



Credit: Rick Stephens/Instagram

Patti Stanger: How I Lost 20lbs & Dropped 2 Dress Sizes

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Patti Stanger has never looked better.

The 55-year-old stunned fans when she posted a bikini photo to Instagram last week, flaunting a body a woman half her age would be proud of.

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Losing 20lbs is no mean feat, especially considering that, as well as starring in *Million Dollar Matchmaker*, Patti has her own jewelry, clothing AND wine business. So we had to find out exactly how she did it.

Speaking exclusively to *Wetpaint*, the WETv star spilled on her new healthy eating regime and exactly how she went from a size 8 to a 4.



"I used to be able to eat whatever and go spinning and would just fluctuate between a size 2 and 4. But then I found out I have Hashimoto's Disease — my thyroid flatlined later in life — so I started to eliminate some foods," she said.

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"I started weaning off carbs — I've been a low carb and gluten-free girl for years. But I was like, 'There has to be something I'm missing, or a secret ingredient to make the weight go faster.'

"I noticed that everything I ate that had sugar in it — a cocktail, a gluten free donut, anything — I would have to work harder at the gym the next day.

"So I cut out processed food, took all the sugar out of my diet — it is seriously in everything — and the hardest thing I ever had to do — I gave up fruit and replaced it with avocado to get the Omega-3s."



One thing the entrepreneur wasn't going to give up, however, was chocolate. But she found a way to include it in her diet after finding a brand called Lily's, which uses Stevia instead of sugar.

Speaking about her exercise regime, the 55-year-old admits she didn't have to change it much to get her enviable figure, putting paid to the saying, "abs are made in the kitchen."

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She said, "I usually spin, but I had to give it up because we were shooting for 4 months straight and they didn't have it, so I switched to using an elliptical for 20 to 40 minutes a day at optimal heart rate, the weight dropped off easily."



Like most of us, Patti enjoys a glass of wine or a cocktail from time to time and on her new regime drinks a tequila with club soda and Stevia drops to sweeten it up.


She also enjoys a glass of her own wine, P.S. Match, which contains Aphrodisiac components and is cultivated in the vineyards of Napa and Italy.

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Another thing she attributes her weight loss to is daily meditation and Epsom salt baths, which she swears by to get rid of bloat and give you a flat stomach.

On this week's *Million Dollar Matchmaker*, Robin Kassner, CEO of Haute PR and Hello Kitty superfan, turns to Patti to help her find love AGAIN. You may remember Robin from a few years back when she offered a plumber stripper a Maserati just to seal the deal. Once again, Patti encourages the plus-sized millionaire to see past looks and to the person inside.

Watch the trailer below and tune in to this week's *Million Dollar Matchmaker*, which airs Friday at 10pm on WETv.



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