

% * % 1 & 3 & ;
6 / % & 3 5) & , / *

Perez Hilton claims he got his ripped new bod through diet and exercise, but the doctors with whom we consulted strongly disagree. Read on to find out why.

(PTTJQ CMPHHFS 1FSF[)JMUPO IBT HPOF GSPN GBC UP GBC CVU
BMUIPVHI IF DMBJNT IJT SFNBSLBCMF USBOTGPSNBUJPO JT GSPN
QFSDFOU MFHJU EJFU BOE FYFSDJTF OPU BMM UIF FYQFSUT BHSFF
4IF,OPXT BTLFE UXP QSPNJOFU QMBTUJD TVSHFPOT UIFJS
PQJOJPOT PO)JMUPO T GBC BCT BOE CPUI BHSFF UIBU IF QSPC
BCMZ EJE HFU BU MFBTU B MJUUMF OJQ UVDL
I1FSF[)JMUPO NPTU MJLFMZ VOEFSXFOU BCEPNJOBM DPOUPVSJOH
"T UIFSF JT DMFBS NVTDMF EFPOJUJPO 1FSF[NPTU MJLFMZ IBE
BCEPNJOBM MJQPTVDUJPO PQJOFE CPBSE DFSUJpFE QMBTUJD
TVSHF%PSO & MJF -FWJOF



"EEJUJPOBMMZ XIFO IF JT IVODIFE PWFS UIFSF JT NJME UP
NPEFSBUF TLJO FYDFTT WJTJCMF XIJDI JT UIF SFTVMU PG B MBSHF
BNPVOU PG GBU CFJOH SFNPWFE GSPN UIBU BSFB

1FSF[BMTP NBZ IBWF IBE MJHIU MJQPTVDUJPO DPOUPVSJOH PG
UIF DIFTU BSFB BOE QPTTJCMF HZOFDPNBUTUJB TVSHFSZ

-FWJOF U EFOZJOH UIBU)JMUPO ESPQQFE TPNF TFSJPVT MCT
CVU TBJE UIBU EPFT OPU FYQMBO IJT% SFXJEFBSJUSPPI#SFB CJU MFTT T
PCWJpVTMZ MPTU B TJHOJpDBOU BNPVOU BZGBWFFHMOEBSHP OFF \$FQPSDVMQUVS
NBZ IBWF IBE B OFDL MJGU PS OFDL MJQPTVDUJPO DPOUPVSJOH IBE NTPSVFUURIG
OFDL BSFB)F BMTP NBZ IBWF HSPXO BZGBWFFHMOEBSHP OFF \$FQPSDVMQUVS
DBNPVqBHF UIF FBSMZ TJHOT PG IFBMJOH z

XXX QMBTUJDTBO