



RUBENSTEIN PUBLIC RELATIONS, INC.

DR FISCHER  
THE PARK AVENUE DIET

# Star

November 9, 2009

## SKIN & BONES



Miranda's arms were stick-thin and her shoulder blades jutted out during an Oct. 15 photo shoot.

110 LBS.  
Oct. 15

### Miranda Kerr

**S**URE, supermodels are supposed to be skinny, but Orlando Bloom's girlfriend's emaciated frame shocked eyewitnesses Down Under during a photo shoot in Sydney on Oct. 15.

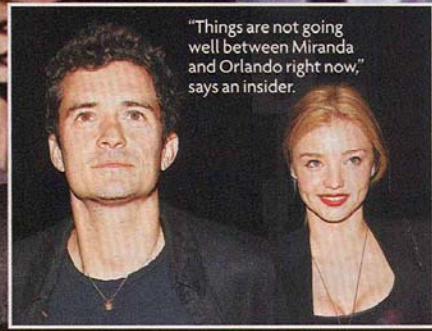
"This is horrible," Dr. Stuart Fischer, author of *The Park Avenue Diet*, tells *Star*. "You can see the full scapula [shoulder blade], and her arm is very thin. The groove in her back is like a canyon!" Dr. Fischer, who has not treated Miranda, adds, "She needs to gain about 20 to 25 lbs. to be healthy."

Despite public outcry over her scary-skinny look, 5'9" Miranda claims the photos were taken at an angle that made her "look thinner" than she is. Although she refuses to reveal her true weight, Dr. Fischer believes Miranda weighs about 110 lbs.

"I am healthy and fill my body with the right foods," insists the Victoria's Secret model, who is releasing *Treasure Yourself*, a book on diet and nutrition, early next year.

But an insider close to the 26-year-old Aussie says she's been upset lately over her stalled relationship with Orlando, whom she has dated for more than two years. "She wants a ring — now! They've been fighting about getting married, as Orlando says he's just not ready yet," says the insider. "Things have been very rocky between them. Miranda feels like she's waited long enough."

—CASEY BRENNAN & SHEENA FOSTER ★



"Things are not going well between Miranda and Orlando right now," says an insider.