



## 'Just don't give in': How hero paraplegic who underwent 13 brain operations learnt to walk again after being kicked out of rehab because he wasn't getting better fast enough

- Terry Mitropoulos was struck down after contracting a 'super bug' in hospital
- The virus left him crippled, blind, deaf, mute and clinging to life in hospital
- He was told his time was up and there were no more hours left for him at rehab
- Mr Mitropoulos is now walking from Adelaide to Melbourne in a show of strength

By [WAYNE FLOWER IN MELBOURNE FOR DAILY MAIL AUSTRALIA](#)  
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Terry Mitropoulos has been called all kinds of things since being told he would never walk again.

Amazing, inspiring, miraculous, brilliant.

He's never been called a quitter. No way, no how.

But as the 46-year old 'miracle man' walks from [Adelaide](#) to [Melbourne](#), he can't help but think about how people quit on him.

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Terry Mitropoulos was told he would never walk again. He was booted from rehab in a wheelchair after he ran out of allotted hours. Mr Mitropoulos says the system is broken

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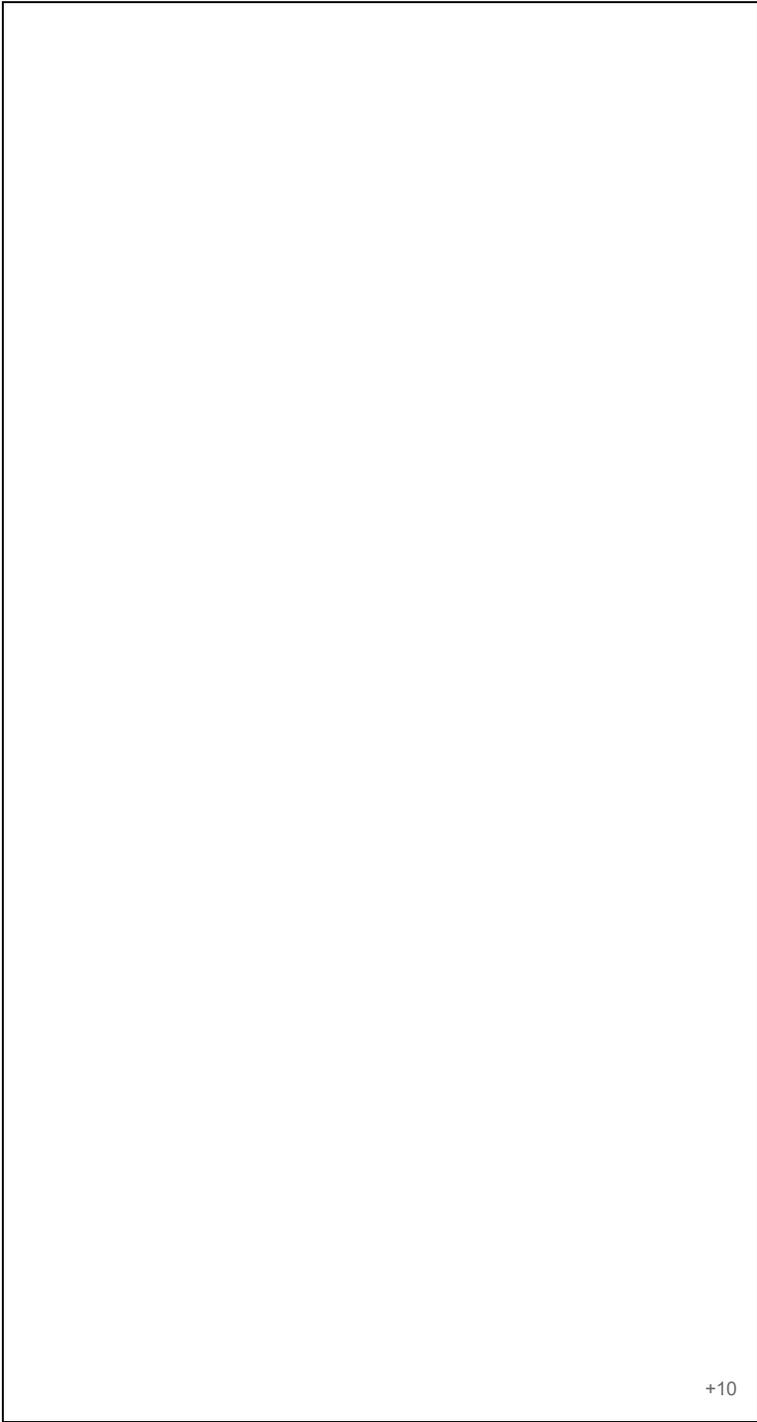
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Terry Mitropoulos in rehab. He left in a wheelchair after being told he would never walk again. He was walking within a little on six weeks after being forced to take matters into his own hands



