

[Click here to print](#)

MailOnline

'How did I lose my baby weight? Magic pants and a machine that zaps your fat': Tamzin Outhwaite reveals her diet secrets

By [Nicole Lampert](#)

Last updated at 1:04 PM on 27th November 2009

The rebound from EastEnders to the dole queue, or Strictly Come Dancing, back to East-Enders is normally a quick one.

The number of real successes from the TV soap can be counted on one hand: Ross Kemp has carved out a niche as the 'ardest man on television, while Sean Maguire escaped the country to become a hit actor in America.

As for Martine McCutcheon, whose career once seemed so promising, you can only imagine she'd be back on the set like a shot if producers hadn't killed her off.





Slimmed down: A svelte Tamzin Outhwaite two weeks ago (left) and heavily pregnant at the BAFTAs in April 2008

So Tamzin Outhwaite is a rarity. Since leaving the Square in 2003, she has barely stopped for breath.

There have been star turns in dramas as diverse as *Hotel Babylon*, *Red Cap*, and *The Fixer*, making her one of television's most popular actresses.

And she has cut her theatrical teeth with critically acclaimed productions at the Royal Court and the West End musical revival of *Boeing Boeing*.

In between, she's had time to marry another former *EastEnders* alumnus, Tom Ellis, and they have a 17-month-old daughter, Florence.

Her latest show, *Paradox*, is filmed in gritty high definition and is disconcertingly unforgiving on the actress.

You can see the lines around her mouth and eyes, while at one point she has a nervous rash on her chest.



Tamzin with her actor husband Tom Ellis, with who she has a daughter Florence

But Tamzin, at 39, insists she is happy for the public to see her the way she really is.

'I look quite harsh on Paradox, but I'm a character, a cop, and I think that looks true to the piece,' she says. 'I've got bits of hair sticking up and I like that - cops don't look all glossy and perfect.'

'And I am not worrying about ageing - I don't like the idea of plastic surgery. Facelifts, liposuction, Botox - they all seem quite barbaric to me.'

With a wicked, throaty laugh, she adds mockingly: 'If I think about collagen fillers around my lips, there are a lot of things that come into my head; Leslie Ash, Meg Ryan, Melanie Griffith...'

'When someone looks like they've had work done, it doesn't look attractive. If you look at the Sex In The City film, none of their foreheads move.'

Clearly, Tamzin is confident in her appearance - wrinkles and all. And although she is now back to a small size ten, she insists she did not drive herself mad to lose weight after having Florence.

'I went back to work on The Fixer four months after I had Florence and I wasn't back to my normal size at all,' she says.



Tamzin managed to lose her baby weight swiftly by using the Hypoxi-Vacunaut machine

'It takes nine months for the baby to grow inside you and I believe it takes another nine months for the weight to go.'

Tamzin says she only ever tried to lose some baby weight after finishing The Fixer.

'I did something called Hypoxi at Harrods,' she says.

'Basically you go on a running machine with a special suit which targets the areas where you want to lose weight. But I was a bit sporadic because I didn't want to be at the gym when I could be with Florence.'

She added: 'Everyone's got their own expectations of themselves and I don't think it can be healthy if you're starving yourself after having a child.'

'I know people who diet when they're pregnant, but I think that's a time when you should be able to relax and eat and enjoy it and not worry about it.'

'In real life, most women aren't skinny. Rose, my character in The Fixer, is a honeytrap, but the script never said she had to be a size-eight catwalk model - if she was, they wouldn't have hired me.'

'When I went back to work, I relied on my Spanx magic pants which sucks the flab in and the fact that I was curvy in the right places.'

You can see why the producers of Paradox chose Tamzin to helm its team. As well as being evidently bankable - the show is going out in prime time against ITV1's I'm A Celebrity... Get Me Out of Here! - she is confident and sharp.

'She's a fantastic actress and one of the hardest working people I have ever known,' says producer Marcus Wilson, who appears to be smitten with his leading lady. 'She'd hold extra rehearsals in her dressing room at the start of the day and she is a great person to be around.'

Paradox, which started this week on BBC1, has an extraordinary premise. On one hand it is a simple police thriller with the detectives working against the clock. But on the other, the crimes they are working on have not yet happened.

In the show, clues to the crimes are sent to brooding astrophysicist Dr Christian King, (played by Emun Elliott, the 25-year-old Scot's first big TV role), from space via his satellite. Tamzin's character, Detective Inspector Rebecca Flint, and her team have to piece together the clues - a picture of a dead girl, another of a coffee cup, half the name of a place - to stop the crime from happening.



