

celebs



Eminem

Eminem feared dying amid addiction troubles

Bang Showbiz | Los Angeles

Eminem feared he might die amid his struggles with addiction.

The 52-year-old rapper became addicted to prescription pills amid his sudden rise to stardom in the early 2000s, and Eminem has confessed to fearing for his life at one point in time.

He said in his new Stans documentary: "I got into this

vicious cycle of, 'I'm depressed so I need more pills,' and then your tolerance gets so high that you end up overdosing.

"I woke up in the hospital and I didn't know what happened. I woke up in the hospital with tubes in me and s*** and I couldn't get up, I wanted to move.

"After the overdose, I came home like I needed something ... like, I'm gonna die if I don't do anything."

Eminem - whose real name is Marshall Mathers - actually missed the birth of his daughter due to his addiction struggles, and that proved to be a turning point in his life.

The rap star - who is one of the best-selling artists of all time - shared: "I cried because it was like, 'Oh my god, I missed that.' I kept saying to myself, 'Do you want to miss this again? Do you want to miss everything? If you can't do it

for yourself at least do it for them.' I realized I'm never doing this again."

Eminem's new documentary is directed by Steven Leckart, who jumped at the chance to work on the project.

Speaking about the documentary, Steven told Us Weekly: "I grew up on hip hop in the '80s and '90s, and became a fan of Eminem's music in '99 and watched his rise on MTV.

"So when the opportunity

came to me to have the conversation with him and his team to try to come up with a documentary based on one of the most iconic songs ever written, I was like, 'Yeah, of course, that sounds wonderful.' So then it was just a question of coming up with the right ap-

Jennifer Aniston gossips about Brad Pitt with Gwyneth Paltrow

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Jennifer Aniston has revealed that she and Gwyneth Paltrow gossip about their shared former partner Brad Pitt.

The Friends star was married to the F1 actor from 2000 until their divorce in 2005 and explained how she and Gwyneth - who was engaged to Brad during the 1990s - can't resist discussing their mutual romantic connection to the Hollywood heartthrob.

Asked if she had ever talked about Pitt to the Goop founder, Jennifer told Vanity Fair magazine: "Oh, of course. How can we not? We're girls.

"We're always swapping advice - 'What are you doing for this? What are you doing for that? Do you have a new doctor for that?'"



Gwyneth Paltrow and Jennifer Aniston

Jennifer and Brad's marriage came to a high-profile end in 2005 as Pitt soon moved on with his Mr and Mrs Smith

co-star Angelina Jolie and she admits that the period provided the public with some "juicy reading".

The 56-year-old star said: "It was such juicy reading for people. If they didn't have their soap operas, they had their tabloids. It's a shame that it had to happen, but it happened. And boy did I take it personally."

Aniston explained that she "didn't have a strong enough constitution to not get affected by" the attention and rumours that followed after she and Brad, 61, divorced.

The Morning Show star said: "We're human beings, even though some people don't want to believe we are. They think, 'You've signed up for it, so you take it.' But we really didn't sign up for that."

Chris Hemsworth's diagnosis changed his outlook

Bang Showbiz | Los Angeles

Chris Hemsworth's perspective on life changed when he learned he had a greater chance of developing Alzheimer's disease.

The 41-year-old actor previously learned that he is, biologically, eight to ten times more likely than other people to develop Alzheimer's, as he carries two copies of the APOE4 gene, and Chris admits that the revelation has changed his life.

Chris - who made the discovery while filming the TV show Limitless: Live Better Now - told Sky News: "It was just kind of this point in my life where up until your 40s, you're kind of gathering data and information and it's all reactionary and then you get to a point where you think, oh some of this sort of identity that I've sort of built doesn't hold true anymore.

"There's some inner sort of protest or inner voice that has a deeper need to understand and there's deeper questions and what is the purpose and the why behind what I'm doing ... and what am I seeking, what am I contributing, as opposed to just what I am collecting."

Meanwhile, Chris

previously admitted that his busy work schedule has taken a toll on him.

The actor starred in a host of big-budget films, including eight Marvel blockbusters, in just over 12 years, and Chris admitted that he struggled to cope with the demands.

He told Vanity Fair: "I'd been trying to muscle and beat things into existence for so long, out of obsession and desperation to build this career, and I was just exhausted. I was worried about everything. Nothing was as enjoyable as it once was, or I had imagined it was.

"I was making back-to-back movies and doing the press tours, and I was married and had three young kids, and it was all happening at the same time in a very short window.



Chris Hemsworth

Orlando Bloom's The Cut diet triggered 'paranoia and anxiety'

Bang Showbiz | Los Angeles

Orlando Bloom suffered "paranoia and anxiety" due to his strict diet for The Cut.

