



**CHERYL'S  
FASHION  
FAUX PAS!**

**THE EXPERTS LAY INTO HER!**

**SPECIAL ISSUE**

**100  
SEXIEST  
MEN ALIVE**

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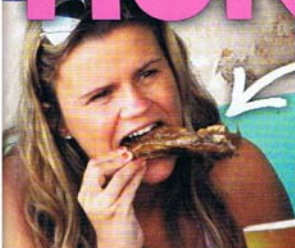
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*Brüno loves it!*

# heat

**WORLD  
EXCLUSIVE  
MORE PICS  
INSIDE!**

**KERRY  
TWO  
STONE  
IN TWO  
MONTHS!**



■ Her scary junk food & booze binges  
■ Yet she moans 'I hate the way I look'



**COVER STORY**



**UNHEALTHY**  
Kerry enjoyed her "blowout" holiday, drinking sugar-laden Coke and smoking

>>> a tough one. As our exclusive pictures of Kerry holidaying in the Canaries show, her body has significantly changed - she's put on a massive 2st in the last two months. The dramatic turnaround comes after she ditched her rigorous dieting and fitness regime, trading them for a high-carb diet and takeaways. Our source reveals, "Kerry has been really busy filming her MTV show and it's left her very little time to eat properly or train as she was doing before. Basically, she's eating really unhealthy food - junk food most of the time. She then gets home late and the easiest and quickest thing to do is get a takeaway, like a beef curry, so the weight has piled on again very quickly."  
heat understands that Kerry is far from happy with her new look - in fact, she "hates it" and is desperate to get fit and

**ANDREA MARANDO**  
SPECIALIST IN COSMETIC SURGERY  
"Kerry's the ultimate yo-yo dieter. My heart sinks when I see the pictures of her now. With her current weight gain, the biggest damage to her is emotional. Her yo-yo dieting seems to mirror the disorder. When she looks fantastic, she's on top of the world. The only way I would advise Kerry to lose weight is not to eat less, but to eat real food - meat, dairy, fish, pulses, fruit, wholegrains - not processed food. If she takes a healthy approach, she should start feeling really good about herself - bodies are very quick to respond to good, healthy food."