# Christina Applegate Opens Up About Teen Struggle with Anorexia



**Christina Applegate Discusses Teen Struggle with Anorexia**

Actor Christina Applegate recently opened up about her battle with anorexia during her teenage years on the podcast "MeSsy," co-hosted with Jamie-Lynn Sigler. Now 52, Applegate shared that her struggles began after a neighbor called her fat and were compounded by her involvement in a Weight Watchers program at the age of 15, encouraged by her mother. She revealed she would often limit herself to just five almonds a day, a habit that affected her for years.

During her time on "Married…with Children," Applegate made the contentious decision for her character to don tight clothing, which exacerbated her eating disorder. She noted that many on set were concerned for her health due to her extreme dieting.

Applegate also spoke about undergoing liposuction in her mid-20s and achieving a more comfortable relationship with her body by age 30. However, the residual effects of her eating disorder periodically resurface, as evidenced by her remarks during a recent interview about feeling humiliated by weight gain due to medication for Multiple Sclerosis (MS).

Throughout her career, Applegate has been candid about her ongoing health challenges, including MS, which she has discussed extensively on her podcast.

For more information on eating disorders, resources are available through charities like Beat and NCFED.

**Source**: "The Independent" and "CNN"