



WOW!

How did Robin lose the weight?

She's still a big presence on Howard Stern's radio show, but nowadays, there's a lot less of Robin Quivers to love.

The 54-year-old is almost finished with an amazing weight-loss plan based on the book 21 Pounds in 21 Days: The Martha's Vineyard Diet Detox by Roni DeLuz and James Hester, and she's already shed about 20 pounds.

"It's been incredibly easy," Robin tells In Touch about the program, which features fresh fruit and vegetable juices, plus therapeutic colonics. "My face is thinner, and my skin is clear."