

# LOS ANGELES CONFIDENTIAL™

## Selma Blair

LIGHTS OUR FIRE

**GET MOVING!**  
THE REAL DEAL WITH  
LA REAL ESTATE

POWER UP WITH THE  
WILLIAM MORRIS AGENCY

**LOVE THE NIGHTLIFE**  
HARRY MORTON REVIVES  
THE VIPER ROOM

## So Fresh & So Clean

Shed that post-baby bulge with the ultrahip and healthy Fresh Mommy food delivery. BY SUSAN WAITS

**WE'VE ALL SEEN THE CELEB WEEKLIES** showcasing the latest starlet mother and her phenomenal post-baby bod. Even though we might not all be blessed with the genes of a Hollywood glamazon, we certainly can get the attention we deserve. Enter Fresh Mommy, the 30-day program (or longer if you choose) with a healthy approach to weight loss. Six organic gourmet meals are delivered daily to your door. Three levels of wellness packages cater to your specific requirements, whether you need to increase energy levels, restore hormonal balance, increase milk production, or lose body fat, for example.

Fresh Dining, a premier food-delivery service in the SoCal area, teamed up with the best local trainers to engineer this luxury program, which also offers fitness training and personal assistance to nurture those who nurture others.

"Fresh Mommy is the first program of its kind designed not only for new or

expecting mothers, but for any woman who has young children and wants to return to the healthy lifestyle she once led," said Todd DeMann, Fresh Dining CEO and founder of the Fresh Mommy program. "It provides an opportunity for moms to immerse themselves in a holistic approach to supreme health while juggling the many responsibilities of motherhood."

Visit [Freshmommy.com](http://Freshmommy.com) to reap the wholesome—and delicious—benefits.



**POWER  
NUTRITION**