

Gwyneth Paltrow confuses fans with nude Instagram post

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Did Gwyneth Paltrow pose naked on Instagram? Goop teases followers with image of a blonde woman standing on a mountaintop completely NUDE - and she looks JUST like the 46-year-old.

Cheeky: Gwyneth Paltrow's lifestyle site, Goop, shared a photo of a woman posing nude in the mountains on its Instagram page on Tuesday to promote an essay about listening to your body

Gwyneth Paltrow's lifestyle website, Goop, has once again ruffled a few feathers after sharing a photo of a blonde woman "who looks suspiciously like the 46-year-old actress" posing nude in the mountains.

The image, which shows a naked blonde woman facing away from the camera, was shared on the Goop Instagram page on Tuesday to promote psychic Dana Childs' essay about listening to your body.

Not only did the post lead to people slamming Goop for sharing a photo of a model whose 'rib cage is showing,' but it also had fans asking: 'Is this Gwyneth?'

Was it her? The mystery woman has the same blonde wavy hair and build as Gwyneth

The woman has the same build and blonde wavy hair as the 46-year-old lifestyle guru, and it's hard to tell if it is really her or a lookalike model who was hired for the shoot.

In the scenic image, the mystery woman can be seen stretching her arms in the air while gazing at the mountains in front of her.

'We lie to ourselves for good and bad reasons, self-protection or self-sabotage (which are often one and the same). But why? Link in bio for @DanaChildsIntuitive full explanation on why listening to your body is the best thing you can do to rid yourself of your own biases,' the caption of the post reads.

However, people seemed to be far more interested in the woman in the photo than the article the image is promoting.

'Is that GP?' one person asked.

Controversy: The image had fans asking: 'Is this Gwyneth?' Many people slammed Goop for promoting an unrealistic body image, while others liked the image and defended it

'Gwyneth saluting her staff every morning,' another joked.

Some couldn't resist mocking the image, with one Instagram user writing: 'Some poor innocent goat passing by is about to get a heart attack.'

'Get some clothes on for goodness sake!' someone else wrote. 'No prizes for getting naked outdoors. What's this supposed to mean? I'm empowered so everyone can have a good look at my unclothed body? Not cool.'

Many people alleged Goop was promoting an unrealistic body image by sharing the photo on its website and Instagram page.

'Goop you get this wrong so often,' one Instagram user griped. 'Your insta posts are millennial white girls and now this unrealistic body image. For claiming to be about empowering women you need a reality check and get real. Please.'

'Do you ever use models that don't look like they are starved for food?' someone else asked, while another wrote: 'Her rib cage is showing.' Â Â

Whether or not it is Gwyneth in the somewhat controversial image, there were those who defended the woman and her body. Â

'Wow, this nude got quite a few people upset,' one woman wrote. 'Everyone, chill! It's a body. Just because it's not your size body, stop judging it! All your "too thin" comments are a reflection of your own insecurities.'

'Dear Haters, while you speak of body image, you hate this body? Acceptance of ALL body types includes this body too,' another argued.

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