your body!

1. Herbal teas: Drink more tea, seriously. Most herbs will help target specific concerns. Cinnamon and turmeric, for example, are well known for their anti-inflammatory properties. If you're wanting to relieve some of the aches in your body and encourage weight loss, this flowery, lightly spiced tea is all you need. Brew hibiscus, ginger, willow, dandelion, and high mallow in water.

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2. Apple cider vinegar: If it sounds weird, you're not wrong. While it might take some getting used to, this classic is made from items that are likely already in your cupboard. ACV boosts your immune system and jump starts your metabolism for a preventive and weight-losing concoction. The classic apple cider vinegar drink recipe typically contains apple cider vinegar, lemon juice, water, cinnamon, and cayenne pepper.

3. Ayurvedic tea: If you don't know what Ayurvedic means, you're not alone. An ancient form of Indian medicine falls under this name, but the term is often used for referring to natural remedies. This classic tea uses some well-known spices that help with inflammation, digestion, and headaches. For a natural cleanse with an Eastern twist, mix turmeric ginger, coriander, cumin, and fennel. Trust us, don't go for the jarred spices; invest in roots or high quality dried leaves.

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4. Target specific organs: If we listen to our bodies we can often tell where the issue is. While a full-body cleanse has its benefits, targeting concerns can help alleviate symptoms faster. For your liver, try turmeric, dandelion, and ginger tea. It's a great detox after a binger. Ginger is best known as a digestif. Licorice treats headaches. Before you know it, you might become an herbalist.

5. Vegetable juice: When most of us think detox, we think of juices and smoothies. Guess what, there's truth to that. The best thing you can do for your body is provide it with a multitude of fresh fruits and vegetables in all their variety. Leafy greens are notorious for their cleansing properties, but not everyone wants to eat them. Try out some fun recipes to make it delicious. Our favorite: apples, carrot, lemon, ginger, turmeric, beetroot, kale and cilantro.

How do you detox for spring? Share your fitness and health

tips below!

Celebrity Break-Up: Amber Rose & Val Chmerkovskiy Call It Quits

By [Delaney Gilbride](#)

In [latest celebrity news](#), Amber Rose and Val Chmerkovskiy are 2017's latest victims of recent [celebrity break-ups](#). The [celebrity couple](#) met on the set of *Dancing With the Stars* last year as the 33-year old model paired up with Maksim Chmerkovskiy, the 30-year old professional dancer's brother. The duo wasn't afraid to flaunt their relationship after first being spotted together at a birthday party in October. They took on social media, posting several back-to-back photos of themselves on Instagram. However, after five months of family outings and holidays together, the [celebrity relationship](#) came to an end. Late Sunday night, Chmerkovskiy took to Instagram to let the public know his break-up with Rose was mutual saying she is "an amazing mother, an awesome friend, a loving human period."

Yet another celebrity break-up has hit Hollywood! What are some immediate ways to cope after a

tough split?

Cupid's Advice:

Even if your break-up with your partner was mutual, breaking up is never easy. How are you supposed to deal with losing someone you were once so close with? Cupid's here to help you cope:

1. Lean on your loved ones: Who would your friends be if they weren't there for you during rough times? Finding comfort in your loved ones is one of the best ways to deal with a break-up. This is a good way to let out all of your emotions, receive some love, and curl up with chocolate and a good movie.

Related Link: [Celebrity Break-Up: Scarlett Johansson & Husband Romain Dauriac Split After Two Years of Marriage](#)

2. Get active: There's no better remedy for a heart break than boosting up your endorphins. Exercising gets your blood flowing and adrenaline pumping which, in turn, raises your level of endorphins. This lowers your stress levels and boosts your mood, so why not give it a try?

Related Link: [Celebrity Break-Up: Jane Fonda & Richard Perry Split After 8 Years Together](#)

3. Do the things you love: Focus on the positive aspects of your life by doing the things you love the most. It's time to focus on yourself rather than the things you can't control. Even if it seems hard at first, go out and enjoy doing what makes you feel good!