Tamzin returned to her role as Rose on The Fixer shortly after having daughter Florence

'At first, the team are all sceptical - and I think everyone who watches it will have a sceptical moment, at least until they start to think about the possibilities,' says Tamzin.

'It brings up all sorts of dilemmas; who to save, what to save, whose life

is more worthy than whose. It's quite a complex idea. If we solve the riddle, we are not just tempting fate, we are changing the future and questions arise over whether that is healthy.'

Paradox is a welcome diversion from the schedules which, these days, focus more on reality shows than on drama. And, with the BBC having cut £50million from its drama budget, it reflects just how much faith the Beeb has in her.

'I'm lucky that in this current climate I am doing similar standard stuff to what I have always done. We still make great drama,' she says.

All the actors have been optioned for a second series and, if the ratings are good, it is hoped there will be three series altogether.

Which means we will not be getting any big answers to the questions raised just yet.

'Even the actors don't know what's going to happen,' says producer Wilson. 'By the end of the first series we have an idea of where the images are coming from, but if we are commissioned to do two or three series, it is only then that you will find out who - or what - is sending them.'

As for Tamzin, she admits that if she had any control over time, she'd rather like it to stand still. She wants to have a sibling for Florence, but admits she doesn't know when she is going to have a moment - for as well as Paradox, she is playing the lead role in the musical Sweet Charity at London's Menier Chocolate Factory.

'I know my clock is ticking, but when I want to have another baby I know I am going to draw a line under my work for a while. I'm in the show until March and then there might be a new series of Paradox - I can't keep things still, but I hope they stop happening so quickly.'

• *Paradox* is on Tuesdays at 9pm on BBC1. Tickets for *Sweet Charity* from box office at the Menier Chocolate Factory, 020 7907 7060.

People:

[Tamzin Outhwaite](#),

[Ross Kemp](#),
[Leslie Ash](#),
[Martine McCutcheon](#),
[Melanie Griffith](#),
[Meg Ryan](#)

Places:

[London](#),
[America](#)

Comments (28)

[Newest](#)
[Oldest](#)
[Best rated](#)
[Worst rated](#)

[View all](#)

I was a svelte size 8 before both of my pregnancies but put on four stone with each of them due to pre-eclampsia. You have no idea what people are going through unless you are a close contact. It really angers me when the media portray pregnant women who put on a lot of weight as undisciplined. Tamsin looks fab and was sensible about her weight loss. I am now back to a size 8 but it took two years to get there. We need to be more supportive of women in this situation.

- jo, Glasgow, 28/11/2009 00:08

Click to rate Rating 22

[Report abuse](#)

I'm far from perfect, i just didn't have enough time to overeat after 2 kids because i was too busy. I never sit still.

- Karla Hilton, Wigan, England, 27/11/2009 22:12

Click to rate Rating 10

[Report abuse](#)

Do Saint Bella & Saint Karla not realise that all women are different, and that sometimes the circumstances aren't the same as their own? In the same way that it's not acceptable to assume that a very skinny woman is that way through excessive dieting, it's not acceptable to condemn women who don't have their baby weight evaporate after a few weeks either. Metabolisms differ, situations differ & it's pure arrogance to say "well I did it, so I can't understand why other people can't". Get over yourselves! Circumstances have been favourable for you, but if you have another child, they may not work in the same way & YOU could find yourself struggling to lose weight. Will you be as smug then...??

- Anon, London, 27/11/2009 22:10

Click to rate Rating 22

[Report abuse](#)

Tamsin Outhwaite says that she will not use botox or fillers but she used to have a large furrow between her eyebrows that's not there anymore-Magic!

- Sarah, Liverpool, UK, 27/11/2009 21:36

Click to rate Rating 8

[Report abuse](#)

Her man is hawt.

- Lucia, Mids, 27/11/2009 18:45

Click to rate Rating 21

[Report abuse](#)

Oh, if we could all be as perfect as Bella and Karla!

- Kate, England, 27/11/2009 14:39

Click to rate __ Rating 23

[Report abuse](#)

The views expressed in the contents above are those of our users and do not necessarily reflect the views of MailOnline.



