

# Health Tips: Celebrity Diet Suggests Supercharged Coffee



By [Emily Green](#)

It is common for people to see their favorite celebrities sharing their favorite products, diets, and much more on social media. Many people try out their favorite [celebrity diet](#) in an attempt to improve certain parts of their lives or their health overall. Actress Busy Phillips likes to include a supercharged coffee with two tablespoons of grass-fed butter or ghee, a tablespoon of Brain Octane Oil, and two scoops of collagen protein powder in her routine every morning. Phillips believes this part of her diet is an important part of boosting her metabolism and keeping her skin smooth.

# One of Busy Phillip's health tips is to include a supercharged coffee in your morning routine. What are some healthy coffee boosters that you can use to replace sugar?

While most people just grab their coffee and head out on the go, adding a healthy coffee booster to your morning drink can help improve your mind, body, and overall just improve your outlook on the day. Here are some of Cupid's favorite healthy coffee boosters:

**1. Cinnamon:** Adding some cinnamon into your coffee will not only leave you feeling warm and fuzzy, but fill you with antioxidants, anti-inflammatory properties, and much more. This can help keep any nasty germs away, and keep you feeling strong and healthy to take on the day!

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. Cocoa Powder:** Are you a big chocolate fan? Looking for a way to add that chocolatey goodness into your day? By stirring a spoonful of cocoa powder into your coffee, you can get that yummy taste while also getting antioxidants and vitamins that will help improve your heart.

**Related Link:** [Date Idea: Plan a Walk Around Town](#)

**3. Cayenne Pepper:** Even if you love all things spicy, be careful adding this into your coffee! Research shows that adding a spoonful of cayenne pepper into your coffee every day will not only give you that kick you need in the morning but can even help you live longer.

**4. Baking Soda:** If you have a sensitive stomach but need that caffeine in the morning, try adding baking soda into your

coffee. Doing so will cut down on the coffee's acidity, leaving your stomach feeling fine.

What are some other healthy coffee boosters to add into your coffee? Let us know in the comments below!

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## Celebrity News: Busy Philipps Accuses 'Freaks & Geeks' Costar James Franco of Assault



By [Ivana Jarmon](#)

Busy Philipps is calling James Franco out. In [celebrity news](#), Philipps spoke out against costar Franco for assault, according to *Radar Online*. Philipps claimed Franco got physical with her while filming a scene for a recent movie. She said she was directed to gently hit her costar in the chest. After she delivered her line, Philipps says Franco broke character, screamed in her face and shoved her to the ground. Philipps and Franco played love interests Kim Kelly and Daniel Desario in the first season of *NBC* sitcom *Freaks and Geeks*. According to [UsMagazine.com](#), Philipps also recently opened up about details of a personal sexual assault at the tender age of 14 that led to self-harm. The actress is now married to producer Marc Silverstein, and they are celebrity parents to two daughters Birdie and Cricket.

## **In celebrity news, Busy Philipps is calling out James Franco for assault. If you've been a victim of assault, what are three things you should do?**

### **Cupid's Advice:**

Assault of all kinds is no laughing matter, millions of women and men experience it every day. Cupid has some tips on what to do if you've been a victim of assault:

**1. Talk to someone:** It doesn't matter who it is, your parent, a friend, a counselor. Just get what's happened to you off your chest. It will be scary and painful, but you will feel better, even if it's just a little bit. Holding on to what happened to you is not good for you. Talk about it when you're ready, but know there is someone who wants to listen to you.

**Related Link:** [Celebrity Parents: Busy Philipps Says Husband](#)

## [‘Didn’t Try’ to Be a Dad Initially](#)

**2. It’s not your fault:** You didn’t do anything to deserve this. Don’t blame yourself for someone’s actions. Nothing excuses assault. Assault happens to people of all races, gender, ages and sexual orientations. Nothing about who you are or what you did caused your assault. It may get worse before it gets better, but there is a light at the end of the tunnel. You will heal.

**Related Link:**[Celebrity News: Khloe Kardashian Says She Is ‘Brutally Broken’ After Acting ‘Gentle to Others’](#)

**3. You are not alone:** There are people who care about you. There are people who want to listen to you and help you. There are service providers who will be able to support you as you heal from the experience. The support you need is out there.