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MTV Video Music Awards

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▶

## Terry Mitropoulos' brave recovery after his brain tumour is removed



If Mr Mitropoulos played by the rules of which Australia's health system said he must play, he would absolutely be laying flat on his back today with a nurse cleaning his backside.

Much has been written and said about how the former Greek businessman came to be walking across the country.

It's not a short story.

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The truncated version goes something like this:

Nine years ago Mr Mitropoulos was diagnosed with a brain tumour and given a five per cent chance of survival.

The father of two underwent 13 brain operations and had 72 different types of medication pumped into his body.

He caught a superbug in hospital that threatened to kill him.

When he became a guinea pig for a trial drug, things went from bad to horrendous.

While the drug killed the bug, it fried his central nervous system and left him a paraplegic.

Mr Mitropoulos lost his memory, hearing, sight and doctors told him he would never walk again.

After four years on his back, they were comfortable with that prognosis.

Born in the inner Melbourne suburb of Brunswick, where kids are built tough, Mr Mitropoulos was never going to accept he could not get better.

He remembers like it was yesterday - the day Australia's health system branded him a lost cause.

He had just finished another rehab session when a nurse broke the news that his file had been reviewed and his allocated number of rehab hours had expired.

Mr Mitropoulos had only been in rehab a little over a year when he was given his marching orders.

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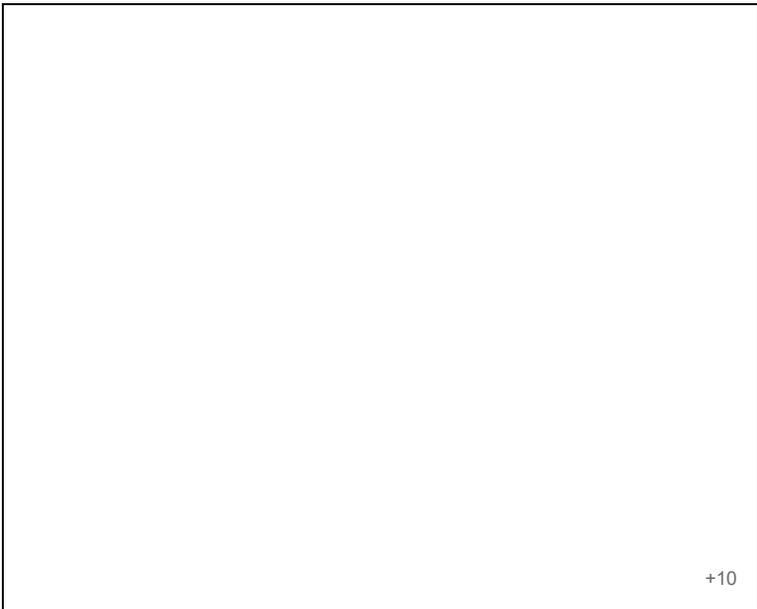
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Terry Mitropoulos was a complete wreck. Doctors had to cut open his brain 13 times. He developed a superbug which threatened to kill him. The remedy turned out to hurt more than the bug



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Terry Mitropoulos says he may only have half a brain, but he is smart enough to know the health system is not getting it right. He is trying to inspire people not to accept the fate others put upon them

