

Kimberly Fabbri is a twenty-nine year old bartender who was born and raised in Chicago, Illinois. She grew up in a religious household with her sister Nicole Fabbri who is 7 years older than her. After Fabbri was born her mother fell ill with multiple sclerosis a disease in which the immune system eats away at the protective covering of the nerves. Fabbri shared that when she was younger and how she resented her mother because she wanted a normal childhood, not a sick mom. Fabbri said her father was often absent because he was her main caretaker and her sister was off doing her own thing.

Fabbri explains that she was often left alone and basically raised herself. During her alone time she would find her happiness and comfort in makeup. When asked about her love for makeup, "It's like you can be who you want to be, while also being yourself." She said that her sister is the more artistic one but she does consider herself an artist when it comes to makeup, and that anyone can feel beautiful.

However even with makeup Fabbri said that she still couldn't find that beauty in herself. She began to struggle with an eating disorder at the age of 16 and well into her 20's. Her determination and strength is what helped her overcome her eating disorder.

"Bad times change you to your core." said Fabbri as she begins to open up more about her past struggles with her eating disorder. "You don't realize how strong you are until it's your only option." Fabbri goes on to talk about body image, her eating disorder, and fitness. Fabbri recalls when the thoughts of body image really started for her, in her sophomore year of high school she got food poisoning and threw up for 3 days straight. When she finally returned to school she received many compliments about how great she looked. She said that although she never threw up she would constantly restrict food and work out obsessively. She continued to do this well into her bartending days. Fabbri says that at her first bartending job at 23 her best friend finally told her she needed help. She had been obsessing over her weight more

than ever because the bar she worked at called for the female bartenders to wear revealing clothing and they often had weight checks. Fabbri says she was basically living off of adderall and red bull to avoid eating.

Fabbri said she finally couldn't take it anymore and decided it was time to change. This is when she stopped restricting. "It was never about how I looked, it was all in my head." said Fabbri recalling how she felt during those times. Fabbri began working out and stopped punishing herself for eating and used her workouts as a way to empower herself not punish herself, and learn that it's okay to ask for help.

Although Fabbri didn't have a close relationship with her sister Nicole Fabbri while growing up they reconnected as adults and that's when she found out about her sisters eating disorder. Nicole said "Kim is so strong and I could tell that she fought hard to overcome these struggles, she is so kind and always helps people who are going through the same thing, I think it's brave of her to speak so publicly about something so personal."

Fabbri said that her love for makeup is still there and she uses it as a creative outlet.

Fabbri has over 2 thousand followers on her Instagram and uses her platform to bring light to eating disorders and post about her makeup looks. Fabbri said that some days are still hard, "there are times that really take your breath away but even when you're healing you're still broken, but now you have space for it." She said while smiling, warming and petting her cat Ivy.