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By: Monica Gaza, Entertainment News Editor

OK! Magazine
April 2008Glamour Shoot,
December 2003

Britney's fabulous weight loss is wishful thinking at best
HuffingtonPost

[Britney's Slimming Secret: Photoshop](#)

The singer's "new and improved" body has been transplanted from a four-year-old photo

Britney Spears lost 15 pounds in just four weeks. Now that's major celebrity magazine news - or would be - if it were true. The fact is, with the renewed positive public outlook on Brit and the prospect of a Spears comeback not as remote as it was a couple of months ago, everybody has been jumping on the "reformed Britney" bandwagon, all pistons firing. However, it seems that we're now leaning towards the other extreme: if, so far, all the magazines were struggling to paint a sinister picture of a messed-up, out-of-control irresponsible mother, the tide is turning and it's the "good" Britney that's heading for center stage. What happens if the real-life Britney can't keep up with the amount of progress the world expects her to make in a short amount of time? Well, lucky for us, there's always Photoshop. So, what's Britney's big secret diet? Well, it's called copy and paste. Turns out OK! magazine was so keen on capitalizing on the renewed interest in Britney's "comeback" that they decided to skip the troublesome part of actually booking Britney for a photo shoot, and decided to use a four-year-old photo of Britney's under the huge headline of "Britney Lost 15 Lbs in Just 4 Weeks!", subtitled "Back to her old body with the miracle food that sheds weight fast." Old body indeed - four years old, to be more precise. The photography in question was taken from a Glamour Magazine shoot Britney did in 2003, so, in a way, the people at OK! are right: no pills or lipo, just a little Photoshop magic. The fact is, Britney might have really lost that much weight, however it hasn't been obvious in any of her latest public outings, and in the absence of a recent photo shoot, there's no way to know. The funny part is that after proclaiming that weight loss has turned Brit into a fitter, better person, OK! embarks on a lengthy description of the pop singer's alleged diet and healthier eating habits. They claim Brit stays off the junk food and eats small protein-packed meals, working out every day and drinking water instead of countless Starbucks Frappuccinos. File this under "we'll believe it when we see it." Meanwhile, Britney's fabulous four-week weight loss plan remains just another spectacular wishful thinking speculation.