

...TO THIS!



FROM THIS...

"My whole lifestyle shifted for a hot minute," she says.

SINGER ALANIS MORISSETTE TELLS OK! HOW A CHANCE ENCOUNTER IN A BOOKSTORE HELPED HER DROP 20 LBS. AND CHANGE HER LIFE

ALANIS'

# MIRACLE DIET

PHOTOGRAPHS BY JACK GUY

Alanis has plenty of reasons to smile. "My energy came back," she says.

She shot to fame in 1995 with *Jagged Little Pill*, but less than a year ago, Alanis Morissette found herself in a situation that was even harder to swallow than the name of her massive hit album. The once-svelte rock star had packed on weight, and the processed food she'd been eating left her feeling unhealthy. Determined to get back on track, Alanis turned to Dr. Joel Fuhrman's book *Eat to Live*, a plan that recommends consuming fruit, vegetables, beans and nuts, and avoiding meat and dairy products.

Alanis' vegan diet — one of the more popular in Hollywood these days — has helped her shed 20 pounds since she began the new regime in September.

Now, the 34-year-old singer who redefined "ironic" is proud to show off her new shape and share her dieting tips with *OK!* readers. Currently winding up a concert tour to support her latest album, *Flavors of Entanglement*, Alanis is finding zest every day in the way she eats and lives.

**How does it feel to have lost 20 pounds?**

I feel like a 12-year-old! I'm back to what I was born to be, at my best. I used to get out of bed in the morning and things were aching, and I just thought, this is what happens when you get into your 30s. But now I jump out of bed and have so much energy; I feel very alive. Even after a workout, I feel like if I rest a little bit I could go out dancing all night, so that's exciting. I have no more aches and pains, and my allergies are gone, too.

**How much do you weigh now?**

I don't know the number. I haven't been on a scale in a while. I think chasing a number on a scale is dangerous.

**What were you eating that made you gain weight?**

A lot of salt and processed grains like bread. I was a sandwich person, and if I had rice, I would pack the salt on.

**Why did you overeat?**

All the restrictions and limitations I'd placed upon myself for many years were let loose. I think it was a rite of passage for me. At 21, I was touring with *Jagged Little Pill*, so I didn't experience the footloose and fancy-free passage that

## SLIM DOWN SPECIAL



"My life is so adventurous," says Alanis. "It requires me to have energy. If I'm starving myself, I won't be of any value to anybody."



"There is that sweet indulgence, a sexiness and a sensuality to my curvy self that I love," she says.

### WHAT I ATE TODAY

**▼ BREAKFAST:** Flaxseeds for Omega 3s and fruit.

**LUNCH:** A big pile of salad with walnuts, radishes or carrots, but mostly greens and beans.

**DINNER:** I do some cooked soups; onions, broccoli, asparagus, Brussels sprouts, cauliflower and spinach in a veggie broth.

**DESSERT:** Homemade fig "ice cream." A bunch of frozen bananas, figs and soy milk in the blender. \* Nutritionist Lisa M. Drayer says, "Focusing solely on plant foods can make it difficult to meet requirements for calcium, iron, zinc, vitamin D and B12. I recommend she continue taking a daily multivitamin/multi-mineral supplement."



most people do in their teens and early 20s. My whole life I've been overly responsible. So I was fantastically indulgent for a good nine months. I knew it would be a temporary thing, and it was fun. There was a sexiness to my curvier self that I loved.

#### Why did you want to find a new eating plan?

Longevity. I realized I want to live till I'm 120. There's a lifestyle that I am now happily creating that can, as best as is possible, prevent most forms of cancer and other diseases.

#### How did you come to choose

#### Dr. Joel Fuhrman's program?

I went to my favorite bookstore, Banyen Books and Sound, in Vancouver. I saw this book, *Eat to Live*, and I thought, that's exactly what I want to do. I wasn't interested in some fad diet that was unsustainable, like "lose 10 pounds in two weeks." I don't believe in diets; I think they're short-term and a bit of an emotional roller-coaster. So I opened it and flipped through and thought the weight loss is incidental. The primary focus is disease prevention.

#### How hard is it to eat this way?

It was very difficult for the first couple

of weeks. I told my tour manager that he needed to pad the walls of the back of my bus [laughs] because it's like any other addiction. Your body gets so used to eating processed foods that it has withdrawal symptoms. If you can push through the first couple of weeks, your taste buds change.

#### You've said you suffered from anorexia and bulimia in the past. Were you concerned you could get caught up in this pattern again?

Yeah. Whenever there's a weight loss happening, it definitely conjures up some memories for me — the old eating disorder mind stream. But I'm older, and I have no intention of starving myself. It wasn't really a weight-loss journey that I was embarking upon. I had to keep that as my mantra. My motivation was to stay high-nutrient, period. I have a lot of empathy for young women today, and it seems to me the pressure is even higher to be even

## I WANT TO LIVE TILL I'M 120!

thinner. Now beauty is defined by how far your bones are protruding.

#### What is your workout routine?

When I'm out on tour, my shows are so physical that that really takes care of it. When I'm not on tour, I do between a half hour to an hour of light weights, running, biking, swimming, probably five times a week. I also love to kickbox and dance.

#### What does your boyfriend (attorney Tom Ballanco) think of your weight loss?

He just cares about my well-being. He thought I was sexy at whatever weight that I've been. I've never felt loved in that way before.

#### Will your next big project be to plan a wedding?

I could see in the not too distant future being married with children, absolutely, but I'm in no crazy rush. I wildly respect him. How he views the world, the lens through which he looks at life is very similar to mine. To have that in common makes me sleep well at night.

OK!

Interview by Carole Glines

Styled by Brenna Egan