

bodynews

and not comfortable in her own skin." The insider reveals that Mariah took diet pills last year in an effort to slim down after filming wrapped on her upcoming movie, Temesze. "She's always trying to be thinner, and it isn't easy for her."

She says she's all-natural Now in the best shape of he ifte, the singer — who recently dropped three dress sizes — denied to the state of the state

she explains. "My friends will ear teally good fried food, but I can't."
And she insists that all her hard work isn't just about looking good, tot. "Working out and being on a diet has made me feel healthier," says Mariah. "And that's a good thing."

for her fab new figure. "Honestly, it's working out and dieting."

DID SHE HAVE A NOSE JOB?



The difference in Mariah's nose suggests she could have had a nose job. "The tip looks thinner, which is consistent with rhinoplasty." says plastic surgeon Dr. Renato Calabria, who doesn't treat the star.

HOW SHE'S CHAN



When she first broke into the music scene as a young singing sensation, Mariah was a skinny 125 pounds and described herself as "a coltish young-girl thin." Mariah's cleavage suddenly seemed to blossom into a voluptuous cup size overnight. "She may have had breast implants," Dr. Calabria tells In Touch.

GED HER BODY The dramatic diva has undergone many drastic transformations over the years!



Reaching her peak weight of 170 pounds motivated Mariah to slim down. "Everyone said I was fat so I did something about it," she says. "I want to be buff and beautiful."



When she dressed as a mermaid for a Halloween party in 2003, Mariah's orange tan and heavily sprayed-on abs drew more attention than her colorful costume!

Having achieved an ideal weight of 130 pounds, size-2 Mariah loves the way she looks and vows to stick with it. "I'm going to eat in a really healthy way for the rost of my life," she says.