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## Celebrity-Approved Juice Cleanses for 2013

Posted Tuesday, February 05, 2013 by *Brittany Burhop*, Special Projects Editor



### The Zen Cleanse

In addition to offering programs for more experienced cleansers, **Z.E.N. Foods** offers a gentle beginner cleanse called Rejuvenate that uses greens and fruits in a variety of 20 juices to give the body the ability to reset. “Many foods actually have the ability to heal,” says Mariana Rossano, president and CEO of Z.E.N. Foods. “Drinking pure nutrition through cold pressed juices is a way to get back on track with your eating and gives you the ability to rethink your food intake. Although weight loss is not the direct goal of the cleanse, it is usually a byproduct of drinking strictly juice and clients have lost upwards of five to seven pounds on a 5-day cleanse.”

**Celebrity who loves it:** Lisa Rinna