

Sharon finally admits...

'I'VE BEEN ABUSING MY BODY'

WILL SHARON OSBOURNE CALL TIME ON HER SURGERY VICE?

Talking about her many nips and tucks has never fazed Sharon Osbourne, but the candid star has now admitted that she did indeed go too far. In a moment of clarity, Sharon bared all about her dangerous relationship with food, her attitude towards gastric band operations, and how she's decided it's finally time to snub the scalpel. 'I got to the point where I realised I was abusing my body – I wasn't respecting it,' Sharon says. 'I was chopping and changing it; like, hey, you've only got one body, so look after it.'

Sharon, 57, cites her life-long abuse of food for her poor self-image. 'It's just the same as being a drug addict, alcoholic or gambler. You can't stop, it's a mental thing.'

The severity of her problem was highlighted when she admitted, 'I still have binges. The other weekend I hid from Kelly in the cupboard eating Maltesers. I can eat things in ridiculous amounts, then have to hide the wrappers because I know my other daughter Aimee will find them.'

Ballooning to 16½st was the reason for Sharon's first procedure, having a gastric band fitted in 1999. The treatment, which shrinks the stomach and has been performed on celebs such as Fern Britton and Anne Diamond, halved her weight.

'It's not a perfect solution,' Sharon admits. 'There are so many side-effects that for some people, it doesn't work at all.'

After her dramatic weight loss, Sharon had another reason for

surgery – to remove excess skin – and it didn't stop there.

Work carried out included boob jobs, facelifts and neck lifts. If there's a procedure in the cosmetic surgeon's bible, Sharon's probably had it. £300,000 worth of work later, she knows it's got out of hand.

In 2007, she revealed, 'I was following a dream,' referring to using surgery to get the body she wanted. 'Surgery's agony; you don't just wake up with huge breasts,' she went on. 'That boob job was the worst thing ever, and the op to remove my band really did me in. I'm too old for it all.'

But despite that, since 2007 there's been an obvious change in her appearance. So we hope that this time, when she says 'enough is enough', she means it.

Sharon's spent a fortune going under the knife

How Kelly did it

Sharon's not the only Osbourne going through body changes. It was the waltz that whittled Kelly's waist after many public battles with her weight. After piling on pounds following a stint in rehab, the yo-yo dieter thought that starring in Stateside show *Dancing With The Stars* would get her in shape, and give her a much-needed confidence boost. And she was right. The difference the intense training made rang true when friends started congratulating her on her new, svelte figure. In her autobiography Kelly said: 'I was a US size 2 and had lost 50lb. I figured that if *Dancing With The Stars* had got me this far, I was going to continue.'



2009 Kelly battled weight gain



NOW Showing off her curves