

What's With Angelina Jolie's Super Veiny Arms?

Sun., Sep. 5, 2010 9:01 AM PDT



PacificCoastNews.com; Jun Sato / WireImage; Flynet

I have seen photos of, like, [Madonna](#) and [Angelina Jolie](#) where the blood vessels in their arms seem all swollen and protruding—like there's no layer of fat. Is there some secret weight loss thing going around?

—[MMinerva07](#), via [the inbox](#)

If by "secret weight loss thing" you mean starvation, or close to it, then yes, that is "going around," though I can't say for sure which specific A-listers may have adopted that tactic.

I got to the bottom of this veiny arms trend, which is real:

According to registered dietician [Sharon Richter](#) of Manhattan, the ugly phenomenon generally—we're not talking about any specific celeb, here—stems not from a lack of calories, really. Instead, blame a lack of another necessary substance.

"A lot of times these stars are following a very clean diet, with very few processed foods and instead a lot of foods that are very, very low in salt," Richter explains to me.

And that lack of salt prevents the body from holding on to skin-plumping hydration, she explains. "That's why the skin looks almost dehydrated; they have very little salt in their diet."

Cleanses—you know, lemonade cleanse, all that stuff—and good old-fashioned temporary starvation may also be at fault, Richter says.

"Sometimes, before a photo shoot, celebrities will even do epsom salt baths, which draw the salt out of the body," Richter says. "Or they may undereat for a few days, eat as little as possible, say, 800 calories, to make a certain weight."

For the record, Richter, of course, recommends none of the above, and neither do I.



by **Leslie Gornstein**



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