



"She wants people around her that she can trust so they can help take her mind off things," a pal tells *Us* of Spears, who took in a Los Angeles Lakers game on April 1 with her cousin Allie (right) and another friend.

And oddly enough, Spears may have her rehab visit to thank for that. "It showed that she is willing to act as a parent and in the best interests of her children by seeking treatment," Charlotte Goldberg, professor of law at Loyola Law School Los Angeles, tells *Us*.

Extreme Makeover

So how did Spears transform herself so quickly? Well, for starters, no more Malibu rum and cokes with fast-food chasers. These days, Spears is sticking to a more body-friendly regimen. After five hours haggling with lawyers over her divorce in L.A. March 29, the singer hit local eatery The Bridge and drank sweet iced tea and mineral water. Then, two nights later in Vegas, Spears dined on sushi and vegetable dumplings (and more iced tea) with

pals at Tao restaurant. And on April 1, after taking in the second of two Los Angeles Lakers games last week, Spears, her mother Lynne and sister Jamie Lynn, 16, enjoyed chicken skewers, shrimp and water at L.A.'s Citizen Smith. Indeed, this new change of pace may have been just what the doctor ordered. "After about three weeks to a month of not drinking alcohol and getting enough water and nutrients into your body, you'll easily look like a different person," NYC-based dermatologist Jeannette Graf tells *Us*, adding that Spears' healthy new habits help increase circulation to the skin, accounting for that healthier glow.

Her recent workouts have also gotten her blood pumping. As *Us* reported last week, two days after leaving rehab, Spears attended a hip-hop

dance class at Millennium Dance Complex in L.A. "When I saw her, she looked beautiful," instructor Darrin Henning tells *Us*. And, according to an insider, the student has now become the teacher: "She asked Millennium to find her a group of girls, and she choreographed a routine for them."

The Road Ahead

In the meantime, though, it's not just her image that is returning to form. A source close to Spears tells *Us* the pop star is talking to producers about her new album. (Hip-hop hitmaker Timbaland, the man behind her first love Justin Timberlake's *FutureSex/LoveSounds* album, has already expressed interest in working with her.) Says the source, "She's driven and really serious about coming back better than ever!" **US**

K-FED UPDATE

On April 1, three days after finalizing his divorce from Spears, Federline spent time with his two sons at his Tarzana, California, pad. "He is a great dad," says a pal. And though he hopes to remain close to his ex, there are still some trust issues to resolve. "Kevin doesn't feel comfortable with Britney yet and doesn't believe she's better."



Federline (in L.A. March 29) "isn't seeing anyone," insists a friend.

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