Did you recently go through a break-up? Comment below with some coping mechanisms that helped you out!

Celebrity Couple Amber Rose & Val Chmerkovskiy's Romance Is Heating Up

By [Whitney Johnson](#)

It looks like things are heating up between model and podcast host Amber Rose and *Dancing with the Stars* pro Val Chmerkovskiy! According to [EOnline.com](#), the [celebrity couple](#), who first met when Rose competed with Chmerkovskiy's brother Maksim on the reality TV show, have been talking every day, despite Chmerkovskiy's busy schedule during a dancing tour. "It's been four months now, and it's awesome," Rose said of their celebrity relationship on her *Loveline* podcast in early January. "I love his family, and everyone is so great. He's great."

This celebrity couple was surprising, but it looks like things are getting steamy! What are some ways to know you have chemistry with someone?

Cupid's Advice:

If you're in a new relationship and wondering where things are headed, take a cue from this celebrity couple, and consider these three ways to know if you have chemistry:

1. You're not afraid of PDA: Rose and Chmerkovskiy aren't shy when it comes to showing off their love on social media – and you shouldn't be either! If you and your partner are into each other, there's no reason to hide your feelings.

Related Link: [New Celebrity Couple Amber Rose & Val Chmerkovskiy Step Out Holding Hands](#)

2. Pay attention to your conversations: You may be too distracted by his sexy smile to notice how you interact, but chemistry matters both in *and* out of the bedroom. If you can't wait to talk to your guy at the end of a long work day and never run out of things to say, it's a good sign.

Related Link: [Celebrity News: Val Chmerkovskiy Slams Haters Who Criticized His Relationship with Amber Rose](#)

3. The little things don't bug you: It's easy to be bothered by the way he chews his food or how his dirty socks never end up in the hamper. For the right person, though, it's just as easy to ignore those annoyances and focus on the good things about him instead.

What's your number one tip for knowing if you have chemistry with someone? Share your best dating advice below!

New Celebrity Couple Amber Rose & Val Chmerkovskiy Step Out Holding Hands

By [Mallory McDonald](#)

A new [celebrity couple](#) could be forming and we couldn't be

happier! Amber Rose and Val Chmerkovisky have stepped out together holding hands looking happier than ever. A source shared with [UsMagazine](#) that they were initially, “just friends, but it’s recently turned into more and they have been hooking up.” A source close to Val, meanwhile, denies the romance and says, “They are just friends.” Despite the gossip, Chmerkovisky is trying to remain cool. “I can’t control what people think,” he asked about Rose. “I live my life and I try to live it, you know, the way I want to live it.” However, the recent sightings and social media flirting have people wondering if it could be developing into more despite his denials.

This new celebrity couple isn’t shy about going public. What are some ways to know you’re ready to go public with your new relationship?

Cupid’s Pulse:

When you have to make a decision to go public in a relationship, you have to be sure that you are ready. Use this [relationship advice](#) to help make that decision:

1. Exclusive: A good sign that your relationship is ready to go public is when you are exclusive. It can be hard to explain to the public if you are seeing someone who is still seeing other people.

Related Link: [Celebrity News: Amber Rose Pays Tribute to Ex Wiz Khalifa on Father’s Day](#)

2. On the same page: Both you and your significant other have to be ready to take it public. If both of you are ready to take that step in the relationship then do it!

Related Link: [Is Wiz Khalifa Bashing Celebrity Ex Amber Rose in New Song?](#)

3. United front: When taking a relationship public it is important that you and your partner can provide a united front to the world. If you both are not able to feel the same and speak on the relationship the same it may not be time to go public.

When did you decide to go public in your relationship?

