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# The K-E Diet: Brides-to-Be Using Feeding Tubes to Rapidly Shed Pounds

By YUNJI DE NIES, AMANDA KEEGAN and KEVIN DOLAK | Good Morning America – 20 hours ago

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Brides-to-be looking to shed that final 10, 15 or 20 pounds in order to fit into their dream wedding gown have taken a controversial approach to crash dieting that involves inserting a feeding tube into their noses for up to 10 days for a quick fix to rapid weight loss.

The K-E diet, which boasts promises of shedding 20 pounds in 10 days, is an increasingly popular alternative to ordinary calorie-counting programs. The program has dieters inserting a feeding tube into their nose that runs to the stomach. They're fed a constant slow drip of protein and fat, mixed with water, which contains zero carbohydrates and totals 800 calories a day. Body fat is burned off through a process called ketosis, which leaves muscle intact, Dr. Oliver Di Pietro of Bay Harbor Islands, Fla., said.

"It is a hunger-free, effective way of dieting," Di Pietro said. "Within a few hours and your hunger and appetite go away completely, so patients are actually not hungry at all for the whole 10 days. That's what is so amazing about this diet."

Di Pietro says patients are under a doctor's supervision, although they're not hospitalized during the dieting process. Instead, they carry the food solution with them, in a bag, like a purse, keeping the tube in their nose for 10 days straight. Di Pietro says there are few side effects.

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"The main side effects are bad breath; there is some constipation because there is no fiber in the food," he said.

Slipping into a wedding gown for a dream wedding is a moment of truth for most brides, but as many say that there is a real fear that it will not quite fit. That's how 41-year-old Jessica Schnaider of Surfside, Fla., says she felt with a June wedding approaching and 10 pounds she says she couldn't lose. She was desperate for a quick fix.

"I don't have all of the time on the planet just to focus an hour and a half a day to exercise so I came to the doctor, I saw the diet, and I said, 'You know what? Why not? Let me try it. So I decided to go ahead and give it a shot," she said.

Schnaider said she was never hungry throughout the 10 days she was on the K-E diet, but admits that it still wasn't easy.

"It was emotionally difficult, the 10 days of not eating," Schnaider said. "And sometimes I had to give excuses to people who were asking are you sick? And I was like, 'No, I'm not sick, I'm not dying, I'm fine.'

"I was tired. I didn't feel like exercising. The doctor told me that if you can compliment with walking for a half an hour on the beach, that would be great, but I didn't feel like doing that. I'm a very energetic person, but those days I was a little tired."

Although the K-E diet is new to the United States, it has been around for years in Europe. Dr. Di Pietro charges \$1,500 for the 10-day plan, and says the before-and-after pictures sell themselves.

But critics warn that losing too much weight too fast can be dangerous, and it ultimately won't last. Di Pietro warns that people with kidney issues should avoid the diet.

Many doctors also say that with so much pressure on brides to be perfect, it's easy to understand why this kind of rapid weight loss might seem appealing, but might not be healthy.

"If you lose the weight too quickly your mind is not going to be able to catch up with a newer, skinnier you," psychoanalyst Bethany Marshall of Beverly Hills, Calif. said.

Schnaider says that in her case she actually only kept her tube in for eight of the 10 days, skipping the last two because she'd already lost the 10 pounds she wanted.

She has kept it off so far, saying she is looking forward to her big day this summer.

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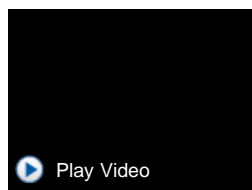
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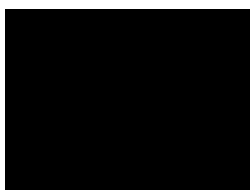
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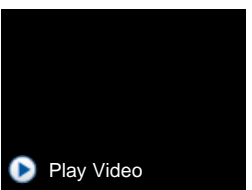
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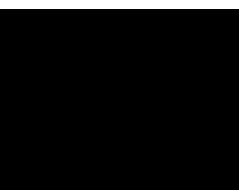
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SS Dude <sup>®</sup> • Boston, Massachusetts • 16 hours ago

1696 19

I find this amazingly sick and twisted.

