

**EVA &  
TONY  
SPLIT!**



What  
Went  
Wrong!

**POOR JESSICA  
— SUCH A MESS!**  
Can She Recover?



**Anna Nicole's  
SHOCKING  
WEDDING!**



**Star**

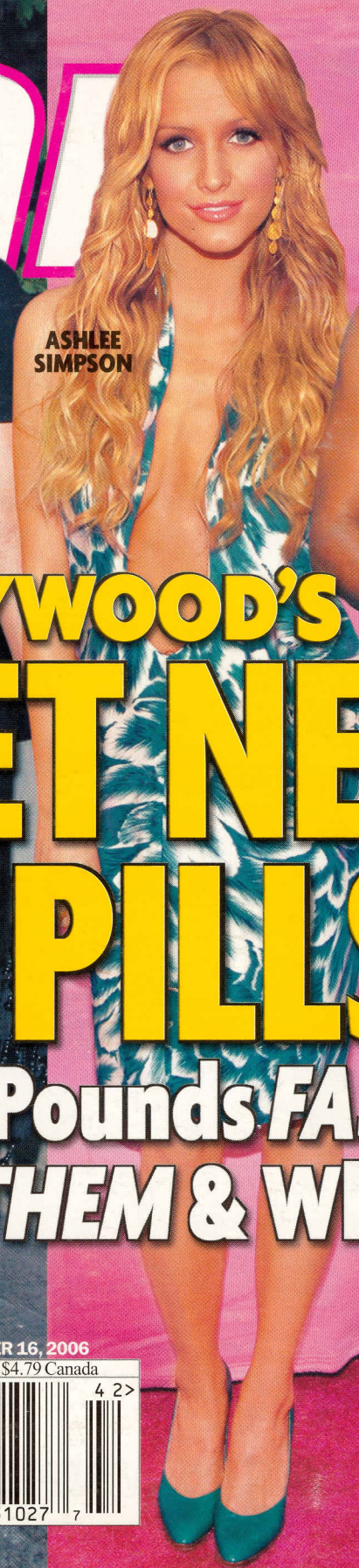
**CARMEN  
ELECTRA**



**KATIE  
HOLMES**



**ASHLEE  
SIMPSON**



**JANET  
JACKSON**



**HOLLYWOOD'S  
SECRET NEW  
DIET PILLS!**

**SPECIAL  
REPORT**

**They Melt Pounds FAST—  
Who's TAKING THEM & Who's Not?**

OCTOBER 16, 2006

\$3.49 US / \$4.79 Canada





# THEY LOSE THEIR WEIGHT TOO FAST?



**Simpson**



A whopping 60 pounds in four months? Janet, 40, says she did it safely, with the help of a personal trainer and by sticking to a diet of balanced, small meals. She may have lost the weight off her 5'4" frame naturally and without drugs like horse pills, Smith says, but after such a rapid loss, "keeping it up will be a tremendous effort." He says that when women lose weight too fast, "It slows the metabolism and puts the body in starvation mode. So when you finally put more calories back in, your body holds onto those calories, causing you to gain weight more quickly."

**NOW**  
**120 lbs.**  
9/06

**She lost 60  
lbs. in only  
four months!**

**Janet Jackson**

