

**ENQUIRER
EXCLUSIVE**

NEW ANOREXIA NIGHTMARE for Nicole Richie

POST-PREGNANCY:
Nicole is already
starting to look
thin again as this
photo taken at
an awards show
on Feb. 9 shows

Doctors say drastic weight loss puts
both mom and baby **AT RISK**

MOTHERHOOD is plunging Nicole Richie into a new eating disorder nightmare.

That's the fear of friends and medical experts, who worry that the 26-year-old "Simple Life" star is dropping too much weight too quickly after giving birth to baby Harlow.

What's more, Nicole could be causing "life-long problems" for her adorable daughter, warns a leading physician.

Before her pregnancy, the reality show star shriveled to skin and bones because of a potentially deadly eating disorder – and now sources tell The ENQUIRER that the new mom is speed dieting to regain her stick-thin figure. Nicole weighed 83 pounds when she found out she was pregnant, revealed in a story broken exclusively by The ENQUIRER.

Now Nicole's friends and family are scared she is going right back to when you could literally see her bones because she was so thin, an insider told The ENQUIRER.

"She said she hated being 'fat' when she was pregnant – and couldn't wait to get back to a size 0 or size 2 clothes."

But her drive to be slim and stylish could trigger a disaster, say experts.

Dr. Lois Mueller, a clinical psychologist from Port Richey, Fla., warned that the star could

easily relapse into anorexia. "Since she has a history of this eating disorder, she probably thinks she resembled a blimp during her pregnancy and wants to get back to what she considers to be a more fashionable weight," said Dr. Mueller, who did not treat the star.

"AND DON'T FORGET THE PRESSURE SHE'S under, hanging with people like Paris Hilton and the rest of that group, who think anybody over 100 pounds is fat."

Dr. Cheryl Perlis, a Chicago-area obstetrician, warned that Nicole's dieting can affect her breast milk and her baby, if she is still nursing.

"New moms need to have essential nutrients in their diet such as iron and calcium to pass along and nourish the baby," explained Dr. Perlis.

"Without a proper diet – taking in at least 1,800 to 2,200 calories of nutritious food daily – breast milk production may decrease both in quality and quantity.

"An infant relies upon a healthy, alert mother to be attentive to her needs."

Dr. Aaron Tabor, a weight-loss physician from Kernersville, NC, warns that once a dieter develops anorexia, she is more likely to relapse.

"She needs to have family and friends who will tell her when dieting becomes too drastic and who aren't afraid to say 'enough



The new parents
shop for natural green
diapers on Feb. 4



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