

Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body



By [Jessica Gomez](#)

Summer is here, and some of us have been procrastinating on getting in shape for fun in the sun, or maybe are just not quite there yet. Dieting is a challenge for most of us, so it's important to find one that is right for you. Some research suggests that choosing a diet you can stick to is more important than which diet you choose. Consistency is key, so choosing the most realistic diet for yourself is essential in reaching your goal.

Not every diet works for everyone, so here are five celebrity diets to choose from to lose weight. Let the diet and fitness tips begin!

Try one, try some, or try all of these celebrity diets! All of these diets are celebrity-approved and vegan-friendly! Some are full plans, and others are tips you can incorporate into your own diet:

1. Hot Lemon Water: Drink it right after waking up. Many celebrities have tried this tactic – Elle MacPherson, [Lauren Conrad](#), [Beyoncé](#), Gwyneth Paltrow, and Miranda Kerr are a few! The diet consists of a simple daily routine: drinking a cup of warm water with at least one tablespoon of fresh lemon juice. Lemon juice is highly acidic, so the mixture of it with warm water helps digestion by kick starting it early in the morning. For even better results, drink a cup before each meal instead of just before breakfast.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

2. Master Cleanse: This is an all-liquid diet. Beyoncé did a master cleanse, while incorporating cayenne lemon water into her all-liquid diet. You can also try juicing as a master cleanse. Make some at home or get some from your nearest juice bar. Juice fasting is a good way to lose weight because you can receive the raw nutrients of vegetables and fruits, and since it's in liquid form, you digest it much easier. See the pounds fall right off!

3. Baby Food Diet: To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is based on eating baby food as your first two meals of the day

and then eating a healthy dinner. Baby food is low in calories and is easy to digest. About 14 jars of baby food, up to 75 calories each (the less the better), should replace breakfast and lunch. For dinner, it's your choice! To aim for a healthy dinner, just try to lay off of anything fried or high in sugar, carbs, or salt. Celebrities like [Lady Gaga](#) and Camila Alves have tried this diet!

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4. Macrobiotic Diet: This strict diet is pretty famous due to Madonna. Meat, dairy, eggs, and wheat are all excluded from your meals for this diet. Other foods are fair game, like brown rice and other whole grains such as barley, millet, oats, and quinoa. The diet encourages "sea vegetables" as well. What are sea vegetables? Arame, nori, kombu, and kelp are few vegetables originating from the sea. These lower cholesterol, detoxify your body, and fights constipation and aging as well.

5. Apple Cider Vinegar Shots: Before every meal, take a shot of apple cider vinegar, measuring to around a teaspoon. Celebrities like Megan Fox have tried this diet. If you feel like you can't take the shot neat, you can mix two teaspoons into water. If the taste is still too unpleasant for you, you can add a sweetener like honey or maple syrup. Of course, neat shots and diluting the vinegar in water are more effective. This diet takes time – you must take it consistently over a long period of time. The acetic acid has fat-burning properties that influence your fat metabolism, stopping your body from storing fat, and instead using it as a form of energy.

What are some diets you've tried that worked for you? Share below!

Celebrity Photo Gallery: Famous Couples Who Work Out Together





Jessica Biel and Justin Timberlake

The duo that sweats together, stays together! This famous couple seems to believe this truth, as they are often seen jogging together. Photo: Brian Flannery/FlynetPictures.com

20 Hollywood Couples With A Big Age Gap





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Stephen Moyer and Anna Paquin

These sexy stars of 'True Blood' wed in 2010, paying no

attention to their 12-year age gap. Moyer is 45 years old, and Paquin is 33 years old. Photo: Juan Rico/FAMEFLYNET PICTURES

Matthew McConaughey Credits Celebrity Wife Camila Alves for His Happiness



By Meranda Yslas

Working in Hollywood isn't an easy task. There are long hours, meaning sometimes you will be away for weeks or months at a time. For Matthew McConaughey, he is able to endure this

thanks to his celebrity wife Camila Alves. According to [E! Online.com](#), the actor shared, “Now I get to wake up next to someone who I know loves me the way she does-my wife-who gave birth to our three beautiful, healthy children.” Being a celeb and a parent can be tough, but the *Dallas Buyers Club* star hopes that it will be a learning experience for his kids. “What they learned is not that if you go to work you get a trophy, but if you do something really good today, you can be rewarded for it later.”

