

WALKING

Have Lindsay Lohan and Nicole Richie ventured into some extremely dangerous territory?

The skinny on close pals Lindsay Lohan and Nicole Richie is that they've taken being thin way too far.

The two fashion-conscious friends have become young Hollywood's latest extreme weight loss victims.

In this photo taken May 9 at the Cartier 25 Years party in Beverly Hills, Lindsay, 18, and Nicole, 23, are grinning from ear to ear and showing off their svelte new bodies. But friends are worried sick that the two stars have taken their dieting to

By **ROBIN MIZRAHI**

dangerous new lows.

"Nicole has made a complete turnaround from the sloppy, druggie girl she used to be," said a friend of The Simple Life star.

"Now she dresses to the hilt, and has hair extensions and all the right styling. She needed to lose 10 pounds at the most. But she's gone way too far.

"In the past year, 5'2" Nicole has gone from weighing a dumpy 127 pounds to a skeletal 97.

"It's a dramatic loss that I think is now bordering on eating disorder thin."

Nicole, the adopted daughter of Lionel Richie, used to be a nonstop partier. She was arrested at 20 for DUI, and again a year later for possession of heroin - but sources say she's been sober for two years.

"She's really pulled her life together," said the friend. Nicole's a member of the fledgling rock band Darling and recently signed as a spokesperson for Bongo jeans. In February, she announced her engagement to DJ Adam Goldstein.

Added the friend: "Nicole got so used to being a little chubby that now she can't get thin enough. She looked great a few months ago - but now she's getting that bony, unhealthy look that's downright worrisome."

Mean Girls star Lindsay also has a history of living life in the fast lane since she turned 18 last July. According to a recent interview, she's dropped about 20 pounds in the past few months.

"Lindsay does everything to an extreme," said a close source.

"Whether it's staying out late partying, living on coffee and



From that
127 lbs

"NORMAL":
Nicole Richie
in December
2003

cigarettes, and dieting, she goes all the way.

"At the end of last year, I think Lindsay started thinking she was fat. But instead of working

The long-term risks of radical crash dieting

Dr. Ali Meschl, certified nutritional consultant with a PhD in holistic medicine, told The National Enquirer: "These overly thin actresses often seem to rely on radical quick fixes such as crash dieting instead of embarking on a long-term healthy diet. Generally, many young actresses are lacking sensible lifestyles and dietary habits. They're going in for trendy fads such as vegetarianism, but without learning how to consume the appropriate amount of protein. Unknowingly, they're setting themselves up for an early age health crisis. They're subjecting themselves to possible malnutrition and hormonal imbalances, as well as chronic fatigue and lack of mental focus."