The 48-year-old actor was "excited by the challenge" of transforming his physique to play a boxer in the upcoming thriller

Orlando Bloom

but he wasn't ready for the "mental toll" his extreme diet took, including a struggle to sleep and being consumed by "obsessive thoughts" about food.

He told People magazine: "What I hadn't expected and was surprised by was the mental toll that this kind of intense discipline takes.

"The paranoia and anxiety were very real and disturbing, caused by the lack of sleep - turns out you can't sleep when you're hungry!"

"The water restriction to get

to my lowest weight for the final scenes led to obsessive thoughts of food, dreaming of what I could eat when finally off a diet of tuna and cucumber."

The 48-year-old star warned the lengths he went to in order to be in the best shape possible was "definitely not something to try at home."

He added: "I was supervised weekly and my blood work monitored by an expert nutritionist, Phillip Goglia, who helped me lose 30 pounds in approximately three months.

SUDOKU

6		2	4					1
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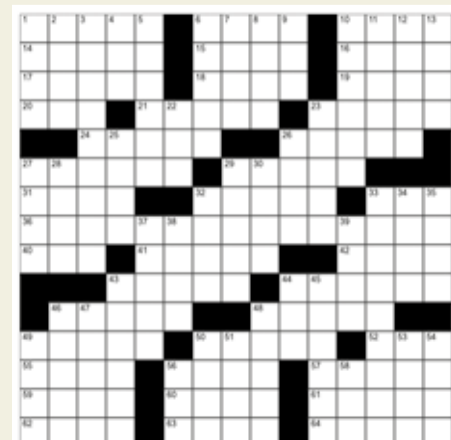
Yesterday's solution

2	4	9	1	6	3	7	8	5
3	8	7	5	2	9	6	4	1
1	5	6	4	8	7	2	9	3
8	1	2	9	7	5	4	3	6
6	3	5	8	1	4	9	7	2
9	7	4	2	3	6	5	1	8
4	9	1	3	5	2	8	6	7
5	6	8	7	4	1	3	2	9
7	2	3	6	9	8	1	5	4

How to play

Place a number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers from one to nine.

CROSSWORD



Across

1- Disney deer; 6- Sheltered, nautically; 10- Tabula ...; 14- Folding words; 15- Actual; 16- Greek letters; 17- Large artery; 18- Geeky type; 19- Sheep shelter; 20- Fast flier; 21- Dens; 23- Weill's wife; 24- Line in a play directed to the audience; 26- Jockey; 27- Guys; 29- Steak order; 31- Met highlight; 32- ... and desist; 33- Sense of self; 36- In spite of; 40- Salty sauce; 41- "Til ... do us part"; 42- Hebrew month; 43- High-fives; 44- Remove; 46- Humped ruminant; 48- Flight of steps; 49- Chorus section; 50- Browned sliced bread; 52- Pop; 55- Furniture wood; 56- Brick oven; 57- Ripped off; 59- Boy or man; 60- Periphery; 61- Dubuque native; 62- Cabinet dept.; 63- Caboose; 64- Dressed to the ...

Down

1- Prejudice; 2- Old Testament book; 3- Death rate; 4- Except; 5- Roma's land; 6- Goffer Palmer, to his army; 7- Lascivious look; 8- "...countrymen, lend me your ..."; 9- Antiquity, in antiquity; 10- Ebb; 11- Make up (for); 12- Nymph chaser; 13- Away from port; 22- Pitches; 23- Fabric woven from flax yarns; 25- Sandwich side; 26- Parks on a bus; 27- Devotees; 28- Switch ending; 29- Lab work; 30- It's drawn in a lavatory; 32- Bloke; 33- Heavy quilt; 34- Little pest; 35- Man-eating giant of popular folklore; 37- Runs in neutral; 38- Greenish blue; 39- Surrealist Salvador; 43- Puffer of menthols; 44- Skid row woe; 45- Dines at home; 46- Unsoiled; 47- Start of a Dickens title; 48- More rational; 49- Look ... I'm Sandra Dee; 50- Periodic movement of the sea; 51- Gymnast Korbut; 53- Caesar's wings; 54- Bears' lairs; 56- Plop precursor; 58- French pronoun;

Yesterday's solution

P	A	G	E	S	I	S	A	L	B	A	C	K		
E	L	L	A	O	M	E	G	A	O	N	E	I		
S	L	A	G	L	A	I	R	S	U	T	E	S		
T	O	R	E	R	O	N	E	E	D	L	E	S		
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C	I	T	Y	E	T	A	E	N	R	I	C	H		
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A	L	P	A	C	A	T	E	L	S	E	N	D		
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A	L	P	E		S	T	R	A	P		S	C	A	T
R	E	A	R		H	O	S	T	S		S	E	T	S