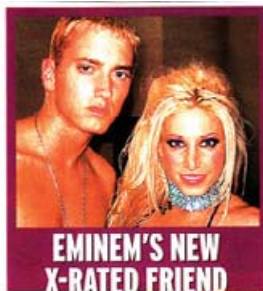
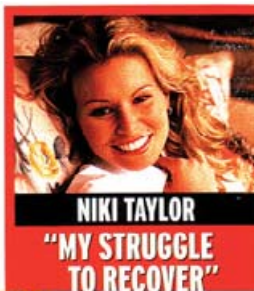


Weighty Matters



EMINEM'S NEW X-RATED FRIEND



NIKI TAYLOR "MY STRUGGLE TO RECOVER"

Hollywood's Hot Diet Gurus

Stars get in shape bit by bit and bite by bite. Meet the figures behind these smokin' figures

CAROLINE SCHAEFER & ABBY TEGNELIA

THE GURUS
THE SUGAR BUSTERS! TEAM

Sugar Busters! Diet

DISCIPLES Kate Winslet, Demi Moore, Sharon Stone
PHILOSOPHY Sugar causes weight gain, so skip white bread, potatoes and cake. Fill up on lean meat, veggies and fruit, as Winslet, 27, did to shed a few sizes. "It's about being selective, not restrictive," says Morrison C. Bethea, M.D., a cocreator of Sugar Busters!
TRY THIS AT HOME Check out *The New Sugar Busters! Cut Sugar to Trim Fat* (Ballantine Books), now in stores.

THE GURU
DR. BARRY SEARS
The Zone

DISCIPLES Jennifer Aniston, Brad Pitt, Cindy Crawford, Sandra Bullock, Rene Russo
PHILOSOPHY Eat Sears's suggested balance of food — 40 percent carbs, 30 percent protein, 30 percent fat — to prevent hunger pangs between meals and drop pounds. Sears, 55, doesn't see clients, but celeb trainers often consult him.
TRY THIS AT HOME Watch for a new Zone book this fall. Until then, consult *Enter the Zone* (ReganBooks).

THE GURU
DR. NICHOLAS PERRICONE

The Perricone Prescription

DISCIPLES Kim Cattrall, Heidi Klum, Julia Roberts
PHILOSOPHY Drop pounds and deter wrinkles by eating foods rich in omega-3 fatty acids (such as salmon) and antioxidants (such as berries). Based in Connecticut, Perricone, 54, meets with celebrities "all the time."
TRY THIS AT HOME *The Perricone Prescription* (HarperCollins) is now available.

THE GURU
DR. ROBERT C. ATKINS
The Atkins Diet

DISCIPLES Catherine Zeta-Jones, Minnie Driver, Stevie Nicks
PHILOSOPHY Cut carbs and eat all the protein and fat you want — calories don't count — to trim down. Zeta-Jones, 33, lost 50 pounds avoiding starches after the birth of her first child, Dylan, in 2000. New research from Duke University found this plan was more effective for weight loss than low-fat diets.
TRY THIS AT HOME Look for the new *Atkins for Life* (St. Martin's Press), out this month.

THE GURU
OZ GARCIA

The Paleotech Diet

DISCIPLES Hilary Swank, Robert De Niro
PHILOSOPHY Lose weight by aping the cave-man diet: fish, game meats, veggies and gobs of berries. Nutritionist Garcia, 51, is hands-on, meeting with clients (including stars) every month and chatting by phone weekly.
TRY THIS AT HOME Look for *Oz Garcia's The Healthy High-Tech Body and Look and Feel Fabulous Forever* (ReganBooks).

THE GURU
SIMON WATERSON
The Commando Power Eating Plan

DISCIPLES Halle Berry, Pierce Brosnan, Geri Halliwell
PHILOSOPHY To get in lean, mean shape, pile your plate with protein, the way Berry, 36, did for *Die Another Day*. "She ate five to six small meals a day, and no carbohydrates after one o'clock," Waterson, 29, says.
TRY THIS AT HOME Find his new book, *Commando Workout* (Thorsons), in stores now. **US**

With reporting by Sharon Knolle in Los Angeles & Jacqueline Gallo in New York City



JENNIFER ANISTON stays in the Zone by eating salad with turkey at lunch.

HALLE BERRY avoids sugar and carbs, but she won't give up Diet Coke.