



BEAUTY NEWS

Update Your LOOK

Refresh your style with the hottest tips of the season

Fit into your dress in a flash



Oscar de la Renta

If the party is a week away and the zipper on your slinky Oscar number can't ... quite ... zip ... up, hope is here. Nutritionist **Oz Garcia, Ph.D.** (212-362-5569), says it *is* possible to shed fat quickly. First, he advises, cut out flour. Eliminating bagels, bread and the like can reduce bloating in as little as one day. Next, make fish your main diet staple. Good choices include sashimi and salmon or tuna steaks. Also, double up on vegetable fiber. **Garcia** promises that veggies like broccoli and spinach will "speed up the removal of fat through the body."

