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# Life & Style WEEKLY

## Diet *fact or fiction*

### FICTION

#### Antioxidants banish cellulite

Age-fighting antioxidants (found in LEIGHTON MEESTER's berries) may help reduce wrinkles on your face, but unfortunately they won't fix the dimples in your backside. The best tool for blocking cellulite? A low-sugar diet. Sugar causes tissue to stiffen, which weakens cell walls, resulting in cellulite, says nutritionist Oz Garcia.

### FACT

#### Spicy foods speed metabolism

It's true: Hot foods really do help you lose weight — and not just because you drink more water to wash them down: Capsaicin, an element in peppers, lifts your resting metabolism, says Garcia. "You burn fat a little bit more effectively." Plus, adding spicy peppers to your meal helps you slow down, so you're less likely to overeat.

### FACT

#### Eating organic sheds weight

Besides contributing to overall health, an organic diet can also promote weight loss, says Garcia. Chemicals like antibiotics and growth hormones in conventional foods can alter appetite and metabolism, causing weight gain. So consider picking up organic options at the grocery store or farmers market like EMMY ROSSUM.

### FICTION

#### Coffee is an appetite suppressant

It's clear that TAYLOR SWIFT gets a daily caffeine fix! Though caffeine can help control your appetite temporarily, relying on coffee alone can lead to excessive eating later in the day. Instead, suggests Garcia, consider turning to green tea. Studies have shown it to help balance blood sugar, which means fewer cravings. It can also lower blood pressure and cholesterol.

### FICTION

#### Veggies are always healthier raw

Raw vegetables are super healthy, but most veggies, like tomatoes, carrots and spinach, actually become more nutrient-available when they're cooked, says Garcia. Bonus points for sticking to healthier cooking methods like boiling and steaming.

**INSIDE: MARIAH'S TWINS – IT'S A BOY... AND A GIRL!**