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BEFORE
Although she was thin, Rachel's chest was much fuller back in 2005.

As if she could get any skinnier! Stylist and reality TV star Rachel Zoe's weight has plummeted to a terrifying low.



NOW
This is totally unnatural and you have to wonder what her rationale is," Dr. Fischer tells *Star* of Rachel, here on Jan. 7.

Rachel Zoe:

82 Lbs.!

SHE'S always been exceptionally skinny, but stylist to the stars **Rachel Zoe** has hit a new low! Although she wore a sarong to cover up her lower half on the beach in St. Bart's, Rachel proudly displayed her concave chest — which was so bony, you could count every rib! Dr. Stuart Fischer, author of *The Park Avenue Diet*, tells *Star* that 5' Rachel appears to weigh around 82 lbs. "She's certainly below 90. I'm seeing little or no connective tissue. The padding is gone."

But Rachel doesn't believe her weight is unhealthy. "Truthfully, I've never seen myself as being too thin," she says. And when it comes to her diet, Rachel, 38, admits there are times when it'll be 7 p.m. and all she's had is "coffee and a grapefruit," which totals 226 calories. "Women need 1,800 calories a day," Dr. Fischer tells *Star*.

Even when Rachel was eating more during the day, she would head straight to the gym to burn it off, reveals a friend. "If she ate a salad, she'd work out two

extra hours. But she hasn't been able to exercise lately because she's not eating. She goes on juice fasts and some days just drinks water."

Although Rachel — who has styled many superskinny starlets including **Nicole Richie** and **Lindsay Lohan** — has been living this way for a while, Dr. Fischer predicts she can't go on much longer. "The body has a breaking point," he says. "Other people who have done this have died."

— SHEENA FOSTER & CASEY BRENNAN