

# Fast Fix

Robin Quivers, sidekick to Howard Stern, says a no-food regime cured her aches—and zapped 70 lbs.

**R**obin Quivers doesn't mind when people comment on her 70-lb. weight loss. Just don't ask her if she's had "that operation"—i.e., gastric bypass surgery. "That's the most insulting thing," says Quivers, the long-running sidekick to shock jock Howard Stern. In fact, "I beg people not to have an operation!" she says. "They're never going to enjoy eating again."

Yet if surgery seems extreme, Quivers's own weight-loss method seems nearly as drastic. The 51-year-old radio personality credits the controversial Master Cleanser fast—which can involve weeks of ingesting nothing except a lemon-juice and cayenne-pepper elixir—for her newly slim 145-lb. frame. But more importantly, she says the regimen is responsible for erasing the joint pain and fatigue that had plagued her for more than a decade.



Though she had "no energy" before her fasts, Quivers (on air with Stern in '01 and in N.Y.C. last month) now runs regularly.