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people

CELEBRITY ROUNDUP

Zac no stranger to rehab



EPFRON



VHUDGENS



MJACKSON

Zac Efron's problems are more serious than once thought. TMZ reports that the actor has been in rehab for cocaine abuse twice this year. Sources close to the onetime High School Musical star say he uses Molly, the powder or crystal form of MDMA, the chemical used in Ecstasy.

Sources tell the site that Vanessa Hudgens' ex sought help in March at a private outpatient facility. The following month, shooting began for Seth Rogan's *Neighbors*, and Efron reappeared on the set. After the movie wrapped, Efron again sought outpatient care.

END IN SIGHT?

Lawyers for cancer promoter AEG Live LLC ended their defense with testimony from a longtime friend and doctor of Michael Jackson in the negligence case filed by Jackson's mother over his death. The trial is in its 23rd week; jurors begin deliberations next week.

BREAKUP ALERT



EHURLEY

If you see Elizabeth Hurley around, don't ask about her love life. The Daily Mirror is reporting the model-actress, 46, has ended her engagement with famed cricketer Shane Warne. Hurley apologized to her Twitter followers for the lack of updates. "Boo raze & returned to there right now." As for Warne, 44, he denied the split on social media, calling the reports "rubbish," and saying they are "not throwing the towel in yet."

(ALMOST) ALL ME
Julie Chen came clean about having eyelid surgery to make herself look "less bored," but the 43-year-old said on *The Talk* she hasn't done anything else major in



DOZ

Celeb doc shares diet tips

ENHOLLA, WENZEL



DOZ

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LA VIDA LOCAL

Little-known fact about "nutritionist to the stars" Dr. Oz

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LA VIDA LOCAL
Little-known fact about "nutritionist to the stars" Dr. Oz Garcia: Born in Havana, he spent some time as a child living in Miami Beach.

"We're a real classic Cuban immigrant story," says Garcia, who hosts a Wellness Weekend starting Friday evening at the James Royal Palm Hotel.

Garcia's parents emigrated from the island when Garcia, now 62, was a little kid; he attended kindergarten through first grade in Miami Beach.

"Mom used to take me down Lincoln Road," says the long-time New Yorker. "I have a lot of Miami nostalgia. I saw South Beach go from decrepit to beautiful."

Mom and Dad retired down here about 30 years ago, so he's still back and forth. Dad passed away, but Mom lives in Kendall.

One of Garcia's favorite things to do while in town: a daily four- to five-mile jog along the boardwalk.

The doctor, whose clients include celebrities like Hilary Swank (whom he helped gain 20 pounds of muscle for *Million Dollar Baby*), Kim Cattrall, Karolina Kurkova, Sean Combs and Russell Simmons, leads by example: "It's simple: Make better food choices."

A typical day's menu: Garcia starts out with green tea and a protein shake jam-packed with probiotic yogurt, coconut water and fruit.

A light lunch might be a kale salad with fish or chicken. Midday snacks are a "predictable handful" of mixed nuts like pecans, walnuts, cashews.

For dinner Garcia usually opts for a piece of broiled fish (dorado, salmon) with roasted vegetables and, if he wants a starch, quinoa, basmati or brown rice.

For dessert, his guilty pleasure tends to be a "nice piece of dark chocolate — 70 to 80 percent semisweet." Once a week, a glass of white wine is allowed. "Red is healthier, but I drink white."

Learn from Garcia firsthand this weekend when he leads "nutrition boot camps" at the hotel's fitness spa. On the agenda: power juicing/smoothie classes, sunrise meditation and anti-aging lectures.

Information: jameshotels.com/miami/renew-the-spa.

birthdays

Address: comedian Anna Mearns is 64. Address: Sophia Loren is 79. Boss: Chuck Panozzo (City) is 94. Jazz guitarist Patrice White is 59. Actor Gary Cole is 57. Actress Kristen Johnston (SoCal) is 56. Singer The Roots' Black Thought is 46. Singer The Dream is 38. Drummer Rick Woolstenhulme of Lifehouse is 54. Rapper Yung Joc is 33.



"Sometimes it's hard to use a lot of

THE DOOR IS OPENING

OKS TO A VAMPIRE

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