



Lauren's diet meltdown

The former *TOWIE* star hits the gym and adopts a juice diet as she vows to be "skinny"

LAUREN GOODGER HIT AN ALL-TIME LOW LAST WEEK AS the pressure to lose weight finally got to her.

The star, who yo-yos between a size 8 and a 14, has been on a mission to shed pounds in recent weeks, even enlisting the help of a personal trainer and a hypnotherapist.

But despite currently being a healthy size 12, she appeared to go into meltdown last Tuesday when she saw "unflattering" pictures of herself outside the *Inside Soap* awards.

The "embarrassed" 27 year old tweeted, "Haven't eaten for 3 days not stopping until I get left the hell alone! ... I'm going to be so skinny!"

She added, "I want just be papped looking pretty I feel so embarrassed what's happen this week... The thought of food makes me sick I am going to be slimmest girl in industry."

She continued, "I've got 1 most successful brand

in the uk which make me a millionaire but it's not good enough for the industry.

"I'll always be the bad girl who has lived n learned now I'm going turn this upside down watch this space."

Fans of the reality star were quick to react to her outburst, with one saying, "Dont let it get to you. Youre beautiful and inspiration to a lot of us curvy ladies. Skinny celebs arent cool."

But some people branded Lauren irresponsible. One wrote, "You are a proper idiot going on a hunger strike, now all your young followers will think that's normal."

Lauren later deleted her rant and issued an apology, tweeting, "Sorry 4 rant, V unlike me... Shouldn't have let it get me down. #PMA x."

Wearing no make-up, Lauren was seen at her local gym a few hours later, clutching a green juice.

The star has put enormous pressure on



The size 12 star knocked back a healthy juice as she left the gym last Tuesday

herself to be "skinny" since shooting to fame when *TOWIE* began in 2010. In her autobiography, she revealed, "My weight can go up and down drastically from one week to the next. I know if I don't eat for three days, then straight away I can see the difference."

Last week, a spokesperson for Lauren told **new!**, "Lauren has been on the Purifyne Juice Cleanse, a detox to aid weight loss and all of the other health benefits that a detox encourages. She has not literally been starving herself and would never advocate this."

"She realises the tweet was irresponsible and could be taken out of context but it was said in the heat of the moment. Lauren has no ambitions to be a size zero or 'skinny'."

ZARA ZUBEIDI



Lauren alarmingly tweeted that she hadn't eaten in three days



Lauren was "embarrassed" by these pictures

IT'S ALL OVER FOR LAUREN AND JAKE

As well as battling with her weight demons, Lauren ended her one-year relationship with Jake McLean last week. It's believed tensions between the pair grew after *TOWIE* newbie Lewis Bloor (inset) confessed to **new!** last week that he once slept with Lauren while she was dating Mark Wright – a claim her agent denied. Jake appeared upset by the revelations.

Lewis, who was friends with Jake, told **new!**, "Obviously, it's difficult for

him to read as it's his missus. I've just said it's my past and that's what happened, so hopefully we can move forward. But as it stands, he's said we are no longer friends."

Jake, 23, sarcastically tweeted, "Well done the pair of you's."

A spokesperson for Lauren said, "We can confirm that Lauren has decided to take some time out from her relationship with Jake."



Lauren is "taking time out" from Jake