This celebrity wife sure isn't lacking an appreciative husband! What are some ways to show your thanks to your partner?

Cupid's Advice:

It's not only celebrity wives who get praised; all partners should! When you've been in a relationship and love for a while, it can be hard to think of new ways to show your partner that you appreciate them. Here is Cupid's love advice on showing thanks to your beau:

1. Pen and paper: With sending a quick email or text becoming the new norm, hand written letters are becoming obsolete. Break out the stationary set, and write your partner a sweet love letter, including how much you appreciate them. This small gesture can mean a lot.

Related Link: [Matthew McConaughey's Kids are Excited to Have a New Sibling](#)

2. Return the favor: One way you can show your partner that you appreciate them is by doing a random act of kindness. Surprise them with a special cooked dinner one evening or offer to take the kids to school even if it's their turn.

Related Link: [Matthew McConaughey and Camila Alves Move to Texas](#)

3. Saying 'Thank you': While in a romantic relationship, sometimes the words 'thank you' are forgotten. Show your mate that you do notice them by simply saying aloud why you appreciate them. Just hearing those words can make your partner feel good.

How do you show your partner that you appreciate them? Share below!

Famous Couples Share How They Celebrate Mother's Day





By [Courtney Omernick](#)

While so many [celebrity couples](#) will be celebrating Mother's Day this year, either for the first time or for the 8th time, Cupid got to take a look inside a few famous couples' Mother's Day festivities.

Here are some ways our favorite famous couples celebrate Mother's Day:

1. Jessica Alba and Cash Warren: Jessica, Cash, and their daughter, Haven, keep things casual on Mother's Day. This family loves going to brunch.

Related Link: [Get Details on Nikki Reed and Ian Somerhalder's Sunset Celebrity Wedding](#)

2. Camila Alves and Matthew McConaughey: Camila and her daughter, Vida McConaughey, leave Matthew at home. These girls spend Mother's Day in style by jewelry shopping in NYC.

Related Link: [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

3. Hilary Duff and Mike Comrie: Who knows what's in store for Hilary this Mother's Day, as she is newly single celebrity. But, typically, it's a warm Mother's Day for the celebrity mom. Hilary and her son, Luca, were spotted soaking up the sun's rays in Mexico last year.

4. Channing Tatum and Jenna Dewan-Tatum: Channing and his wife, Jenna, keep this special holiday a family affair. They spend their time with their daughter and Channing's mom.

5. Halle Berry and Olivier Martinez: This celebrity couple spends Mother's Day enjoying lunch with her children in sunny Los Angeles.

How do you and your mom spend Mother's Day?

Best Dressed Celebrity Couples During Awards Season





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Kanye West and Kim Kardashian
This celebrity couple is known for being extremely fashionable. It's no surprise that the Wests, who were seen at

the Grammys participating in some serious PDA, looked photo ready in their designer duds. Photo: Janet Mayer / PRPhotos.com

5 Celebrity Couples Who Got Engaged Over The Holidays



By Maggie Manfredi

Whether you are a first-time reader or a frequent peruser of us here at Cupid's Pulse, we want to wish you a holiday season full of joy, peace, and, of course, love! What better way to celebrate than by looking back at some of our favorite

celebrity couples who got engaged over the holidays? Check it out:

1. Matthew McConaughey and Camila Alves: This famous couple makes our holiday engagement list, and they did it amidst a lot of joy. The *Magic Mike* star proposed on Christmas Day and shared the happy news with fans almost immediately on social media.

Related Link: [Celebrity Couples That Always Get Caught Hooking Up](#)

2. Justin Timberlake and Jessica Biel: These hot newlyweds got engaged in late December. JT popped the question in the mountains in Jackson, Wyoming because of his now-wife's love for winter outdoor activities.

3. Natalie Portman and Benjamin Millepied: This celebrity duo like to keep their relationship fairly private. Their holiday engagement news came out around the same time as the news that they were expecting in December!

4. Drew Barrymore and Will Kopelman: This engagement was Barrymore's third try at true love. The couple continues to stay strong since their holiday engagement while vacationing in Sun Valley.

Related Link: [If Men Were Like Reindeer, Which Would You Choose?](#)

5. Mario Lopez and Courtney Mazza: 3, 2, 1...engaged! This gorgeous pair got engaged on New Year's Day in Ixtapa, Mexico. Talk about out with the old and in with the new!

