

## Kristy Swanson attempts to lose baby weight

### Baby Announcements + Favors

Simple, Modern, Unique announcements, invitations.

### Baby Shower Favors

Personalized baby shower favors as seen in InStyle!

### Birthday Party Invitations

Extraordinary designs at ordinary prices.

### Birth Announcements

Your Ad Here

### Baby Gifts - Personalized Baby

The Baby Gifts Company! Personalized Sweat Suits, Baby Shower Gifts & Baskets.

GoToBaby.com

Looking for oilcloth lunchbags?

### Signal vs. Noise

The Food Section (Josh's site)

Flickr (free photo sharing)

The Revealer

Injust-Spring

Dimples and Dandelions - A Children's Boutique

The Maternity Gallery

Mommies with Style

Tiny Prints (where I got my baby announcements and holiday cards)

TheBabywearer.com

Big City Moms (NYC)

Sarcastic Journalist

PostSecret

Just No Doubt

Zutano

CBS ShowBuzz

I'm Not Obsessed

Uncommonly Cute

Typepad (our service provider)

Fashion Tribes

Bagtrends

Glam

The Four Seasons

Penn & Teller

Penn Radio

Swagtime Blog

Classy Mommy Baby and Mommy Gear Product Finder that donates all proceeds from affiliate marketing to Baby Buggy, Project Peanut Butter, and Save the Children.

HELLO! (UK)

Star Magazine

InStyle.com

People Magazine

Gawker

USATODAY.com

popbytes - when culture pops, we wipe it up...

Go Fug Yourself

Pink is the New Blog

Defamer

Oh No They Didn't!

Jossip

Splendora Blog

fourfour

The Bosh

popsugar

The Gossipist

The Bastardly

Cityrag

Young, Black and Fabulous

Just Jared

Perez Hilton

Us Weekly

Mollygood

I'm Not Obsessed

TMZ

Who's Dated Who In Hollywood, it seems everyone's dated everyone.

BuddyTV

Hot Momma Gossip

ecorazzi.com :: celebrities caught green-handed

The Celebrity Condition Diet, fitness and health news of the rich and famous

Dotspotter: The Pulse of Pop Culture

CelebSource.org

StyleCritics

INFdaily - Gossip Guerillas On Patrol

BuzzFoto

The Skinny Website

Cele|bitchy

Open All Night

CelebNewsWire

Lainey Gossip

Best Week Ever

World Series of Pop Culture

Splash News Online

Blogging Baby

BabyNames.com Message Boards

Daddy Types, the weblog for new dads

snowdeal.org

newyork.urbanbaby.com

BabyCenter

babystyle

Baby Chic 101

Baby Shower 101

The Trixie Update

Rebel Dad

Metrodad

Laidoff Dad

fullerbrantner.com

defective yeti

Daddyzine

Blurbomat

Brain, Child Magazine

Brand New Dad

The Daily Stroll

ZUTANO

Daddy\*drama

The DeBroff DeBrief

Club Mom

The Shape of a Mother

The Baby Name Bible from the authors of Beyond Jennifer & Jason and Cool Baby Names

BabyNameAddicts.com

Mommies With Style

Shefinds

Mighty Goods: Shopping Blog

Cool Mom Picks

Baby Chic 101

ShefindsMOM

The Daily Stroll

Shop It To Me

Boutique Cafe A little cup of couture.

savvytype.com

Strollerqueen

StrollerSWAP : Strollers Swap and Sale

Popgadget

Babygadget

Celeb Baby Gear

Engadget

Outblush | The Shopping Blog For Women

The Mommy Insider

The Bag Snob

Stylehive - What's hot. Right now

Kristy Swanson tipped the scales at nearly 200 lbs. when she was pregnant with her son Magnus Hart Swanson, now 4 months, and she is determined to shed most of the weight in time for her October wedding to Skating with Celebrities partner Lloyd Eisler. The actress, 37, who added an excess 20 lbs. to her 5'6 frame before even getting pregnant from binging on wonderful antipasti with cheese and crackers, is now down to 155 lbs. and is using the Medifast diet to drop another 30 lbs.

Powdered scrambled eggs and broccoli soup? Er, no thanks, I think I'd rather eat the cardboard boxes they come in! Honestly, when will people

realise that using common sense when you eat and common sense when you exercise is the only way to a truly fit, healthy body that will last you for a lifetime? Who wants to be skinny now but spend the last 20 or so years of their life suffering from osteoporosis, joint replacement operations, failing kidneys, loose teeth and goodness knows what else as a consequence of years of poor nutrition and stupid expensive diet plans and treatments? I know I don't.

What is the matter with being a size 10? Honestly. I think being well proportioned and feeling healthy is all that really matters.

I felt(and looked) like death at a size 6. I maintain an 8/10 and get compliments on my figure all the time. I am only 5'3 but super busty, small waisted and have some junk in the trunk.I do pilates everyday. I watch what I eat. I feel comfortable in my own skin, even if I can't wear a string bikini.

1000 calories a day, that is just too little as a new mom that needs tons of energy to function.

I am so glad I do not live my life in the spotlight so I can be a normal person,at a healthy size.

## About the Author

From [www.celebrity-babies.com](http://www.celebrity-babies.com):

Using our Medifast Diet coupons to get a better price through a simple process. Please view our website of all the latest Medifast Diet coupons.

The Medifast weight loss program and diet meal plans can help you lose weight. Our Medifast coupons and Medifast coupon codes can help you get discount.

Medifast is a clinically proven meal replacement liquid diet proven effective in scientific studies. Find more information.

Epinions has the best comparison shopping information on Medifast Diet Foods. Compare prices from across the web and read reviews from other consumers.

The Medifast liquid diet has been clinically proven safe and effective by the physicians at John Hopkins University.

Medifast makes it possible to lose up to 20 pounds in a month with no counting, shopping or cooking. The Medifast diet plan provides healthy.

Medifast is a highly effective meal replacement diet, which has been satisfying customers for over 25 years. Medifast has been recommended.

Use Medifast coupons to save on the Medifast diet plan and weight loss program. Our Medifast coupon codes provide discounts on meal plans and weight.

Source: <http://www.productsherbal.com>