**4. You have rights:** You have every right to decide how you respond to what happened. You can report with law enforcement, or not. If it’s a sexual assault you can get an exam completed, or not. You can have medical care, such as receive treatment and prevention of STD’s, HIV and Pregnancy or not. Its your decision, just know that you have that right.

**What are tips on what to do if you’ve been a victim of assault? Share your thoughts below.**

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# **Celebrity Parents: Busy Philipps Says Husband ‘Didn’t**



# Try' to Be a Dad Initially



By Ivana Jarmon

In [celebrity news](#), Busy Philipps gets real about the challenges of marriage and family in the November issue of *Parents* magazine. The actress and host of *E!'s Busy Tonight* opened up about her 11-year marriage to producer husband *Marc Silverstein* and how he wasn't the most supportive parent after the birth of their first child, Birdie Leigh, now 10. According to *People.com*, Philipps recalled, "He was not understanding how to be a dad and, in fact, didn't try. I was parenting by myself. When I told him, I wanted to have a second child, he said, 'Fine, but it's all on you.' That was so heartbreaking." She continued, "Marriage is always hard, but especially when you have kids...You're going to go through periods when you're not into it, but there always has to be one person willing to fight. I went to Marc several times and

said, 'I cannot do this anymore. Something has to change, and it's you.' The celebrity parents had a lot of serious discussions and counseling. Since the conversation, the couple has welcomed their second child Cricket Pearl, now 5. The [celebrity parent](#) says, "He's incredibly participatory now in a way I don't think he could've imagined before. We're a work in progress but trying our best."

## **In celebrity parent news, Busy Philipps got real about parenting and marriage. What are some ways to encourage positive communication with your partner regarding parenting?**

### **Cupid's Advice:**

Marriage and parenthood bring many struggles! Cupid has some tips to encourage positive communication with your partner regarding parenting:

**1. Be open and honest:** This involves communicating with your partner. The both of you have to ask yourselves when you two got together, is this what you wanted out of the relationship? Were kids part of the mix? And if you already have kid,s how can you make this work? What can you change to be better partners and parents? Be honest with yourselves and with each other!

**Related Link:** [Parenting Tips: 5 Tips for Co-Parenting](#)

**2. Learn to take a step back and compromise:** Parenting is hard enough, but co-parenting is a whole different ball game. When parenting, you learn and make mistakes and initially find your

own way to raise your child. With a partner, your styles may not be the same, so you have to step back and let them do their own thing. But, also learn from each other. Like a marriage, you must compromise when it comes co-parenting.

**Related Link:** [Co-Parenting During the Holidays](#)

**3. Just talk to each other:** Communication is the first step you take in any relationship. It's how marriage and children are created. Start a conversation about your wants, needs, and desires. Just talk to each other, remember you two love each other and saw a future for yourselves beyond the first date. The worst thing you can do is not talk to each other. Talking is how you resolve problems and heal. So just talk!

**What are some tips to encourage positive communication with your partner regarding parenting? Share your thoughts below.**

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## Hollywood Stars and Their Trendsetting Celebrity Kids







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Honor and Haven Warren

Jessica Alba and Cash Warren's daughters know that prints are in! Take a cue from Honor and Haven and rock stripes or polka

dots this summer. Photo courtesy of Jessica Alba's Instagram.

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# Busy Philipps Welcomes Second Daughter



By Petra Halbur

Busy Philipps and her husband, Marc Silver, welcomed a baby girl to their family last Tuesday. The happy couple has not chosen a name for their little girl yet, but a rep assured [People](#), “Everyone is healthy and happy.” The baby girl is Philipps and Silver’s second child. When Philipps spoke to *Huffington Post* in April, she mentioned that her 4-year old

daughter, Birdie Leigh, was looking forward to being a big sister. "My daughter is super excited," the *Cougar Town* star said. "She's actually incredibly helpful and ... she's really understanding things, when I say like, 'Mom can't carry you right now because the baby in her tummy is pressing down on her bladder!' She understands what that means and she's cool with it."

**How do you know when you're ready to expand your family?**

### **Cupid's Advice:**

Just because you know you eventually want a large family with several children doesn't mean that you're ready for that right now. The decision to add another child to your brood requires a great deal of thought and consideration. How do you know when you're ready for another baby? Cupid is here to help:

**1. You can afford it:** No one likes to boil family matters down to money. However, the fact remains that you cannot live on love. If you are not financially stable enough to support a family that is larger than the one you have now, then you are not ready to have another baby.

