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Healthy Hollywood: Wellness Wednesday – Kelly Osbourne’s #1 Beauty Secret!

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Credit: Getty Images

NEW YORK., N.Y. -- “Drink lots of water,” Kelly Osbourne reveals to Healthy Hollywood. “I realized, my skin gets really bad when I don’t drink a lot of water. I force myself now to drink as much as possible. The more water I drink, the clearer my skin,” adds Kelly.

We’ve all heard it time and time again; water does a body good. Try and drink at least 8 cups daily and it’ll help rev up metabolism, detoxify the body, and give skin a fresh-faced glow—plus water is a lot cheaper than the latest feel-good elixir. Sounds too good to be true - but sometimes the best tricks are also the simplest - and cheapest.

Celebrity nutritionist Christine Avanti works with big-time water drinkers, Chelsea Handler and Giuliana Rancic. Christine shares with Healthy Hollywood some of her favorite tips to get more water in your system. So, start chugging.







Tip #1: Sip yourself skinny Adding spices and herbs, such as cinnamon and mint to your water will help boost your metabolism. Mint also lessens inflammation.

Tip #2: Chase away hunger pangs & cravings Try a sugar-free mint or even a chocolate Metromint water. The satisfying mint will help cure that afternoon hunger craving



Caption

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without the big calories.








Tip #3: Hydrate to shed unwanted pounds Drinking two 8-ounce glasses of water before breakfast, lunch, and dinner while also cutting back on portions may help you lose and keep it off for at least a year. Also, dehydration reduces the amount of oxygen that gets to your working muscles, making you more lethargic and less likely to exercise.

Tip #4: Eat more veggies to up water intake Eating high-water content vegetables and fruits has been shown to help lower body mass index and shrink waistline. The water in vegetables helps to fill you up so you’re less likely to overeat.

Healthy Hollywood has also singled out two types of bottled water that are new to the market and enhanced with vitamins and popular with celebs. Jamie Foxx drinks OXYwater, which has 70 trace minerals, oxygen and loads of antioxidants. Another new standout is Omega Water, which is a fave of Eric Stonestreet and Brooke Burke, and is infused with heart-healthy Omega-3s.

For more wellness tips, head to www.christineavanti.com.

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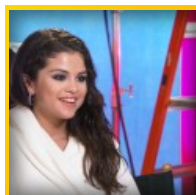
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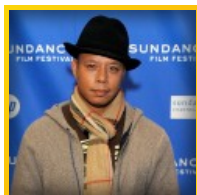
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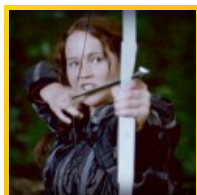
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