




RUBENSTEIN PUBLIC RELATIONS, INC.

DR  FISCHER  
THE PARK AVENUE DIET

**Star**

February 9, 2009

**Feeding The Pain**



**Then:**  
100 lbs.

**Now:**  
135 lbs.

Jessica's diet seems to yo-yo along with her love life! Dr. Stuart Fischer, a physician and author of *The Park Avenue Diet*, estimates the singer, at the KISS Country Chili Cookoff concert on Jan. 25, has packed on 35 lbs. — about 25 over her ideal weight — since the *Dukes of Hazzard* premiere in 2005.