MTV Video Music Awards

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'The most embarrassing thing I've seen'

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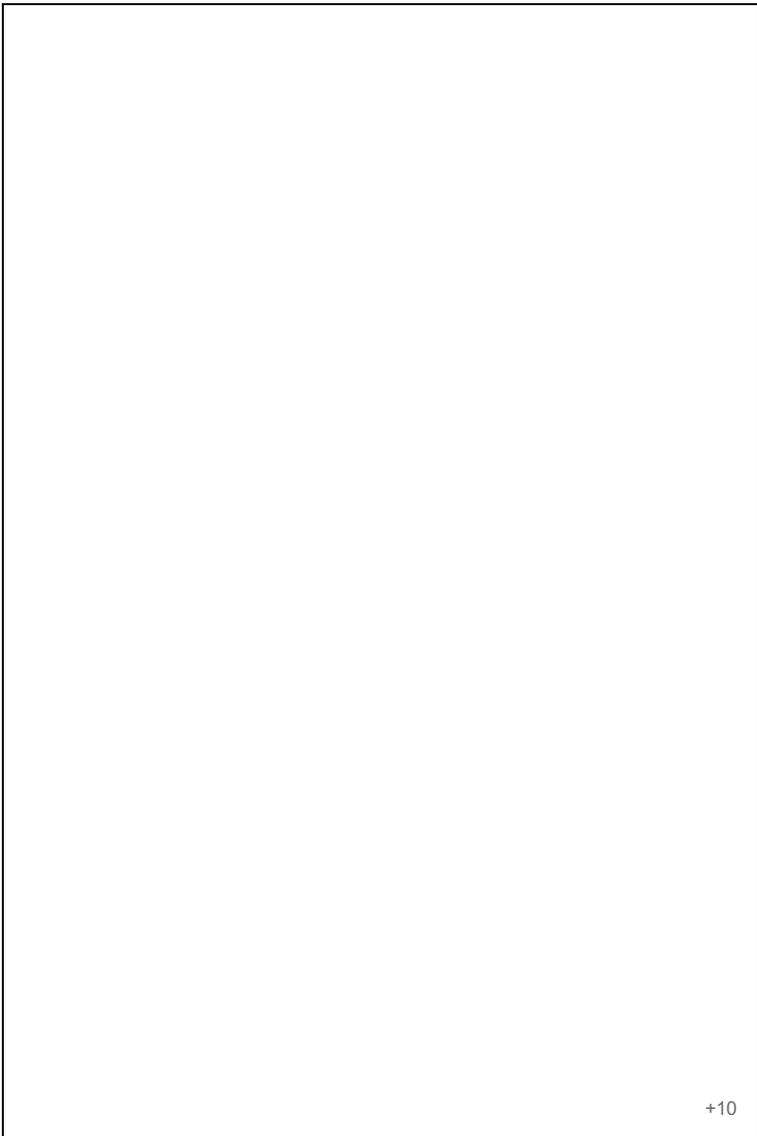
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**Die Hard: Terry Mitropoulos was determined to better himself. He was not going to go quietly into the night. He was going to live on. He was going to be the best he could be**

While staff were sympathetic, they told the devastated dad their hands were tied.

'I was quite shocked and after all that time I never knew that I was on a stop watch,' Mr Mitropoulos told Daily Mail Australia.

Near 200kms into his walk, the moment still touches what remains of any raw nerves left in his body.

'I was very disheartened. Absolutely, I was really disheartened. When you're told that this is it and you're told that you'll never walk again and you're doing your best in order to re-establish yourself - to be a father again and to be that loving husband, be that friend and to even by myself - to take that away from you?' he said.

'Why would you do that? Why would you do that to any soul? You don't do that sort of stuff. Support the person - the one that really wants to make a difference in their lives.'

Mr Mitropoulos said he could have understood it if he wasn't taking to the treatment and had given up the game.

'There are many out there that you give them your all and they don't appreciate it. But there are others, like myself, that all I wanted to do was regain as best as possible what I could be,' he said.

