

FIRST to KNOW

NO BIG FAT WEDDING

for Jessica Simpson



Eric Johnson proposed to Jessica in November

JESSICA SIMPSON and hubby-to-be Eric Johnson are dropping their wedding plans – until they both drop some weight!

The blonde beauty has been working hard at slimming down for months, but Eric – a former San Francisco 49er's football player – is struggling to get his expanding waistline under control.

“Jess and Eric are happier than ever and enjoying a little too much of the good life,” explained an insider. “They were hoping for an early summer wedding, but pushed it back so they both

have a chance to shed extra pounds.”

Jessica, 30, who's been working out with celeb trainer Tracy Anderson, has lost about 20 pounds since last year, when her weight topped out at 150. But 31-year-old Eric, who is vegan, is having trouble ditching the high-fat foods he loves to snack on.

“**HE CAN EAT A GIGANTIC** bowl of fat-laden guacamole or a one-pound bag of raw almonds in one sitting, and he justifies it all by saying the food is ‘healthy fat,’” said the insider.

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Ceremony DELAYED
until couple both slim down
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But since neither one wants to look back at their wedding photos with regret, they've promised one another they'd both battle the bulge.

Eric proposed to Jessica in November after six months of dating. And although they had originally intended to marry this summer, they started arguing over weight issues.

At one point, when Jess reached 150, Eric told her the wedding was off if she didn't drop 15 pounds!

“Jess has a long history of weight and diet fluctuations,” explained another source. “For such a petite girl, she has a man-size appetite, and Eric got turned off seeing her gorging on Mexican food, margaritas and fried foods.”

She's now working out six days a week and eating healthier, says the source.

“Jessica is still about 10 pounds from her target weight of 120, but she has enough experience with dieting that she knows how to get herself lean fairly quickly.

“The issue now is Eric.” **by ALAN BUTTERFIELD**
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and **PATRICIA SHIPP**

TERI HATCHER wants to make it clear she isn't giving anyone the cold shoulder – the “Desperate Housewives” star is suffering from a rare and debilitating condition called FROZEN shoulder!

The disorder, medically known as “adhesive capsulitis,” occurs when shoulder joints stiffen and swell, and the unusual medical problem is keeping the 46-year-old actress from fully lifting her left arm. The situation has gotten so bad Teri says she can't even hook a bra anymore – and if she doesn't see improvement soon she's considering surgery.

“Teri's trying to remain optimistic, but her shoulder condition has really got her down in the dumps,” a friend told The ENQUIRER.



The actress is anxious to get back to her exercise routine

Currently, treatment consists of regular shots of cortisone to ease the inflammation, in addition to physical therapy. Teri insists she's trying to move forward through the painful ordeal, but her quality of life has been compromised.

The physically fit star – who has twice participated in the Nautica Malibu Triathlon – told an

Teri Hatcher DESPERATE FOR PAIN TO GO AWAY

interviewer that she was desperately anxious to get back into her normal exercise routine.

Respected Beverly Hills orthopedic surgeon Dr. Bal Rajagopalan told The ENQUIRER that Teri's injury was most likely caused by “overuse.”

“**SHE'S AN AVID** workout fanatic, and often the shoulder area, particularly the rotator cuff, becomes sore and inflamed. The shoulder becomes ‘frozen’

or immobile to protect the person from aggravating the area, and then scar tissue sets in, making the situation even worse.”

‘Housewives’ star considers surgery for ‘FROZEN SHOULDER’

The doctor explains that the painful condition can last for up to two years if not treated aggressively. Despite her injury, Teri is keeping a positive attitude and remains committed to staying in shape.

“I am training for this year's triathlon, even though my movement is limited,” she said. **by MICHAEL GLYNN**
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