

CAMRYN

TV's most successful plus-size actress - Camryn Manheim - has stunned fans and friends by shedding an amazing 75 pounds.

"Camryn looks absolutely dazzling," says a friend of the 41-year-old star of ABC's *The Practice*.

"She's even more beautiful than she ever was.

"We keep telling her over and over and she just smiles. She's very proud of herself and should be."

Ironically, Camryn bragged about her incredible bulk three years ago when she clutched the Emmy she won for playing lawyer Ellenor Frutt and crowed, "This is for all the fat girls!"

She also penned a book about her life, *Wake Up, I'm Fat!*, and boasted, "Don't call me plus-size - call me fat! I'm fat, sexy and proud of it!"

Now, she's shocked pals with her incredible turn-about. Insiders wonder if the 5-foot-10 actress, who ballooned to 260 pounds after the birth of her baby boy Milo two years ago, had resorted to stomach stapling surgery. But pals say Manheim is winning her battle of the bulge using willpower and a sensible diet.

"No wacky extreme diets for her," says the friend.

"Camryn says she has lost the weight the sensible, healthy way. She simply cut out all junk food and sweets, and cut way back on her portions.

"She carefully chooses what she eats on the set - mostly fruit and salads with some protein mixed in."

And she's been exercising regularly.

"A lot of people don't know that Camryn loves playing sports, especially racquetball and beach volleyball," her friend reveals.

"Now, day by day, month by month, she's shrinking to her natural body size. She's now weighing in at 185 pounds."

Her victory comes after

Camryn boasted, 'This is for fat girls!' when she won her Emmy. At the time, the actress (below) accepted her plus-size and quit dieting



'Her motivating factor to finally slim down was her young son Milo'