**2. You BOTH want it:** By the time you're in the delivery room, it's too late to confess that, actually, you're not sure you want more kids. You and your partner have to be very honest with each other about the kind of family you both want. You are not doing anyone any favors by bringing a child into the world that you do not want.

**3. Your kids are ready to be siblings:** Are the children you have now have emotionally mature enough to play second-fiddle to a newborn? Don't assume they are just because they're old enough to dress themselves. Every child is different. Talk to your children and see how they feel before you make decision that will dramatically effect their lives



How did you know that you were (or weren't) ready to have another child? Tell us below.

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# Busy Philipps Explains Announcing Her Pregnancy on Twitter



By Meghan Fitzgerald

As the comedian she is, *Cougar Town* star, Busy Philipps disregarded all traditional ways of telling family and friends about her pregnancy and went to Twitter. According to [People](#),

Philipps became aware that someone was going to spread her pregnancy over the Internet, so her husband, Marc Silverstein simply said, "You know what? Eff them. Just Tweet it, and then you put it out there and it is what it is." Philipps discussed on an appearance on *Anderson Live* that she didn't want to make a celebrity statement describing how "happy" the couple is for the new addition to the family. Instead, she wanted her news to come from her own voice.

## **What are some creative ways to announce your pregnancy?**

### **Cupid's Advice:**

It seems to be almost a sort of competition of who can have the cutest, and most endearing way to announce their pregnancies to their family and friends. You want to ease into your announcement, no rush, no pain, just a happy announcement. Here are some creative ways yo announce your pregnancy:

**1. Postcard:** To your closest family and friends, send out a perfectly sculpted and crafted postcard describing your recent pregnancy. With this postcard already sent out, you could also include any ceremonies or parties occurring for the new addition of your family. Another option for the postcard method is to scan it on to your computer and upload it to Facebook. This ensures that you included everyone in announcing your pregnancy.

**2. Fortune Cookies:** Order fortune cookies with a personal message inside exclaiming "We're pregnant!" or "Another baby on the way!" Have an intimate dinner with your family and friends and save the fortune cookies until the last part of dinner. This is an easy, quirky, and creative way to announce your pregnancy to the people you love most.

**3. Build-a-Bear:** Although this approach may be more pricey than you'd like however, your closest family will absolutely



love the special remark. Make your own bears dressed up in either a diaper, pink clothes, or blue clothes. Include the birth certificate specified for your expected date, and distribute! Your parents will especially love the bear, keeping it close to their hearts, preparing for their grandchild on the way. The bear can also be used for your child's' first stuffed animal.

**Tell us how you broke the news about your pregnancy below.**

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## **Jake Gyllenhaal Spends Time With Three Eligible Women In One Week**





Jake Gyllenhaal is definitely enjoying the single life! The 30-year-old actor was spotted with no less than three women in one week, reports [People](#). First, Gyllenhaal stopped at a gas station with Anna Kendrick on their way back from Las Vegas. Next, the eligible bachelor joined pal Rashida Jones for lunch at an organic, vegan café in L.A. Finally, he hung out with married *Cougar Town* star Busy Philipps, who is a longtime friend and fellow godparent to Matilda Ledger, Heath Ledger and Michelle Williams' daughter. Although all three women are said to be "just friends" with the *Love & Other Drugs* star, it looks like Gyllenhaal is still one of Hollywood's most popular bachelors.

**What are things to be cautious of while dating around?**

### **Cupid's Advice:**

When you're single, you want to play the field without going overboard. Cupid has some tips on how to be careful, and yet still have fun while dating:

**1. Overbooking:** Even if you're a heartthrob movie star like

Jake Gyllenhaal, more than three dates in a week can be a little overwhelming. It's not like you can't go out with more than one person at a time; just make sure you're giving each of your dates enough attention.

**2. Being dishonest:** When you're seeing someone new, you should be truthful right away. If you're not looking for a serious relationship, tell them that to avoid any confusion or hurt feelings.

**3. Falling into a pattern:** If dating bad boys hasn't exactly worked out for you, try changing your habits. By dating outside of your comfort zone, you'll find out what you like and in the process, you may also find "the one."

**What else should you be wary of while casually dating? Share your comments below.**