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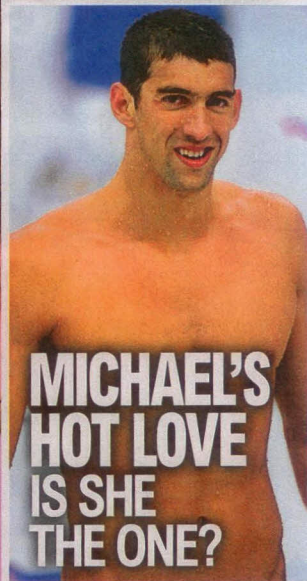
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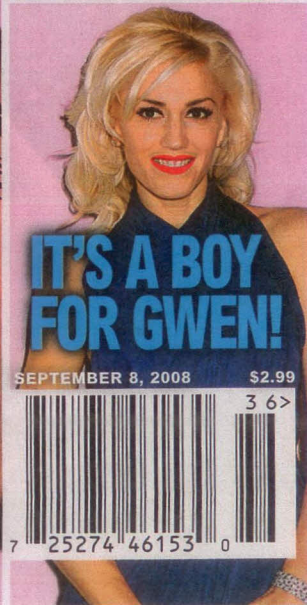
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SHE'S READY TO GET PREGNANT

"Janet's body is in the process of preparing for fertility and she's losing weight," says an insider.

Jane

If Janet Jackson wants to become a mom, she'll have to stop extreme dieting

Janet Jackson can't wait to be a mom. "I would love to have kids," she recently revealed. "Someday I know it's going to happen."

But at 42, Janet knows her biological clock is ticking — and she is facing a painful dilemma. Should the singer, who has put on an estimated 30 pounds in the past few months, get back in shape as she prepares for her first tour in seven years — or focus on getting her body ready for a baby?

As *In Touch* previously reported, Janet has been seeing doctors in Los Angeles since late March about her fertility plan. Many fertility experts say that a woman needs two months to detox her system, two months of priming for pregnancy and two months to allow it to take effect. If Janet is

Jermaine prefers her bigger

If Janet does wind up putting on a few more pounds, there's one person who won't mind at all — her fiancé, Jermaine Dupri. "I've never had someone love me for me, so unconditionally, the way he does, regardless of my size," Janet has said of her boyfriend of seven years. "He loves Janet fat or skinny," an insider explains. "Ideally, though, he prefers her with a little meat on her bones."

t's dilemma

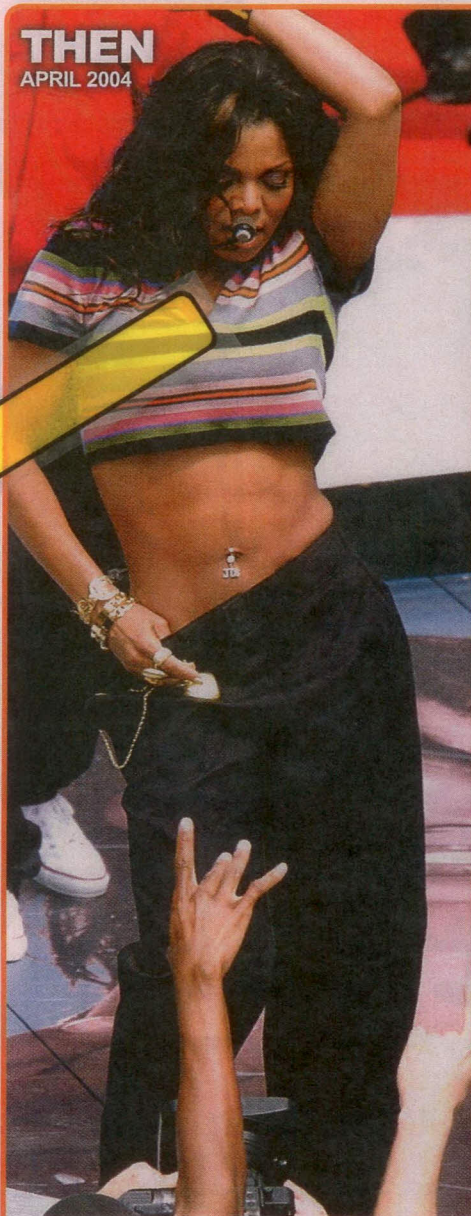
following this regimen, she could become pregnant near the end of her tour.

Even though Janet would like to be thin and in shape for the tour, dropping weight could actually decrease her chances of conceiving a baby. "Janet has been advised by her doctors that an intense fitness regimen and extreme dieting are out of the question if she wants to stay on track with her fertility plan," an insider says. "She has three-fold complications — her weight fluxes, hormone problems and age," nutritional expert Jackie Keller, author of *Body After Baby*, tells *In Touch*. "An extreme diet and weight-loss regimen will definitely affect her chances of getting pregnant."

The 5'4" star has struggled with her weight for years. "Ever since I was little, I loved to eat," Janet has previously said. "The minute I stop the diet, I go back to gaining weight." Although she's yo-yoed as high as 180 pounds and dieted down to 120, Janet tells friends that she's actually comfortable with her weight now. Yet it will be hard for her to not follow her old get-ripped routine for the tour, working out and dancing nine hours a day, six days a week. "Her tendency is to work out hard and eat very little just prior to touring so that her body is very toned," the insider says. "But that would be detrimental to her efforts to become a mom."

So fans likely won't see the sculpted singer of the past, because Janet won't do anything to put her dream of motherhood at risk. "Janet has always wanted to be a mom," another insider tells *In Touch*. "But the time has not been right. Now, it's now or never for her, and she is finally ready to get pregnant."

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Lose weight for her tour

For previous tours, Janet has dropped weight rapidly by eating four small meals totaling about 1,300 calories per day combined with grueling workouts of cardio, toning and weight lifting six days a week.

or

Gain weight for her baby

Janet hid under layers of clothing during a shopping trip with Jermaine, 35, in Paris this summer. "She has been told to put as little impact as possible on her body — no starvation and no intense exercise."