Celebrity News: Amber Rose Pays Tribute to Ex Wiz Khalifa on Father's Day

By [Nicole Caico](#)

[Celebrity divorce](#) hasn't stopped Amber Rose from showing her appreciation for ex-husband Wiz Khalifa. On Sunday, Rose posted a picture of Khalifa and their 3-year-old son, Sebastian, for Father's Day. In her caption, praising Khalifa's parenting, she wrote, "Happy Father's Day to Sebastian's Dad @mistercap Thee most Awesomest Dad in the World!!! (Besides my Daddy). Wish I could be home with you guys Today but have a blast and love each other up all day!" According to [UsMagazine.com](#), the [celebrity couple](#) filed for divorce in 2014 after just over a year of marriage, but have always maintained a good relationship.

This celebrity news has us realizing there are some good ex relationships in Hollywood after all. What are three ways to show appreciation for your child's parent?

Cupid's Advice:

Staying friendly after a divorce is not an easy feat, but if you have children, it's ideal. Co-parenting makes everyone's lives easier, parents' and children' alike. There are many ways to show appreciation for the parent of your child:

1. Hold up your end: Some divorces result in more rules and regulations than others. However it plays out, be sure to fulfill your responsibilities. Contribute the money you're supposed to, and follow the schedule to a tee. Strictly sticking to the conditions of your divorce will show respect to the parent of your child, and prevent additional issues.

Related Link: [Celebrity News: Calvin Harris Unfollows Taylor Swift on Social Media](#)

2. Do a favor: Parenting is difficult; that is a universal fact. If you see the parent of your child struggling with something and you're in a position where you can help out, do it. Doing a favor for the parent of your child will help everyone involved in the long run. Just because you're no longer married doesn't mean it is right to sit back and watch your ex flounder when you can help.

Related Link: [Khloe Kardashian Looks Forward to Having Kids Post Celebrity Divorce from Lamar Odom](#)

3. Say “thank you”: It’s basic, but it works. Thank the parent of your child for being on time, for being a good parent to your kid, and for trying. There is no easier way to show your appreciation than to thank them.

How have you maintained your relationship with an ex-spouse? Comment below!

Secret Celebrity Weddings

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Justin Theroux and Jennifer Aniston

After a three-year engagement, this celebrity couple finally tied the knot in a secret celebrity wedding at their Bel Air home. They surprised their famous friends -- like Lisa Kudrow

and Ellen DeGeneres -- by claiming it was a birthday party for Theroux. Photo: Emiley Schweich / PR Photos

Is Wiz Khalifa Bashing Celebrity Ex Amber Rose in New Song?

By Meranda Yslas

Amber Rose has been in the center of the latest celebrity news, especially in the social media world, and now it seems she's caught the attention of her [celebrity ex](#) Wiz Khalifa. According to [UsMagazine.com](#), Khalifa's verse in Juicy J's new song "For Everybody" seems to reference Rose and her previous job as a stripper. Rose filed for a celebrity divorce claiming that Khalifa had cheated on her when they were together. Khalifa denied these claims.

Khalifa and celebrity ex Rose have been going through a heated break-up. What are some ways to use music to cope with your split?

Cupid's Advice:

Although not all break-ups are as bad as the split between celebrity exes Khalifa and Roses, they are still never fun and can leave you feeling down. Thankfully there are some remedies to make this heartache a little easier to handle:

1. Create a playlist that makes you want to dance: Find your favorite upbeat, happy songs that you cannot help but nod your head to or shake your foot when they come on. Putting this playlist on shuffle when you're going about your daily routine like cleaning the house or going to work will help change your mood.

Related Link: [Wiz Khalifa Calls Celebrity Ex Amber Rose a 'Foul Creature' on Twitter](#)

2. Listen to sad break-up songs, but with a friend: Studies have showed that although wallowing in self-pity won't speed up the recovery process, talking about the break-up does. Jamming out to Taylor Swift classics while venting to a friend can lessen the initial sting of the split.

