

HANNAH SANDLING:

'I've battled with anorexia for 20 yrs'

The celeb stylist opens up about her eating disorder, which started aged 10

SHE'S MADE HER NAME STYLING SOME of the biggest names in showbiz. But as Hannah Sandling, 30, makes the transition into TV presenting, she admits she's been secretly battling anorexia and bulimia for years. And she confesses that it was only six months ago she began to truly conquer her food demons.

At the height of her illness, Hannah, who co-presents BBC1's *The Big Day* with Nick Knowles, admits her teeth started to rot and she developed uncontrollable nose bleeds.

At her worst, the 5ft 5 star dropped to a skeletal 5½st. Speaking for the first time about her eating disorders, Hannah, who began dieting at the age of 10, reveals: "I only have 10 of my original teeth left. At 15 I developed pneumonia and my lung collapsed. I didn't get periods until I was 18."

More recently, Hannah, who's styled Dita Von Teese and Carmen Electra, was told she has the early signs of osteoporosis, caused by her intensive running regime.

She says: "It all started when I became interested in fashion as a kid. I was never fat, but I wanted to look thin like a model."

"At 10 I started to grow boobs. I looked at puberty as becoming fat. So the diet began."

"I used to hide my food from the school canteen in a napkin. I'd only eat fruit."

Soon Hannah became bulimic too. She says: "I thought it was great – I could enjoy food and not feel stuffed."

She also exercised obsessively, jogging for four hours a day.

Hannah continued to battle with her illness when she moved to London to work as a stylist. "It was like the devil had

got inside my body and I was fighting with it constantly," says Hannah, who used to share a flat with Sienna Miller.

"I didn't tell anyone. This story will come as a shock to most people I know."

In her late 20s, Hannah says she realised she had to change. With the help of a gym trainer she learnt about nutrition.

She adds: "I felt more in control, but I was nowhere near as well as I am now."

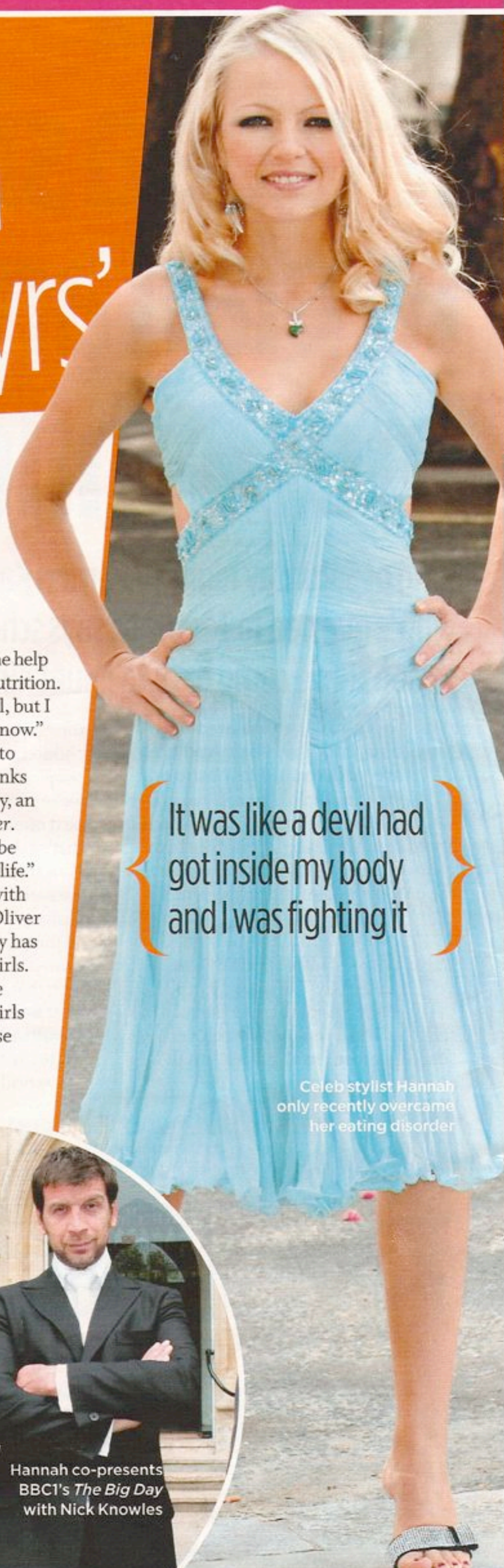
The star has only just managed to fully overcome her problems, thanks to hypnotherapy with Mark Bailey, an expert on Living's *The Biggest Loser*.

