
The Black Book of Hollywood Diet Secrets

Contributed by Sknny Myths

How do the stars get so thin?

Kym Douglas and Cindy Pearlman are back with exercise tips and eating strategies from a Who's Who of Hollywood beauties. The Black Book of Hollywood Diet Secrets takes readers inside the fridges and out to the gyms of the stars, uncovering the daily regimens that keep celebrities like Cameron Diaz, Demi Moore, and Beyoncé Knowles in A-List shape. They'll dish on stars' daily diet plans and tell us how the stars bounce back after baby, stay slim after forty, drop a quick twenty pounds, outsmart a Fat Day, and see fast results from exercise.

- John Cusack on the 'No White Food Diet' avoiding everything white (flour, sugar, and wheat).

- Heidi Klum and Cindy Crawford take a few sips of vinegar before dinner because the "vinegar kills your hunger pangs" (Interesting - because the Ultimate New York Diet counts Heidi Klum as one of its success stories -- and vinegar-sipping is not a part of the plan).

- Oprah Winfrey uses wulong slimming tea.

- Apparently asparagus, parsley, and dried prunes are a celebrity staple due to their "ability to repress hunger and reduce bloating".

- Carmen Electra and Jennifer Lopez carry around a vial of grapefruit oil. Apparently the "aroma that affects your liver enzymes, which activates the nerves that cause fats to be broken down and burnt off."