Are you ready to celebrate the holidays with your loved ones? Share your favorite memory or engagement story below!

Matthew McConaughey Says He Wants to Make Family Proud in Oscar Speech



By Louisa Gonzales

It was a big night for Matthew McConaughey, for the actor won the Oscar for Best Actor at the 2014 Academy Awards on Sunday. McConaughey won for his amazing performance as a man living with AIDS in the critically acclaimed drama *Dallas Buyers Club*. According to [People](#), the star actor went on stage after giving a kiss to his wife, Camila Alves and a hug to his costar and fellow winner of the night, Jared Leto to accept

his award. Once upon the stage he give a heartfelt speech, expressing gratitude to everyone and everything that got him there. He thanked God, his faith, and his family for their inspiration and giving him the motivation he needs to keep living and moving forward.

What are some ways to show you're proud of your partner?

Cupid's Advice:

Telling someone you are proud of him or her is rewarding for both you and the other person. Letting your partner know you are proud of them lets them know you acknowledge their hard work and appreciate their efforts as well as them. Cupid has some advice on ways to show you're proud of your partner:

1. Write a letter: Putting down your thoughts and feelings on paper is a good way to express yourself to your partner. Doing this is an easy way to share your emotions, because sometimes it's hard to say everything out loud. Write down all the reasons you are proud of them and it will surely brighten their day and encourage them to keep up the good work.

Related: [Matthew McConaughey Thanks Wife Camila Alves for Motivation](#)

2. Speak out loud: Say it in a song, shout it from the rooftops, tell them over dinner, before you go to bed, whatever. It doesn't matter how or where you say you're proud of them, you just need to say it. Be genuine about it though, be honest and really mean it when you say it, be in the moment. Part of being in a relationship is putting effort into it and helping your significant other feel good about themselves and putting.

Related: [Matthew McConaughey and Camila Alves Move to Texas](#)

3. Show up for support: One of the best ways to show you're proud of your sweetheart is to show up for something that is

important to them. This will show you care and are there for them or by their side. Your partner needs that affirmation that you acknowledge their efforts and accomplishments and being in attendance at some of their big moments will be a good gesture to show just that.

What do you think are good ways to show you're proud of your honey? Share in the comments below.

Matthew McConaughey Thanks Wife Camila Alves for Motivation





By April Littleton

According to UsMagazine.com, Matthew McConaughey thanked his wife Camila Alves during his acceptance speech for Best Performance by an Actor in a Motion Picture Drama. The actor also thanked his mom during the Golden Globes Sun, Jan. 12. McConaughey lost 40-plus pounds for his role in *Dallas Buyers Club*. He shared a similar speech when accepting an award at the Palm Springs International Film Festival.

How do you support your partner's career aspirations?

Cupid's Advice:

Being supportive of your significant other's aspirations and goals is important if you want to have a successful relationship. Regardless of how hard it will be at times to understand your partner's motivation, it's your job to show them you're there for them through it all. Cupid has some tips:

- 1. Act interested:** When your partner wants to discuss his/her career goals, listen to them with an eager ear. Be encouraging

and add some useful advice when it's necessary. Your significant other doesn't want to hear negativity coming from the person they love. Suggest new ideas, but never appear as if you don't believe in their dreams.

Related: [Robin Roberts Publicly Thanks Longtime Girlfriend After Cancer Battle](#)

2. Help them make it: What better way to show your support by acting helping your partner make their dreams come true? Instead of just listening, go a step farther and take an active role in their aspirations. Do whatever it is they ask of you. They'll be more than appreciative and when they do finally make it to where they want to be, they'll remember who got them there in the first place.

Related: [Ben Affleck Says Wife Jennifer Garner Is ‘the Most Important to Me’](#)

3. Be understanding: Sometimes you'll have to make a few sacrifices in your relationship if you want your significant other to be successful in pursuing their dreams. If they're late coming home for dinner a couple of times a week or if they can't call you every second of the day like they used, just realize what they're trying to achieve and try to understand that the lack of communication won't last forever.

How did you support your partner's career aspirations? Share your experience below.

Matthew and Camila

McConaughey Name Their Son Livingston



By [Jessica DeRubbo](#)

Matthew and Camila McConaughey have officially welcomed their third child, son Livingston Alves McConaughey, according to [People](#). The baby boy was born on 12/28/12 at 7:43 a.m. On his Whosay page, Matthew wrote, "He greeted the world at 9 lbs., and 21 inches. Bless up and thank you for your well wishes."

