

# TIPS & TRICKS



"Turn the lights off in the kitchen after 6 p.m.!"  
—**Kendra Wilkinson**

## Food Experts Weigh In

"Put lime, vanilla extract and stevia into Greek yogurt: It tastes like key lime pie!"  
—**chef Ingrid Hoffmann**

"Studies show that when people added red pepper to their food, they ate fewer calories during that meal—and the next one."  
—**nutritionist Patricia Bannan**

"I made a kale, spinach, celery, tomato, beet, green apple and ginger juice for Blake Lively and Ryan Reynolds every day on the set of *Green Lantern*. It will give you energy, vitamins and curb your appetite."  
—**trainer Bobby Strom**



## Slimming Style Secrets

"People stay away from clothes that show their bodies. But a tight dress, pencil skirt or skinny jeans can actually help hold in whatever problem areas you might have."  
—**stylist Brad Goreski**

"Buy bikini tops and bottoms in different sizes. If you have a top that fits but the bottom doesn't, that's a bikini mistake."  
—**author Kelly Bensimon**

"When swimsuit shopping, if you have a small bust, get a cute little bandeau and show off that booty; elongate short legs with a higher hip; if your midsection isn't great, look for a one-piece with a pattern."  
—**model Selita Ebanks**



## ADVICE FROM CELEB DIET DOCTOR STEPHEN GULLO

"My clients use a gum called **Sugar Blocker** that knocks out the sweet receptors on the tongue. You chew two pieces for 10 minutes and alcohol, cookies and cakes take on a horrible taste."

"I don't meet many people who can eat just 10 nuts. It's probably the single biggest trigger food that people get into trouble with."

A Bloody Mary is more filling than white wine!



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