



**Inside
PARIS
HILTON'S
AMAZING
HOME**



**HOW
BEN'S
GETTING
OVER
J. LO**



**Anna
Nicole's
NEW
SLIM
LOOK!**



**Britney
FIRST
THERAPY,
NEXT
PROZAC?**

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\$1.99**

IN TOUCH WEEKLY



Was it a health risk?

With diet supplements, "You don't want to lose more than two pounds a week," fitness guru **George Barden** tells *In Touch*. Anna Nicole spent close to a year shodding her weight, which is a healthy pace. TrimSpa, the caffeine-spiked diet pill she used, is safely ephedra-free. The herbal supplement relies on Hoodia Gordonii, a South African tribal remedy, to suppress hunger. Taken before meals, TrimSpa is designed to limit the desire to eat. Anna Nicole says it really works: "We're talking miracle drug here!"



▲ Not only a spokesperson, Anna shed many pounds on TrimSpa.

MA!

DEBRA
It hasn't
been easy

MARCH 1, 2004 IN TOUCH 73



COURTENEY
Has to be
extra careful!

Matt LeBlanc: He's a daddy!

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