

My Whole-Life Makeover

B E A U T Y
B A R

I lost 109 pounds, had my nose "done," and that was just the beginning of the changes in my life. By Noreen Picus as told to Linda Stasi

□ Getting heavy is easy...*being* heavy is what's hard. Even though I'd been unhappily heavy since I was nine years old, it took a *friend's* cruelty to convince me that I needed to make over not only the way I looked but the way I *lived*. It happened four years ago, when I was twenty-two and still in college. I was getting dressed to go out one night with my friend, who is, by the way, very sexy. We were in our bras and panties when suddenly she pulled me in front of the mirror and said, "Noreen, look at yourself!" You're a mess. Your face is distorted, you're shapeless, you're enormous, and there's just no reason for it!"

Once I recovered enough to take a good hard look at myself, I had to admit my friend was telling the truth. There wasn't much about me that I liked. I'd even considered having my nose fixed in the past, but coupled with my weight problem, having a bad nose just seemed too much to deal with.

I simply cut *way* back on calories and forged ahead with exercise. My meals consisted of lots of steamed vegetables and a very limited amount of light meat, such as fish, chicken, veal, and *occasionally* white-meat turkey. I also ate a small amount of fresh fruit.

Exercise came next. I started to work out before class, during breaks, and again at night...up to five hours a day! A whole other person started to emerge.

In eight months, I'd altered my appearance, *bodywise*, but my nose was still unattractive. Suddenly I was thin, and now I wanted to look as good as I possibly could. As a graduation present, my parents offered me the choice of a nose job or a trip to Europe. It was no contest! The day after graduation, I went to see Michael Sachs, M.D., in New York City. He performed a surgical technique that he had developed himself. Called *finesse-sculpting* rhinoplasty, it eliminates the need to break the nose (unlike standard rhinoplasties). I healed in less than a week and was stunned by my new appearance.

It was almost impossible for me to believe that the girl I saw in the mirror was me.

I love the way I look now, and if you catch me looking into a mirror, it's not a matter of conceit...it's just to check that I still look thin!

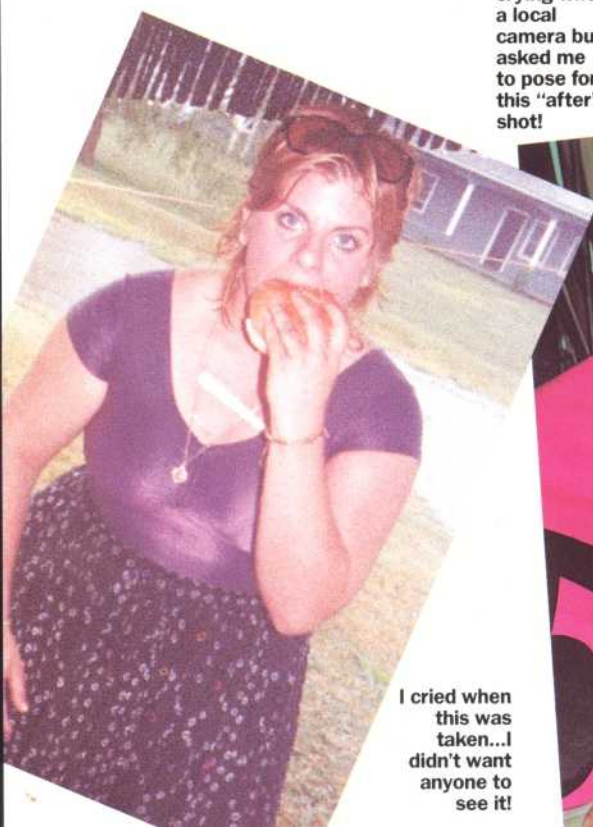
I never want to go back to my former life. I've found a special man who pampers me and *believes* in me. When I told him that I was about to fulfill a life-long dream of being in *COSMO*, he said, "Well, of course...why not?"

I wasn't crying when a local camera buff asked me to pose for this "after" shot!

Half my size with a brand-new nose, thanks to diet and doctor.



My high-school graduation pic...proof of what I looked like!



I cried when this was taken...I didn't want anyone to see it!

