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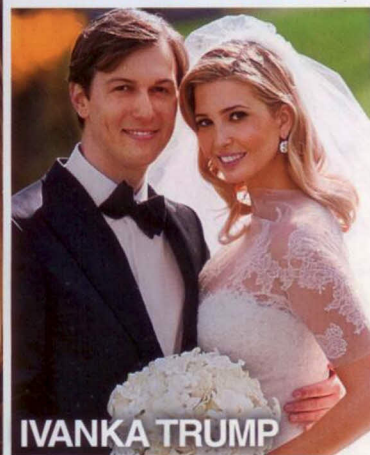
RUNNING BACK TO JEN

JEN'S PUBLIC SHOW WITH
JOHN MAYER MAKES BRAD SO
JEALOUS, HE BOMBARDS HER WITH
FLIRTY TEXTS. WHO INTERRUPTED
THEIR OCTOBER 24 HOOKUP



NJ HOUSEWIVES
EXCLUSIVE

FIRST LOOK AT
THEIR BABIES



IVANKA TRUMP

FAIRY-TALE
WEDDING



KATIE

FORCED TO
RETURN
TO TOM

NOVEMBER 9, 2009 \$2.99



STARS ARGUE ABOUT LOSE THE BA

Ashlee credits luck... but Jess cried during workouts

When it comes to fitting back into her size-zero clothes after giving birth to her now-11-month-old son, Bronx, Ashlee Simpson-Wentz admits, "I lucked out." Though she did exercise for three months post-pregnancy and ate portion-controlled NutriFit meals, the 25-year-old also claims, "[I have] the genes from my mother."

But Jackie Keller*, nutrition coach and author of *Body After Baby*, tells *In Touch*, "It isn't luck or genes, it's work." She explains that weight loss is about being regimented and resisting temptation. "There are very few women where it just falls off naturally," says the founder of NutriFit. And actress Jessica Alba can vouch for that. To lose the weight she put on while pregnant with her daughter, Honor, now 17 months, Jessica, 28, said the workouts were "horrible" and even made her cry.



CLOCKWISE FROM BOTTOM LEFT: LAX/101.1/LINE; VINCE FLORES/
CELEBRITYPHOTO.COM/POS/AT/101.1/LINE; CLEYTON VITALINO / SPLASH NEWS;
STHANLEE B. MIRADOR/SHOOTING STAR; NATIONAL PHOTO GROUP/ABC;
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HOW EASY IT IS TO BY WEIGHT

Nicole swears by breast-feeding... while Salma says, "It's a lie"



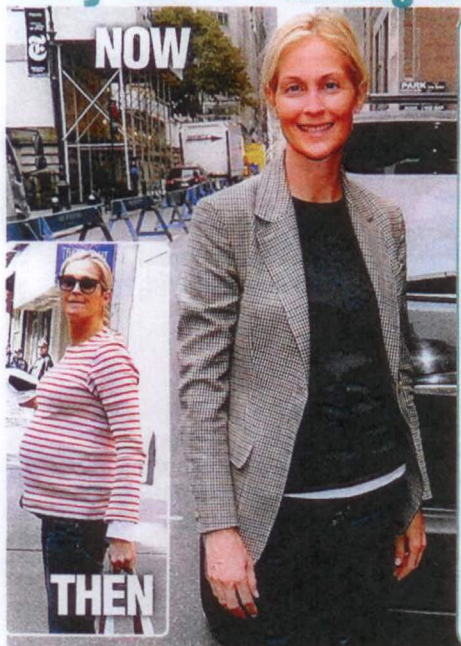
I'm breast-feeding, so that sucks the life out of you," Nicole Richie, 28, said regarding how she got her body back so soon after her second child, Sparrow, arrived on September 9.

But Dr. Alison Peck**, who is double-boarded in obstetrics-gynecology and reproductive endocrinology, explains to *In Touch* that breast-feeding mothers who lose weight rapidly are most likely dieting and not supplementing the 500 calories they're burning a day by breast-feeding.

Salma Hayek, who gradually lost the pounds she gained while pregnant with her daughter, Valentina, now 25 months, told Oprah, "It's a lie" for women to say they lost weight breast-feeding. "They're not eating and they're breast-feeding, and this is not good for the baby," said the star, 43.



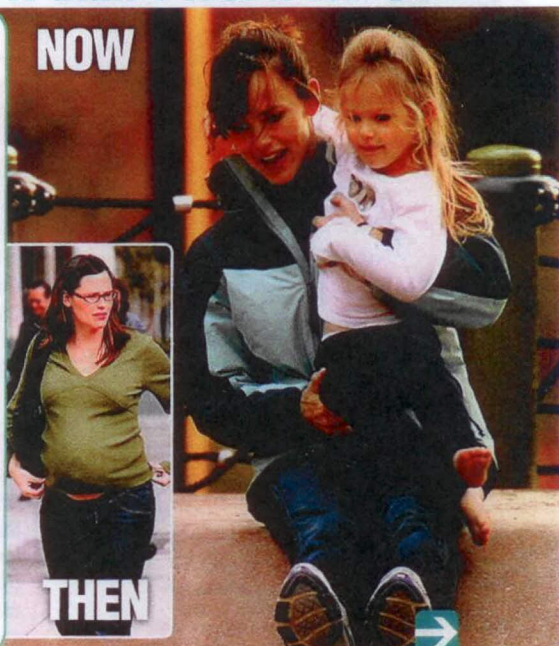
Kelly lost it running after her kids... but it didn't work for Jen



Kelly Rutherford, 41, looks super-svelte just three months after her second child, Helena, was born in June. "Running after two kids keeps me in shape," she explains.

But for most mothers — including Jennifer Garner, 37 — going to playdates isn't going to get them back into their skinny jeans. "Looking after your kids is not a workout; it doesn't tone muscle," says Keller.

Jen worked out with a trainer, watched her diet and did Pilates to ultimately shed the weight she put on while pregnant with her second daughter, Seraphina, now 10 months. "You have to exercise to lose the weight," Keller tells *In Touch*. "Most celebrities do something, even if it's just walking on the treadmill, but very few can really lay off completely."



*Jackie Keller has worked with Ashlee Simpson-Wentz and Jessica Alba, but not Kelly Rutherford or Jennifer Garner.
**LA-based Dr. Alison Peck has not treated any of these stars.