She says: "He taught me not to be scared of food. I think he saved my life."

Hannah, who lives in Fulham with her property investor boyfriend Oliver Felstead, says the fashion industry has to set a better example to young girls.

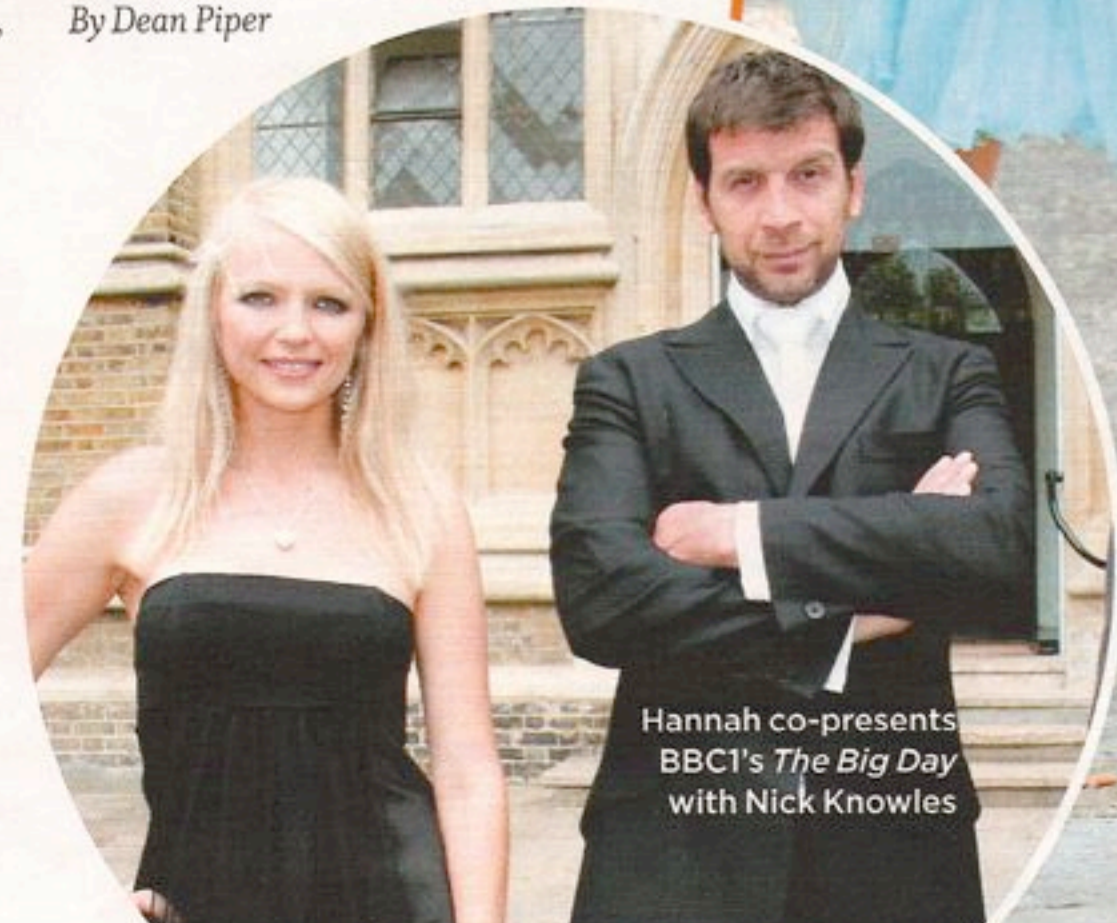
"Models nowadays look like the walking dead," she says. "Young girls need to be educated about exercise and nutrition at school – then hopefully they'll never have to go through what I did." ■

By Dean Piper



It was like a devil had got inside my body and I was fighting it

Celeb stylist Hannah only recently overcame her eating disorder



Hannah co-presents BBC1's *The Big Day* with Nick Knowles

PHOTOS: LFI