

People

WOW!

BODY AFTER BABY



Denise Richards
4 Months After!



ANGELINA
I Want to Adopt Again



Britney Spears
1 Month After!

TOO THIN TOO FAST

Losing 30 lbs. in 30 days. Impressive? You bet. But beware: Doctors say new moms who severely cut calories and go on workout binges risk losing a lot more than extra pounds. "A dramatic weight loss would affect the supply and quality of the milk," says Dr. Sheryl Ross, a Santa Monica gynecologist. "We recommend losing only 1 to 2 lbs. a week. I tell my patients, 'It took nine months to gain this weight—now give yourself nine months to lose it.'" Time, though, is one luxury most Hollywood moms do not have. Kate Hudson was given only three months to lose 70 pregnancy pounds before filming began for *The Skeleton Key*. She endured strenuous three-hour-a-day cardio and strength-training workouts. "It was so intense," Hudson told the *New York Post*. "There were times I was so exhausted that I'd just start crying." But Hollywood's superfast slimdowns are putting pressure on women everywhere. "They have ideals postpartum that they should look like stars," says Dr. Amen Ness, coauthor of *The Birth That's Right for You*. "Now on top of everything else, moms have a [new] reason to get depressed." Going to star-inspired extremes, cautions Dr. Ness, "can be harmful and unhealthy for new mothers. They need energy. You may not be able to think well and respond well to your baby's needs if you are not providing yourself with adequate fuel and rest."



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