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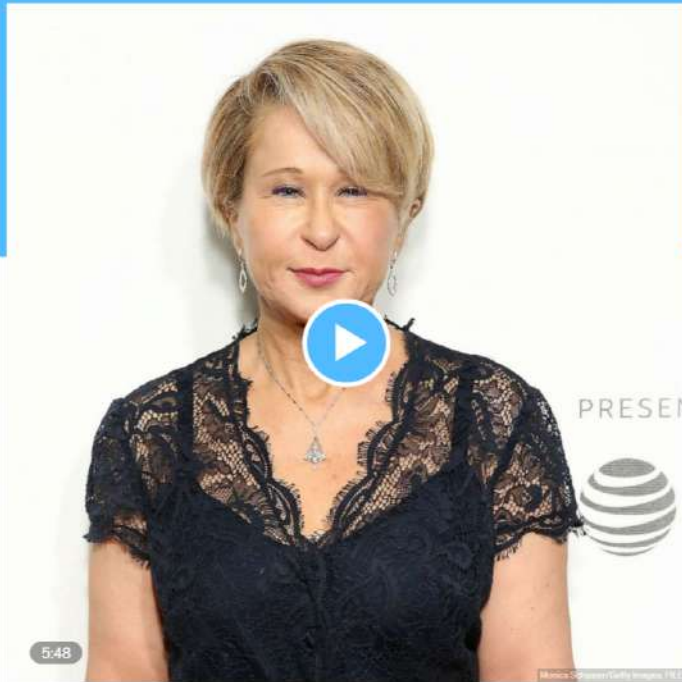
CULTURE — June 23, 2022

'The Simpsons' actress Yeardley Smith opens up about overcoming battle with bulimia

By [Carson Blackwelder](#), Video by [Will Linendoll & Elisa Tang](#)

Yeardley Smith, the voice behind Lisa Simpson on "The Simpsons," recently opened up about her battle with bulimia.

"I had an eating disorder for 24 years, from the time I was 14 until I was 39," the actress, now 57, revealed on the latest episode of the ["Allison Interviews" podcast](#), released Tuesday.



Take it from Yeardley Smith, AKA Lisa Simpson: 'Opportunity is a gift'

Smith said it was around her impending 40th birthday when she decided to seek treatment.

"I sort of pulled up my socks and said, 'All right, I need some actual help. I've been telling myself I can do this on my own forever, and obviously I can't,'" she recalled.

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Smith said it took two or three more years after entering a program to overcome her fear of food, but now she is able to enjoy it more.

"Now I feel like food is actually good," she explained, noting that there are still "a couple trigger foods" that she keeps her distance from.

Smith recently celebrated her [wedding](#) to her "Small Town Dicks" podcast co-host, who goes by Detective Dan. The couple, which married on June 11, even [received a shoutout](#) from "The Simpsons" on social media for their special day.

If you or someone you know is battling an eating disorder, contact the National Eating Disorders Association at 1-800-931-2237 or [NationalEatingDisorders.org](#).