

# LifeStyle

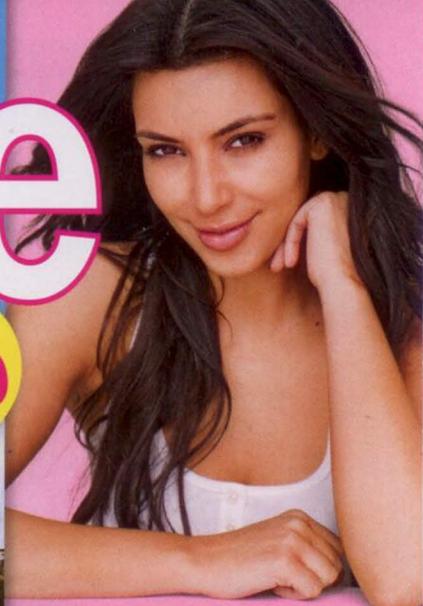
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**KENDRA AND HANK**

# HEADED FOR A SPLIT!

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### IRON WOMAN

Anderson helped GWYNETH PALTROW shape up for *Iron Man 2*.



### DIET DENIAL

LADY GAGA reportedly used the diet to lose weight before the singer performed.



# IS THE BABY-FOOD DIET SAFE?

suggested the star try the cleanse: eating 14 8-ounce portions of pureed food a day plus an "adult" dinner of lean protein and veggies. Well, it's definitely worked for Jen, who has dropped 7 pounds and is looking leaner than ever!

### REMASTERING THE CLEANSE

"Liquid cleanses *do* help you lose weight, but you will gain more the next week," says Anderson. "I felt a responsibility to come up with something else. I developed a cleanse with pureed foods. I was very careful about the foods I put in it. I wanted something where you can eliminate toxicity and break bad habits but still have your digestive system going."

Also, pureed foods have a high water content, so you'll feel full on relatively few calories.

### START YOUR BLENDERS!

Despite its name, you won't need to begin stocking your pantry with baby-food jars; instead, you eat fresh foods that have been steamed and mashed into soups, smoothies, and fruit and vegetable purees — no dairy or grains allowed! And since dieters can consume more than a dozen portions before dinnertime, they eat only when they feel hungry. But Anderson recommends staying on this diet for only a few days (just long enough to jump-start weight loss), then going back to a healthy eating plan of solid foods.

Not everyone is a fan of the Baby Food Cleanse. "This 'diet' is perfect...for babies!" says Jackie Keller, a certified wellness coach who's helped Angelina Jolie, Penélope Cruz and Jessica Alba stay slim and healthy. Here's why she doesn't recommend it:

- You won't lose weight long-term. "This totally disregards a fundamental principle of healthy eating, which is to learn to live with food in a normal fashion," Keller says.
- Your metabolism will slow down. "This plan is the rough equivalent of 1,000 calories," she points out. "That's a semistarvation diet, and it's not realistic for healthy adults."
- Instead of purees, you'd be more satisfied with whole fruits and vegetables that allow you to savor the physical sensation of chewing.

### Don't forget to stay fit too!

Try Anderson's *Perfect Design* and *Dance Cardio* workout DVDs, available at [amazon.com](http://amazon.com).