[▶ 14 Replies](#)

Mark • 15 hours ago

2082 26

Time for the potential groom to run as far and fast as he can in the opposite direction.

[▶ 41 Replies](#)

Schelli • Corning, New York • 16 hours ago

1950 27

This is incredibly stupid, and I can't imagine any reputable physician would be involved.

[▶ 33 Replies](#)

Michael • Charleston, South Carolina • 14 hours ago

66 0

To all the woman out there those few extra pounds are much more attractive then this.

[▶ 2 Replies](#)

Spatz • 16 hours ago

202   3

Am I the only one that thinks that this is messed up? This is not a diet. This is not a good way to lose weight. This is not sane. I believe that this should be classified as an "eating disorder" because this signals an extremely excessive obsession with weight and weight loss. Instead of doctors... [More](#)

[▶ 7 Replies](#)

DC • 13 hours ago

51   0

The next article in this series is entitled:  
Brides-to-Be cut off their toes to fit into size 3 shoes.

[▶ 5 Replies](#)

T J • Richardson, Texas • 16 hours ago

638   15

This is what the beginning of the end of a society looks like.

[▶ 15 Replies](#)

David C • 16 hours ago

904   23

The wedding madness needs to just end. The whole industry is pretty useless.

[▶ 24 Replies](#)

Njbeachbum • New York, New York • 15 hours ago

386   9

Apparently no idea is too stupid to get women to cough up cash. Here's an idea "THE CHILEAN MINER DIET!!"

We seal you in a cave (a nice cave with amenities like cable tv) and send down just enough food to keep you alive. BOOM - 17 days later you've lost 18 to 20 pounds.

[▶ 15 Replies](#)

M • 14 hours ago

46   0

an embarrassment to my sex. To the other sex, RUN and stay single or find yourself a woman who is CONFIDENT, which is a BIG part of being sexy. And get a PRE-NUP with a stupidity clause....

[▶ 2 Replies](#)

SHITTING BULL • 16 hours ago

849   15

That's 10 days that the groom has to call it off because she is nuts.

[▶ 10 Replies](#)

Mike • 16 hours ago

410   11

Dumb and dumber.

[▶ 5 Replies](#)

Shadow • 16 hours ago

372   12

That feeding tube in their nose is repulsing me times ten. Yuck.

[▶ 5 Replies](#)

MLB • 14 hours ago

29   0

Shorter distance if you stuck the tube up their arse!

▶ 3 Replies

Cyndi • 14 hours ago

28 0

You nasty, disgusting, vapid, vain creatures make me sick. Really? AS IF ANYONE will notice your wedding dress a size larger??????????

▶ 2 Replies

Us • 15 hours ago

56 1

Notice to grooms: if your bride to be does this, your next step is to RUN.

▶ 1 Reply

Christine • 12 hours ago

24 0

How can a woman who spends so much time and effort on herself just to look "pretty" at a wedding possibly have a happy marriage? A wedding should be a celebration of a future life with someone you love, not a narcissistic freak show which is what most modern weddings have become.

▶ Reply

JoeJoe • 15 hours ago

319 3

You don't have time to exercise but you would rather carry around a food bag around with you with tubes in your nose? Really?

▶ 8 Replies

RT • Portland, Oregon • 14 hours ago

22 0

the doctor approving this should lose his license to practice! my husband was on a feeding tube twice after two surgeries from cancer an it was horrible! this is not for weight loss, but to keep people alive when they're very ill an required.....makes me sick people would do this for such a... [More](#)

▶ 1 Reply

Lexington Gal • 15 hours ago

49 1

This is a massive warning sign to the men marrying these women. If your bride is vain and stupid enough to do this to look good on her wedding day, her priorities in life are seriously screwed up and you should call off the wedding.

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