

APPETITE-SUPPRESSANT CAPSULES

The spiel: These capsules contain a clinically trialled soluble plant fibre that forms a thickened gel when added to water – so when you take it half an hour before eating, it encourages a feeling of fullness.

OK! says: 'After a few days, I noticed a huge drop in my appetite and

I felt fuller faster, so I didn't overeat.'

Susie's verdict: 'This isn't bad, as a fibre supplement can support weight loss in conjunction with a calorie-controlled diet.'

Blackmores Weight-Less, RRP \$49.95, blackmores.com.au



THE COOKIE DIET

The spiel: Stars like Denise Richards and Mandy Moore (right) adore the Cookie Diet, where you eat nine 60-calorie biscuits all day, followed by a healthy dinner.

OK! says: 'I stopped this diet the next day because I couldn't bear the idea of eating another cookie.'

Susie's verdict: 'As I always say, if it sounds too good to be true, it usually is.'

Dr Siegal's Cookie Diet, RRP \$249.80, cookiediet.com



HYPOXI WORKOUT

The spiel: Hypoxi sessions combine advanced vacuum therapy and gentle exercise to increase circulation and slim down problem areas for visible results, which are apparent in as little as four weeks. During three 30-minute sessions per week, you strap yourself to an exercise bike within a vacuum therapy chamber and gently cycle the centimetres away. In addition to the cycling sessions, Hypoxi participants are required to refrain from eating carbohydrates for six hours after their treatment. On average, people can expect to lose between 20-30cm of stubborn fat from

their hips, buttocks, thighs and lower stomach areas.

OK! says: 'I found the cycling portion of Hypoxi challenging, but never strenuous. And for a dieting beginner, following the simple low-carb diet was, er, a piece of cake! I was really happy with my results from

Hypoxi – I actually lost a total of 23cm off those stubborn areas such as my stomach, hips and thighs.'

Hypoxi costs \$69 per session or \$690 for a program course of 12, hypoxi.com.au

