

21 May 2009

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“Saving Amy,” a reality series meant to show the world the depth to which Amy Winehouse has sunk RumorsInMusic

[Anorexia, Drugs and Alcohol in “Saving Amy”™ Documentary](#)

Amy Winehouse™s father says he can™t go through the same experience again

Amy Winehouse's long struggle with drugs, alcohol and anorexia will be the topic of an upcoming heat-breaking reality series called "Saving Amy," [Grazia](#) magazine informs. According to Amy's father, Mitch, the series started shooting almost half a year ago, when the singer was rushed to the hospital in critical condition. It will serve as indication that Amy needs an intervention, says her near-desperate father, who admits he can't help her overcome her alcohol demon.

The "Rehab" singer has been trying to kick a cocaine addiction for quite a while but, strangely enough, this time it's not her drug use that's scaring Mitch, but rather her slipping again into heavy drinking. That, combined with her eating disorder and the fact that Amy's relationship with her parents continues to be very tense, are making it hard for anyone from the family to intervene. In other words, Mitch hopes friends will see how Amy is literally destroying herself and stage an intervention to put her back on track.

And even then due caution must be paid, Mitch tells the mag, recalling a time when his daughter was in the hospital in London and dealers were throwing drugs over the wall, so that she could feel her killer addiction. Hopefully, she has managed to get over that, Mitch says, but that still leaves the question of her drinking and the fact that she's eating too little, which is clear from her constantly shrinking frame.

"I'm worried when I get a phone call from her or her security, because I don't know what bad news I may get. But when I don't hear from her, I'm worried as well. There is nothing I can do until Amy wants to fight her addiction." Mitch tells [Grazia](#). Case in point, until Amy is willing to fight the battle on her own, Mitch and the other relatives are completely powerless, just like they were the first time around, when Blake Fielder-Civil was still in the picture.

As fans must know, Amy Winehouse is currently still in St. Lucia, where she's reportedly trying to muster the courage and the strength to embark on [a comeback](#) of sorts, by headlining a couple of festivals in the UK. Until that happens, though, she is still to do something about her [alcohol problem](#).