

"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/GRIFINONLINE.COM

