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After a Christmas break on the beach, Lily Allen reveals new, much slimmer figure Gotcha

## “Hypno-Dieting”™ Helps Lily Allen Lose Weight

*The singer has reportedly managed to give up alcohol*

If weird diets is what the world is interested in, then there's probably no better place to find them than Hollywood. By all accounts, they also work, so they're not just weird, they're also extremely useful. Such a diet is the one Lily Allen is reportedly on, the "hypno-diet," which has helped her drop two dress sizes after quitting alcohol and junk food.&nbsp;

Lily Allen has never been a stranger to a plumper figure, her weight being often a favorite pastime on the Internet, as well as the "hit below the belt" in the media for her many enemies. However, it now seems that the British songbird has finally found something to help her get back into shape, and that consists of hypnosis sessions that have, in time, made her quit alcohol and junk food.

As the British media informs, this particular diet is actually quite the rage right now in Tinseltown, with many celebrities resorting to it in the never-ending fight against the extra pounds. Lily has also come across it, and she now gets to reap the benefits of all that hard work: two dress sizes less and a body to kill for. And the cost was giving up on alcohol and junk food.

"It's very big in LA and New York and it's becoming increasingly popular in London. During sessions, I taught Lily to favor healthy, low-fat meals instead of junk food. And to see that alcohol isn't a confidence booster, it's just extra calories that sabotage your efforts to get a good body." Susan Hepburn, a Harley Street hypnotist, tells Grazia magazine about the work she did with the "Smile" singer.

After breaking on the showbiz scene, Lily Allen became quickly noted not only for her talent and unmistakable soft voice, but also for her hell-raising ways. Reports have it that, aside from her bad attitude and incendiary temper, Lily also had some issues with drugs and alcohol, two problems that she seems to have solved now.&nbsp;