What are some creative ways to compromise on naming your child?

Cupid's Advice:

It can be hard to come to a mutual agreement on what to name

your child, but here are some tips and tricks:

1. Pros and cons list: There are distinct disadvantages to naming your child certain things. For instance, perhaps the initials would not be ideal (i.e. E.E.W.). Make a list of pros and cons for your top three names, and choose the one with the most pros and least cons.

2. Draw it out of a hat: If it comes down to two names and you absolutely can't make a decision, it probably means that you really love both names. So, you can't go wrong! Just choose one out of a hat and let randomness determine it.

3. Decide on a theme: A great way to narrow your name choices together is to choose a theme. Different categories may be traditional names, exotic names, short names, etc.

What are some other ways to compromise on baby names? Share your ideas below.

Matthew McConaughey's Kids Are Excited to Have a New Sibling





Matthew McConaughey and new wife Camila McConaughey (formerly Alves) aren't the only ones who are eager for their newest child. As the public grows excited by Camila's visible baby bump, their son, Levi, and daughter Vida are especially anxious for their new sibling. Although they still can't decide whether they'd rather have a sister or a brother, the two still "danced and sang" when they heard the news, according to [People](#). The couple have been married for a month.

How can you prepare your family for a new addition?

Cupid's Advice:

Anticipating an addition to your family is always an exciting time. Your life will soon be changing in many ways, so it's best to plan ahead. Here are some ways to prepare your family for a new addition:

1. Tell them early: If you have small children, it's best that you and your partner let them know as early as possible that you're expecting. This gives them ample time to prepare themselves for their new responsibilities and ask you any

questions they may have.

2. Make room: You and your beau may have lived comfortably in a one-bedroom apartment, but as your family grows, so should your living space. Even if you already have a child, you'll still find yourself with even less room than before.

3. Stay positive: You may have many worries now, but if you and your honey keep a positive attitude, your environment (and your outlook) will drastically change.

What are some ways you can prepare your family for a new addition? Tell us your story below.

Matthew McConaughey and Camila Alves Are Expecting Third Child





There's no such thing as 'too many,' especially when it comes to Matthew McConaughey and wife Camila Alves. The couple finally wed on June 10, after already having been together for six years. They are now expecting their third child. McConaughey announced his wife's pregnancy on Twitter on July 4th, saying, "Happy Birthday America, more good news, Camila and I are expecting our third child, God Bless, just keep liven." The lovely couple has made it clear that they didn't need to get married right away to have a family, as 30-year-old Alves revealed to NBC's Today, "We have homes together, we have family together, we have kids, we've built a life together. So we've been living a married life this whole time." The two are glowing at their recent news and seem nothing but happy to have their family growing.

What are some ways to prepare your relationship for a third child?

Cupid's Advice:

Usually if you're thinking about having a third child, then your relationship is in a good place. Here are some ways to

prepare for a third child:

1. Make sure you're stable: Having three kids is a lot of work, so you and your partner should make sure that you're both in a stable place in your lives, to keep sane. You want to make sure you're both financially and emotionally prepared to have another child in your world.

2. Do it for the right reasons: Having another child should be because you want a big family and because you love your partner. You shouldn't want more kids in order to "save" a relationship.

3. Talk about it with the family: You not only have to make sure it's something your mate wants to do, but you also have two other children with whom you should discuss having another baby. If everyone isn't on the same page with adding another member to the family, it could end up causing problems later on.

When do you think a couple is ready for their third child? Share your thoughts below.

Matthew McConaughey and Camila Alves Tie the Knot in Texas





Hollywood hunk Matthew McConaughey tied the knot this weekend with Brazilian model and designer Camila Alves after nearly six months of engagement. The undeniably gorgeous pair wed Saturday night with a private ceremony amongst close family and friends at the actor's Texas property. Mr. and Mrs. McConaughey kept relatively quiet about the wedding up until show time. The actor has told [People](#) that his 29-year old misses is "the love of my life." Six years and two kids later, their happily ever after is officially complete.

What are some factors that go into choosing a wedding location?

Cupid's Advice:

Picking a location for your wedding is a huge decision to make, especially for an occasion you will remember for the rest of your life. Here are some tips to help you chose the perfect place to exchange your vows:

1. Romantic spot: The location of your wedding should evoke an atmosphere of inescapable love and romance. After all, there

is no better time for romance than on your wedding day.

