# Jameela Jamil Reveals Devastating Health Effects of Anorexia Battle



**Jameela Jamil Discusses Long-Term Impact of Anorexia**

Jameela Jamil, a British actress known for her role in the US sitcom "The Good Place," recently shared the extensive damage she sustained due to her prolonged battle with anorexia. In a conversation with Kelly Ripa on the "Let’s Talk Off Camera" podcast, Jamil disclosed that her eating disorder has significantly harmed her bone density, kidneys, liver, digestive system, and heart.

Jamil recalled her disordered eating began at age 11 after being weighed in front of her class for a school project and her parents subsequently placing her on a strict diet. She admitted to using numerous laxatives as a teenager and following various low-calorie diets endorsed by celebrity figures, causing severe health repercussions.

Starting her career on Channel 4's T4 from 2009 to 2012, Jamil described how maintaining thinness was a full-time commitment while her TV career was part-time. She noted the pressures within showbusiness to conform to standards of thinness, accentuating the challenges she faced due to her history with eating disorders.

Despite beginning to eat more regularly at 19, Jamil admitted she hadn’t had a proper meal until she turned 30. She emphasized her frustration with societal standards of beauty and her regret over the damage done to her body in an effort to conform.

Jamil now runs a podcast focusing on mental health and body image and actively speaks out against the dangers of restrictive dieting.