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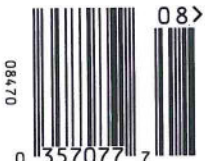
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# real brides try REAL DIETS

We put six engaged women on six popular weight-loss plans for six weeks. Did they shed the pounds in time for their weddings? Read on. by Kristen Kemp

## WEIGHT WATCHERS

### POUNDS LOST: 5

Gaby Romero, 33; September 17, 2005

**THE DIET:** Foods (all kinds—prepared, take-out, homemade, even desserts) are assigned point values and dieters stick to a daily limit. Participants attend weekly weigh-in sessions and group support meetings.

**GABY'S VERDICT:** "The first week, my point counting was off because I ate out at lunch. At home, it was much easier—I bought salad fixings and lean meats to grill. I needed to plan better and brown-bag it more to maximize my daily points allotment. So, after the second meeting, I went straight to the store to buy lunch foods—frozen Weight Watchers meals and fat-free yogurt. By week three, I'd lost three pounds. I celebrated at In-N-Out Burger, using all of my extra points for that week. The next time I weighed in, I was up a pound. I worried because Easter was just around the corner. Someone in the office brought in my favorite—chocolate-covered macadamia nuts—but I resisted. I gave in to temptation later, buying a pack of Cadbury Cream Eggs, but I ate only one. Despite slipping, I was getting slightly slimmer. By the end of the six weeks, I wanted to keep going in the program and start exercising."

**HEALTHY?** "I love that Weight Watchers doesn't eliminate any foods, because doing so often leads to rebound overeating," says Cynthia Sass, R.D., spokesperson for the American Dietetic Association and author of *Your Diet is Driving Me Crazy*. "This plan emphasizes moderation; the hard part is not overdoing it on the splurges. Once Gaby gets used to the balancing concept, she can live with this approach long-term."



## FAT FLUSH PLAN

### POUNDS LOST: 16

Chrystal Bowen-Jacobs, 25; September 10, 2005

**THE DIET:** Ann Louise Gittleman, Ph.D., author of *The Fat Flush Plan*, says dieters must drink 64 ounces of water daily, take vitamins and weight-loss supplements, and follow the organic food plan—no carbs, dairy, sodium or sugar.

**CHRystal's VERDICT:** "This diet is hard! The first day I cried, especially after I tried Gittleman's Yummy Meatloaf recipe, which

was not so yummy. I couldn't get the cook-book recipes to taste good, so I stuck with things I really liked: tuna salad, garlic chicken, green beans and sweet peas—permitted later in the plan. I also had a hard time with the cranberry-water I had to drink. A few weeks in, I did feel deprived—I wanted fries from McDonald's and wings with ranch dressing—but I started seeing results. My stomach seemed to be getting smaller, so I kept to the diet. (I didn't eat out once for six weeks.) By week five, a ton of people had asked me what I'd been doing to lose the weight, including one of my bridesmaids who grabbed my waist while we were shopping. At the end, I felt great about it. I probably won't continue through the summer because this is a lifestyle change, and I'm not ready to make it my lifestyle. But I'll hop back on it for a few weeks before the wedding."

**HEALTHY?** "A diet should never make you want to cry," explains Sass. "This plan eliminates many foods—and, therefore, calories—and forces you to drink water to displace hunger and provides only 1,100 to 1,200 calories per day. You'll lose weight, but how long before cravings for real food get the better of you, and you gain it all back?"