2. Free from distraction: A quiet, peaceful place is great for a wedding. Not only should your significant other have all your attention during the ceremony, but the guests should have your full attention as well.

3. Spacious place: Be sure there is plenty of room for both you and your guests during the ceremony, reception and transition. Adequate space will allow everyone to feel comfortable.

What do you think is most important when choosing a wedding location? Share your ideas with us.

Matthew McConaughey and Camila Alves Move to Texas





Matthew McConaughey recently made a big move from Malibu, California, to his hometown in Austin, Texas, bringing his family along with him. McConaughey, 42, and fiancée Camila Alves, 30, “love the lifestyle there,” a source told UsMagazine.com. The engaged couple have settled in to a \$4 million, seven-bedroom home with their kids Levi, 3 and Vida, 2. They all seem to have adjusted to their new lifestyle pretty quickly with smiles all around.

What are some ways moving can help you grow as a couple?

Cupid’s Advice:

Sometimes a big move and fresh start is exactly what you need in your relationship. Here are some ways relocating can help you grow as a couple:

- 1. Fresh start:** Relocating to a new place means new people, new home and new lifestyle. This can be a good thing, because a lot of problems in a relationship have to do with your surroundings.
- 2. Working together:** Moving requires dedication and commitment

on both ends. If you're both involved in the process, then it definitely means you're both serious and on the same page.

3. Long term: Moving usually means that you're in it for the long term since you've both made a big decision in relocating yourselves and ultimately your lives.

How do you think moving can help a couple grow? Share your thoughts below.

Matthew McConaughey Proposes to Longtime Girlfriend Camila Alves





Matthew McConaughey made sure his long-time girlfriend Camila Alves, had a very merry Christmas this year. After being together for nearly five years, the couple is finally getting married. McConaughey proposed to the Brazilian model on Christmas Day and announced the engagement on his WhoSay account. "Just asked Camila to marry me...#Merry Christmas," he wrote in a post accompanied by a picture of the 42-year-old actor kissing a smiling Alves, 29, in front of the Christmas tree. The couple, who met in 2006, have two children together- Levi, three, and Vida, who turns two in January. The actor previously gushed to [People](#) "[Alves] is the love of my life. Everything is right."

What are some reasons to get married after you've already started a family together?

Cupid's Advice:

Just because you and your partner may have already moved in together and/or have kids before getting married, doesn't mean that your significant other is fine sticking with the boyfriend or girlfriend title. Here are some reasons to tie the knot even after you've already jumped a few steps ahead.

1. **Support:** Some people may think that your goals or dreams are figments of your imagination, but when you have someone who believes in you and is your biggest cheerleader- that's marriage material right there. Finding someone who supports you is hard to come by.

2. **Create a foundation:** Kids tend to model after their parents and when they come from a strong, loving and committed family unit, it helps provide them with the best opportunity for success in their own love lives when they get older.

3. **Enjoying life:** There's nothing more enjoyable than marrying your partner or best friend. It's nice to have someone with whom you can grow and share intimate experience with together.

Is marriage important once you start a family with someone?
Tell us your thoughts below.

Matthew McConaughey & Camila Alves Enjoy Some Alone Time





According to [OK! Magazine](#), actor Matthew McConaughey shared a rare moment with his Brazilian model and designer girlfriend, Camila Alves: they walked the streets of New York City's TriBeCa – sans strollers! The couple, known for bringing their children around wherever they go, decided not to bring little Levi and Vida along this time.

How important is time alone with your partner without your children?

Cupid's Advice:

Couple time is vital to all relationships. Seeking a little refuge from the consistency of parenthood never hurt anyone. Cupid says snag some free time!

1. Hire a babysitter: Even if it's for an hour or two, hire some help so you and your mate can escape for a little bit. Go out to dinner; getting out of the kitchen and enjoying a meal that someone else prepares can be relaxing.

2. Make use of your parents: Have family in town? Use 'em! They are the ultimate built-in nannies for your kids. Any

grandparent would be happy to watch their little ones, and this is a great way to ensure a tight bond across all generations.

3. The buddy system: Have a friend in the neighborhood with children the same age as yours? Why not team up and take turns watching each others' kids? The little ones have play-dates, and the adults can have a breather – everybody wins!