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Showing Matt what he's missing!

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Sent home in a wheelchair, Mr Mitropoulos was determined to surround himself with people who believed in him.

The long-time fight fan was watching a documentary on an Australian boxer when he was inspired by the fighter's strength and conditioning coach.

Mr Mitropoulos did his homework and compiled a list of potential coaches.

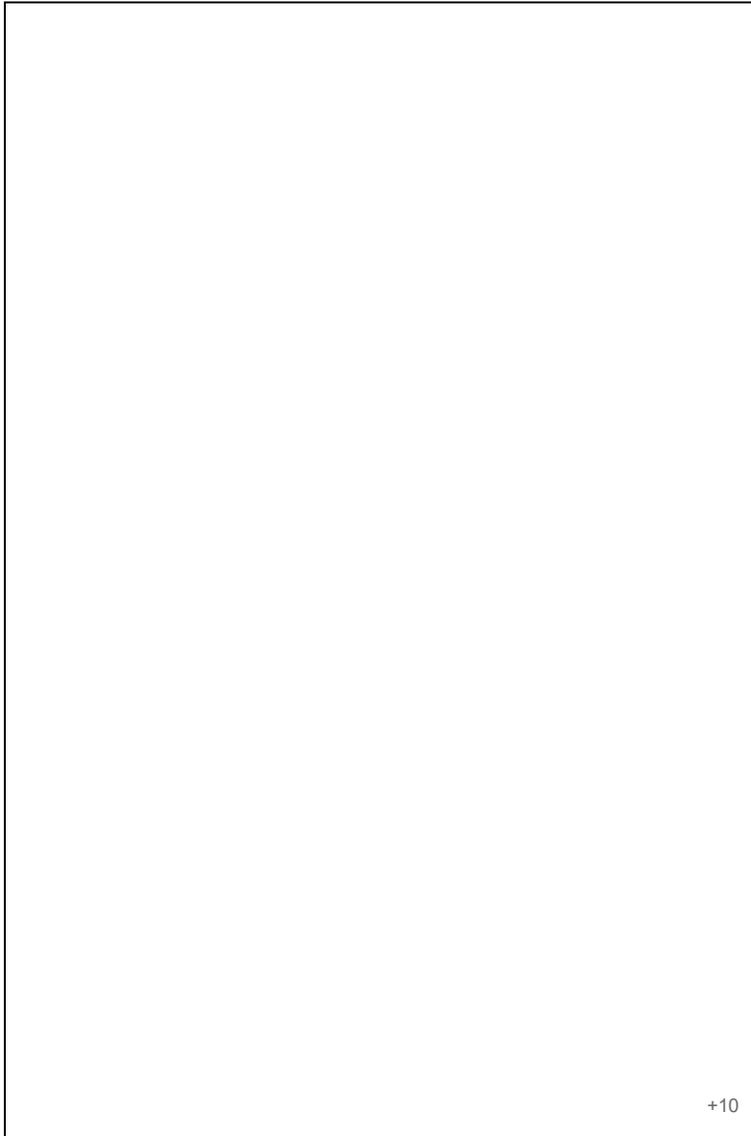
One stuck out.

Ben Siong had called himself 'the master of strengthening and conditioning'.

'I said: "I'm gonna test you champ",' Mr Mitropoulos said.

Asked what he wanted from his training, Mr Mitropoulos did not hesitate.

'I know I'm not going to be who I was once before. But what I do know is I can better myself,' he told the trainer. 'How far, I don't know. But what I do know: I am going to better myself.'



