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US

WEEKLY

STEPHANIE PRATT

The Hills Made Me Bulimic

- The agony of working with 'skinny girls'
- 5,000 calorie-a-day bingeing
- How she tried to kill herself



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LOSER
WEDDING**

STEPHANIE PRATT

'The Hills Made Me Bulimic'

For the first time, the MTV reality star opens up to *Us* about her secret eating-disorder shame: "This will be shocking for **Audrina** and **Lauren** to read"

JOINING THE CAST OF A hot MTV reality show should have been a fantasy come true, but for Stephanie Pratt it was a nightmare. Instead of being thrilled watching her scenes in early 2008 on *The Hills*, the 5-foot-7 star, then 108 pounds, was repulsed. "I thought, The camera adds 10 pounds, so I need to lose 10 pounds," the 23-year-old tells *Us* of her reaction. In an effort to shed pounds, she began forcing herself to throw up daily from June 2008 to August 2008 — but, thanks to 5,000-calorie binges, ended up gaining about 25 pounds and becoming even more obsessed with her weight. Pratt, who now has a 26-inch waist, sat down with *Us*' Aili Nahas, and posed for photographs at the Thompson Beverly Hills

hotel on June 5, to share her struggle with bulimia. She explains why she'll never make herself sick again.

"There was so much self-hate, like I didn't deserve to eat. Or if I ate, then I didn't deserve to keep it in my stomach."

PRATT ON DEVELOPING HER EATING DISORDER

What made you worry about your weight?

There was a scene where I was sitting in class with Lauren [Conrad], and I was

wearing a blue and white striped cashmere shirt. Seeing that episode, I was horrified. I remember saying, "I cannot believe how huge I look walking over to Lauren," even though I was a size 0 or 2. I went online to see what things made you look fat on TV, and it said stripes, graphic prints. I was trying to find tricks. I became obsessed with spray tanning because I thought being tan made you look thinner. And I would always tell the camera people, "Zoom out! Zoom out!" It was what made me start making myself throw up.

What happened?

I was so consumed with my weight and my depression about being She-Pratt on the show. [Her nickname sprang from being the



How are you focusing on being healthy now?

I did a food-delivery service, Freshology, for two months that had 1,100 to 1,200 calories a day. It definitely got me healthy. Now I'm eating eggs, sushi, edamame, reduced-fat string cheese. When I was bulimic, I fell off the workout wagon. I was so out of shape, I didn't want to put on spandex. Now I do spinning once a week at Equinox. I do the elliptical for 30 minutes when I'm home, once or twice a week. I walk my