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By:



Jessica Alba Battled Anorexia And Anxiety Attacks

Beautiful actress Jessica Alba starring "Fantastic Four" revealed she's battling with eating problems, obsessive compulsive behavior, anxiety attacks and insomnia

Beautiful actress Jessica Alba starring this year blockbuster Fantastic Four revealed she's battling with eating problems, obsessive compulsive behavior, anxiety attacks and insomnia since childhood. Jessica confessed the problems started when she was at school and her weight dropped at to just 100lbs. She first started worrying about her weight when she hit puberty and started developing womanly curves."A lot of girls have eating disorders and I did too. I became obsessed with it." "I stopped going to regular school at seventh grade. I had big dreams. I was focused at a very young age. I hated school. I didn't have any friends", Jessica said "Everyone in my family is overweight. I wanted to be healthier, so I started cooking for myself when I was 12", she continued. Jessica Alba, born April 28, 1981, has been acting on screen for over 10 years, dating back to a small role as Gail in the 1994 Family Adventure Comedy feature Camp Nowhere and extending to more recent gigs in her highly popular, but nevertheless cancelled, Fox TV Sci-fi series Dark Angel (2000-2002). In 2005 she played Sue Storm in the sci-fi adventure movie "Fantastic Four".