[Headlines](#)
[Most Read](#)

- € [Jennifer Aniston slips into her underwear for her naughtiest role yet](#)
- € [Eyes on the road, boys! Amy Childs accentuates her assets in a traffic-stopping red dress](#)
- € ['Not at this time': Angelina Jolie rules out adopting another child as she arrives in Cannes](#)
- € [Long and short of it: Katie Price wears tiny shorts and over-the-knee boots on a night out with Leandro](#)
- € ['I refused to let Orlando go to the toilet while I was in labour, 'reveals new mum Miranda Kerr](#)
- € [The long and short of it: Eliza Doolittle flaunts an impressive pair of legs in a thigh-skimming dress at National Movie Awards](#)
- € [Gwyneth Paltrow takes the plunge in a daring black dress at the National Movie Awards](#)
- € [Trying to drop a hint, Christine? Ms Bleakley arrives at National Movie Awards in bridal-style white lace dress as she poses with Frank Lampard](#)
- € [The Apprentice 2011: Estate agent Alex Britez Cabral is second to be fired as the rows begin between candidates](#)
- € ['It's love', reveals Michelle Keegan as she talks about her romance with The Wanted's Max George](#)
- € ['It just didn't work': Fern Britton's Channel 4 teatime show is axed because it 'didn't cut through' with viewers](#)
- € [We can barely see you under all that hair! Cher Lloyd is swamped by her hair extensions... but makes sure her new tattoo can still be seen](#)
- € [You should know better! Lily Cole makes a fashion faux pas as she teams sheer white dress with black bra](#)
- € [Chanelle Hayes and Jack Tweed make their rekindled romance official with romantic beachside display](#)
- € [Not bad for an 18-year-old! Coronation Street's Brooke Vincent eyes up a £112,000 Mercedes as she shops for a new car](#)
- € [MORE HEADLINES](#)

- € [Jennifer Aniston slips into her underwear for her naughtiest role yet](#)
- € ['Not at this time': Angelina Jolie rules out adopting another child as she arrives in Cannes](#)
- € [Was this really appropriate? This Morning screen bizarre interview of woman with 'world's largest breasts](#)
- € [Trying to drop a hint, Christine? Ms Bleakley arrives at National Movie Awards in bridal-style white lace dress as she poses with Frank Lampard](#)
- € [Long and short of it: Katie Price wears tiny shorts and over-the-knee boots on a night out with Leandro](#)
- € [Eyes on the road, boys! Amy Childs accentuates her assets in a traffic-stopping red dress](#)
- € [No room to spare as Ice T's wife Coco models her new dress line for curvy women](#)
- € [We can barely see you under all that hair! Cher Lloyd is swamped by her hair extensions... but makes sure her new tattoo can still be seen](#)
- € [Je t'aime: Rachel McAdams and Michael Sheen make their red carpet debut as a couple in Cannes](#)
- € [Britney Spears looks back to her best in clinging bandage dress at charity event](#)
- € ['I had a panic attack': Shania Twain on the moment she confronted the best friend who 'stole' her husband](#)
- € [Well THAT outfit must have increased ratings! Gwyneth Paltrow takes the plunge in a daring black dress at the National Movie Awards](#)
- € ['I refused to let Orlando go to the toilet while I was in labour, 'reveals new mum Miranda Kerr](#)
- € ['It's love', reveals Michelle Keegan as she talks about her romance with The Wanted's Max George](#)
- € [Jessica Alba shows off her bump on the beach in Mexico as she enjoys a belated birthday break](#)

ε [MOST READ IN DETAIL](#)

Ads by Google:

[Royal Wedding June 19th](#) Victoria & Daniel Married! Wedding series, Chocolate, Gifts [www.sverigeonline.se](#)
[Kate Middleton](#) La nouvelle princesse de Galles : Toutes les infos en exclu ! [www.FemmeActuelle.fr/Kate-Middleton](#)
[Padmini Incense](#) 70 Exotic scents. Free shipping and holder on orders over \$60. [www.incensemania.com](#)
[Newspaper](#) International Herald Tribune Free 4 Week Trial Offer! [IHT.com](#)
[newspaper vending machine](#) payment with SMS/NFC mobile phone Krantenautomaat [www.krantenautomaat.nl](#)
[Photographe en Provence](#) Mariage, événementiel, portrait Pour que ce jour soit le plus beau [www.art-et-image.com](#)
[Daily Sports Signals](#) Receive Sports Signals Daily Become a smarter trader [www.daytradesports.com](#)
[Football Tips](#) 2.5 Goals Predictions 50% Bank Growth - Free Trial? [www.betgoal365.com](#)

Find this story at www.dailymail.co.uk/tvshowbiz/article-1231272/How-did-I-lose-baby-weight-Magic-pants-machine-zaps-fat-Tamzin-Outhwaite-reveals-diet-secrets.html

Published by Associated Newspapers Ltd

Part of the Daily Mail, The Mail on Sunday & Metro Media Group

© [Associated Newspapers Ltd](#)