

DIET SPECIAL THE 9 HOTTEST BODIES OF '09!

WEEKLY  
**OK!**

#1  
BRITNEY



STEAL HER  
WEIGHT-LOSS  
SECRETS



BRIAN  
LITRELL  
& BAYLEE

**BACKSTREET  
BOY IN CRISIS!**  
HIS SON'S  
MEDICAL ORDEAL



STYLE &  
BEAUTY TIPS  
FOR YOUR  
SIGN

PISCES EVA  
LONGORIA PARKER  
A BIG CAREER MOVE  
COMES THIS SUMMER

**HOROSCOPE  
BONUS!**  
YOUR LOVE AND  
MONEY IN 2009

# Doctors Warn Angie **NO MORE BABIES!**

Brad longs to hold another infant, but can she risk her life with a third pregnancy? Inside their painful choice



## SLIM DOWN SPECIAL



"My life is so adventurous," says Alanis. "It requires me to have energy. If I'm starving myself, I won't be of any value to anybody."



"There is that sweet indulgence, a sexiness and a sensuality to my curvy self that I love," she says.

### WHAT I ATE TODAY

▼ **BREAKFAST:** Flaxseeds for Omega 3s and fruit.

**LUNCH:** A big pile of salad with walnuts, radishes or carrots, but mostly greens and beans.

**DINNER:** I do some cooked soups; onions, broccoli, asparagus, Brussels sprouts, cauliflower and spinach in a veggie broth.

**DESSERT:** Homemade fig "ice cream." A bunch of frozen banana, figs and soy milk in the blender.

\* Nutritionist Lisa M. Drayer says, "Focusing solely on plant foods can make it difficult to meet requirements for calcium, iron, zinc, vitamin D and B12. I recommend she continue taking a daily multivitamin/multi-mineral supplement."

#### Dr. Joel Fuhrman's program?

I went to my favorite bookstore, Banyen Books and Sound, in Vancouver. I saw this book, *Eat to Live*, and I thought, that's exactly what I want to do. I wasn't interested in some fad diet that was unsustainable, like "lose 10 pounds in two weeks." I don't believe in diets; I think they're short-term and a bit of an emotional roller-coaster. So I opened it and flipped through and thought the weight loss is incidental. The primary focus is disease prevention.

#### How hard is it to eat this way?

It was very difficult for the first couple

of weeks. I told my tour manager that he needed to pad the walls of the back of my bus [laughs] because it's like any other addiction. Your body gets so used to eating processed foods that it has withdrawal symptoms. If you can push through the first couple of weeks, your taste buds change.

**You've said you suffered from anorexia and bulimia in the past. Were you concerned you could get caught up in this pattern again?**

Yeah. Whenever there's a weight loss happening, it definitely conjures up some memories for me — the old eating disorder mind stream. But I'm older, and I have no intention of starving myself. It wasn't really a weight-loss journey that I was embarking upon. I had to keep that as my mantra. My motivation was to stay high-nutrient, period. I have a lot of empathy for young women today, and it seems to me the pressure is even higher to be even

**'I WANT TO LIVE TILL I'M 120!'**

thinner. Now beauty is defined by how far your bones are protruding.

#### What is your workout routine?

When I'm out on tour, my shows are so physical that that really takes care of it. When I'm not on tour, I do between a half hour to an hour of light weights, running, biking, swimming, probably five times a week. I also love to kickbox and dance.

#### What does your boyfriend (attorney Tom Ballanco) think of your weight loss?

He just cares about my well-being. He thought I was sexy at whatever weight that I've been. I've never felt loved in that way before.

#### Will your next big project be to plan a wedding?

I could see in the not too distant future being married with children, absolutely, but I'm in no crazy rush. I wildly respect him. How he views the world, the lens through which he looks at life is very similar to mine. To have that in common makes me sleep well at night.

OK!

Interview by Carole Glines

Styled by Brenna Egan