

95-lb. Nicole Richie's **DANGEROUS CRASH DIET**

JUST three months after giving birth, Nicole Richie is losing weight so rapidly pals fear her eating disorder is returning.

The former reality star, who has been treated for an eating disorder in the past, reached a healthy 130 pounds during her pregnancy. The baby weight came off quickly, but Nicole's weight loss didn't stop there. She's already down to 95 pounds and is still losing, say sources.

"Right after the baby, Nicole never looked better," a friend told *The ENQUIRER*. "She dropped 20 pounds in less than four weeks and looked perfect. But now she's rail-thin."

The 26-year-old, who gave birth to daughter Harlow on Jan. 11, has a diet plan that includes fish, veggies, lean meat and rice, "but she mostly just picks at her plate," said the friend.

WITH BOYFRIEND JOEL MADDEN on tour with his band Good Charlotte, Nicole has no one looking over her or encouraging her to eat.

Joel, 29, has been credited with helping the former drug-addicted star turn her life around.

The troubled 5-foot-1 star — who has long battled drug and alcohol problems as well as an eating disorder — has been in and out of rehab since 2003, following her arrest for possession of heroin.

In May 2007, when she weighed a dangerous 83 pounds, Nicole realized she was pregnant and once again entered rehab — after Joel gave her an ultimatum that she had to get healthy or he'd leave.

"Joel got her sober and got her eating again. He saved her life," said the friend.

"Nicole did really well for a while, getting off pills and gaining weight for the sake of her baby and relationship with Joel."

Nicole may have pulled through her past battles with drugs and food, but those close to her say she continues to struggle with body-image issues, and that's led to the dangerous crash diet she's on now.

Revealed the friend: "She still looks in the mirror and sees a fat girl."

by **ROBIN MIZRAHI**

**PALS FEAR
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Out and about on March 26, a 95-pound Nicole Richie is fast approaching her previous rail-thin size