# Christina Applegate opens up about anorexia battle during 'Married... With Children' years



Christina Applegate, now 52, recently opened up about her battle with anorexia during her teenage years on the sitcom "Married... With Children." Cast at age 15, Applegate became a household name, but the pressures of fame and societal expectations led her to extreme dieting. Her struggle with anorexia went undisclosed until she shared her story on her podcast, "MeSsy," which she co-hosts with Jamie-Lynn Sigler.

Applegate revealed that her fixation on being thin began as a child, influenced by a neighbor's comment and her mother, Nancy Priddy, who was also concerned about weight. Priddy enrolled her in Weight Watchers when she started on the show. During her time as Kelly Bundy, Applegate's desire to fit into revealing outfits synonymous with 1980s rock culture exacerbated her eating disorder. She described surviving on as little as five almonds a day, making efforts to sabotage her food to avoid eating it.

Her anorexia went so far that even size-zero costumes had to be altered to fit her. The turning point came when she saw her reflection and realized she "saw only bones," prompting her to attempt a dietary change. It wasn’t until her 30s that she managed to gain control over her preoccupation with her weight.

In addition to her past struggles with anorexia, Applegate has been managing multiple sclerosis, diagnosed in 2021 after years of symptoms.

Applegate shared her experiences to highlight the impact of societal pressures and the entertainment industry on body image while continuing to face health challenges today.