

"My cool band *Sugar Meat Dairy Wheat* is having a hard time getting booked in the Los Angeles area." —Mindy Kaling via Twitter

Glamour Health

"The Best (& Worst!) Health Advice I Ever Got"

With a new health craze every day in Hollywood, celebs have to develop a B.S. meter *fast*. Five tell *Glamour* the doozies they've heard.

BEST
"To gird yourself with knowledge. There is so much to know about eating healthy."
WORST
"I'm known to eat a bag of chips, but I don't need anybody to tell me that's bad! I believe in the 10-percent-cheat rule."
—Grammy winner *Sheryl Crow*

BEST
"To cut out most meat. I've noticed a difference in my skin and my energy level."
WORST
"That the Master Cleanse is good for you. Wrong! You're just starving yourself."
—R&B singer *Melanie Fiona*

BEST
"To eat healthy if you want to lose weight."
WORST
"To not eat at all if you want to lose weight."
—*Jennifer Love Hewitt, actress, The Client List*

BEST
"To stop eating when you start to get full."
WORST
"Don't eat after eight and you'll lose weight.' That's bull."
—*Dancing With the Stars winner Karina Smirnoff*

BEST
"To get plenty of sleep."
WORST
"To drink soda for a stomachache."
—*the one and only Madonna*



CLOCKWISE FROM CENTER: CHRISTOPHER POLK/GETTY IMAGES; OLUZOUNOVA/SPLASH NEWS; JEFF VESPA/WIREIMAGE; BOB D'AMICO/BCVIA GETTY IMAGES; MATEJBAUER/GRIFFINONLINE.COM