

MAY 2, 2011

People

CATHERINE ZETA-JONES
MENTAL HEALTH CRISIS

I'M NOT ASHAMED

BATTLING BIPOLAR DISORDER

While husband **Michael Douglas** fought cancer, the star struggled with deepening depression. As she seeks help, says Douglas, 'I am very proud of her'



EXCLUSIVE!
DEMI LOVATO
MyTime to Heal



MARISKA HARGITAY
Baby Joy!



ARETHA:
I'M HEALTHY!
85 lbs. Lighter

\$3.99US 185

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SEPTEMBER 2010

The bride (at 218 lbs.) and groom (at 314 lbs.) attributed their former sizes to fast food and big portions. "I was perfectly round, and that's not normal!" says Faulder.



LOST 161 LBS. TOTAL!

SHEDDING FOR THE WEDDING

THEIR *Big* DAY

Brooks Houser and Samantha Faulder win their dream wedding—and a new outlook on life **BY AILI NAHAS**

Photographs by MARC ROYCE



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PART OF THEIR PRIZE: THIS PEOPLE MAGAZINE PHOTO SHOOT! 1. Invitations by Bovary & Butterfly were made from cotton fibers. 2. The pair exchanged vows at the Terranea Resort in Rancho Palos Verdes, Calif. 3. L.A. event guru Brian Worley planned the reception. 4. Runners-up Dawn Pino and Adam Fresquez were part of the bridal party. 5. The newlyweds enjoyed a pumpkin-flavored cake by Jamaica's Cakes. 6. The *Shedding* team: (from left) nutritionist Ashley Koff, trainer Jennifer Cohen, Worley, host Sara Rue and trainer Nicky Holender.

When Samantha Faulder imagined getting married to her high school sweetheart Brooks Houser, she had one fear: "I didn't want to be a chubby bride," she says. "I wanted to look flawless." After five months competing on the CW reality weight-loss show *Shedding for the Wedding*, the bride got her wish. The Ohio-based duo, both 23, lost a total of 161 lbs. and won the wedding of their dreams, complete with a Winnie Couture gown that was custom-made for Faulder's new body. "I felt amazing," says Faulder, who was 63 lbs. slimmer when she walked down the aisle on the show's April 13 finale in Rancho Palos Verdes, Calif. At the eco-friendly reception that followed, the pair's family members and fellow *Shedding* contestants toasted the newlyweds, and Faulder and Houser shared their first dance to Ella Fitzgerald's "Always." The bride and groom then indulged in porcini mushroom ravioli and short ribs for dinner. But once they returned home, Faulder, a student, and Houser, an auto-parts supervisor, quickly returned to 90-min. workouts four days a week and a disciplined diet. "She is not allowed to touch pasta!" says Houser, who lost 98 lbs. "It's our new lifestyle." ●