Related Link: [Find Out Why Ellen Barkin Called Off Celebrity Engagement to Ben Emerson](#)

3. Use music to bring back happier memories: Nothing is better at bringing back the "good ol' days" quite like listening to music you did when you were younger. Search online and find the top 40 list from your high school years and get lost reminiscing about dances and football games.

What is your go to break-up song? Share below!

Wiz Khalifa Calls Celebrity Ex Amber Rose a 'Foul Creature' on Twitter

By Maggie Manfredi

The hits just keep on coming! According to UsMagazine.com, celebrity exes Wiz Khalifa and Amber Rose are partaking in a pretty heated Twitter battle, and there's no end in sight. The pair filed for a celebrity divorce back in September, and it has been anything, but smooth since the split. The rapper tweeted out on Feb. 4 saying, "A woman who would do something to a kid to spite that kid's father is a foul creature." These celebrity exes have repeatedly used Twitter to express their celebrity break-up feelings for the world to see.

What are some ways to keep your break-up gossip-free, unlike celebrity exes Wiz Khalifa and Amber Rose?

Cupid's Advice:

"Breaking up is hard to do," as the song goes. But Cupid has some tips on how to make it easier for yourself with less drama between you and your ex:

1. Avoid social media: Khalifa and Rose definitely didn't abide by this piece of dating advice, but it's very important to keep your dirty laundry un-aired. When you're angry, you will no doubt say some things you'll later regret, and there's really no reason to involve the public in your private disputes. Go for a walk or hit the gym if you feel the urge to complain on Twitter.

Related Link: [Five Celebrity Exes That Became Famous After the Break-Up](#)

2. Consider talking to a third party: A lot of people hear the word "therapist" and think the worst, but it's not a bad idea to air your grievances to a third party instead of complaining

to those around you and stirring up drama. Even if it's not an official therapist, find someone who doesn't know your story and has no investment in the outcome of your life.

Related Link: [Nicole Scherzinger and Lewis Hamilton Become Celebrity Exes Again](#)

3. Take steps to move on: One of the best ways to keep your break-up gossip-free is to move on instead of focusing on your heartbreak. This doesn't necessarily mean jumping into the dating pool again prematurely, but signing up for a sporting event or book club isn't a bad idea. Focusing on a new hobby will keep your mind off of the negative things happening in your life.

What are some other ways to keep your break-up gossip-free? Share your thoughts below.

Wiz Khalifa and Amber Rose Tie the Knot

By Kristyn Schwiep

Wiz Khalifa and Amber Rose are officially married. According to [People](#), Khalifa, 25, and Rose 29, both announced their marriage via Twitter. Khalifa tweeted Monday, "Me and Amber got married today. Weddings this fall. Thought I'd let yall know." Rose also mentioned their marriage via Twitter with a simple statement, "Yay me and my baby are officially married!!!"

What are some benefits of getting married at the courthouse?

Cupid's Advice:

Getting married at a courthouse is not your traditional idea of a wedding, but there are some benefits that will outweigh the costs. What are some benefits of getting married at a courthouse? Cupid has some advice for you:

1. The cost: Getting married at your local courthouse will definitely save you money. The average cost of your traditional wedding is normally anywhere between \$19,000 and \$30,000. Getting married in front of a judge will save you money on a wedding dress, guest invites, venue cost, food cost and everything else that goes into a big, traditional wedding. A courthouse marriage can cost as little as \$30 for the expense of a marriage license.

2. Stress: Just think about how stress-free you will be. You know when, where, how. The bride doesn't have the added stress of picking out a wedding dress and bridesmaid dresses, you don't have to stress about who to invite, and the cost is significantly lower. Without the added stress you will have the time to focus on each other.

3. Time: You also don't have to stress about time. It takes a lot less time to plan and lot less time to get married. If you have less time worrying about actually getting married, you have more time to spend with your newlywed. Also, having a courthouse wedding is a great option for couples who need to get married quickly!

What do you think some benefits are of getting married in a courthouse? Share your thoughts below.