

Weight Loss Pills No Exercise: Do They Really Work Without Physical Activity?

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[Kelly Clarkson isn't afraid to talk about her weight issues. The 36-year-old singer has fluctuated in weight throughout her career, and now she's setting the record straight about her most recent weight loss success. She has reportedly lost 40lbs. On Thursday, Extra published an interview with the American Idol alum who revealed her weight fluctuation was due to a thyroid disorder. 'I literally read this book, and I did it for this autoimmune disease that I had and I had a thyroid issue, and now all my levels are back up. I'm not on medicine anymore because of this book,' said Clarkson, referring to The Plant Paradox by Steven R. Gundry, a cardiac surgeon. 'It's basically about how we cook our food, non-GMO, no pesticides, eating really organic.' The mother-of-two even revealed that exercise had absolutely nothing to do with her recent slim down. 'I'm not working out! I think people think I'm working out and I'm like, 'Don't think I'm going to come play some sport!' she said, adding: 'Literally, I haven't worked out at all!' Kelly looked every inch the pop music sensation as she flaunted her newly trimmed figure at the CMT Music Awards in Nashville on Wednesday. The 36-year-old beauty has been working on her fitness as she appeared in great shape rocking a sophisticated black gown for the red carpet. Daring to impress, the Since U Been Gone songstress looked sensational in the black couture that featured a silver brooch at her lither waist. The Texas native - who rose to fame as the first American Idol winner - has collected three Grammy's in her illustrious career over the last 12 years. And during that time, she has battled critics over her fluctuating weight. Someone actually tried to troll her last summer by tweeting 'You're fat,' and Kelly shot back, 'and still f***ing awesome.'](#)

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