**Terry Mitropoulos before his world came crumbling down around him. A brain tumour cut him down and a superbug almost killed him. But it was Australia's health system that almost broke him**

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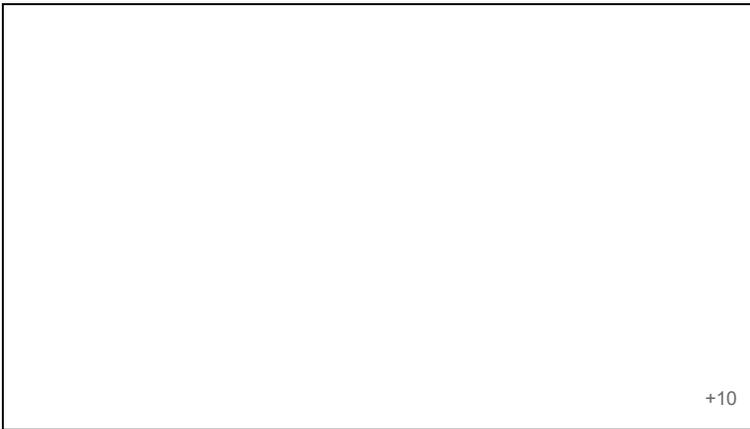
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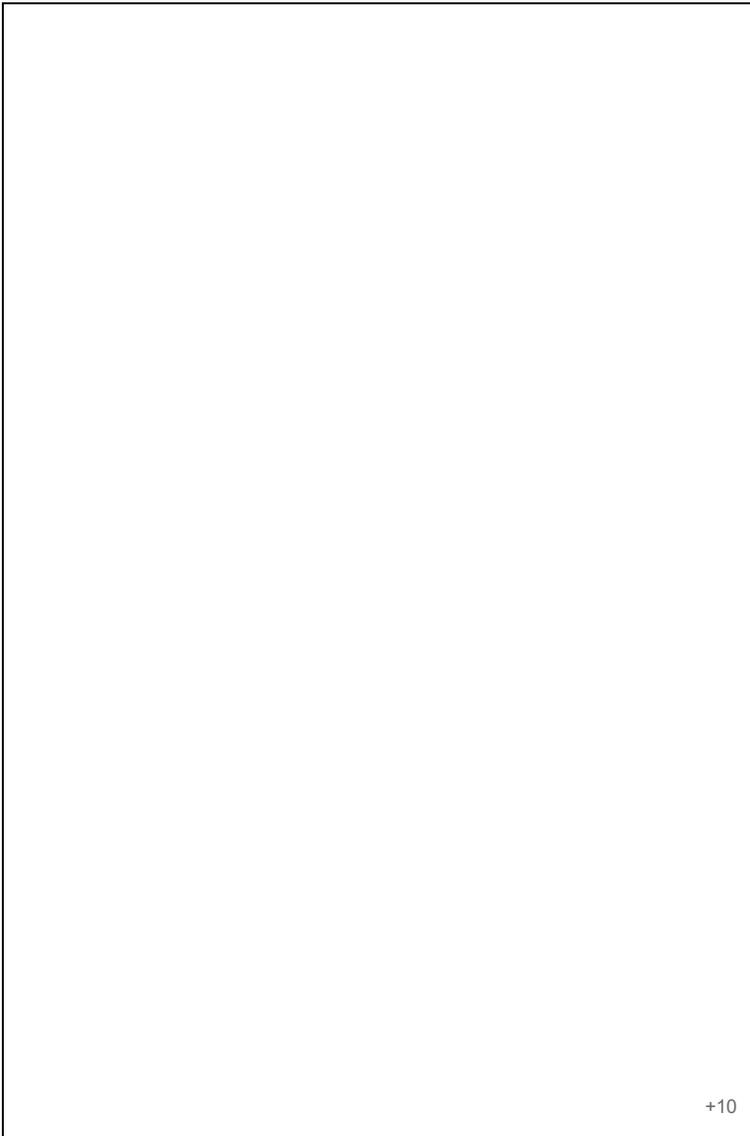
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Terry Mitropoulos and his trainer Ben Siong worked their guts out to make him walk again. Siong believed the father of two could do it and set about making it happen



Terry Mitropoulos put in the hard yards to get well. But he always intended to get well. He says the system that banished him from rehab is run by the book,

Unlike the rehab he had undertaken under the 'stop watch', Mr Mitropoulos said Siong could 'feel his hunger'.

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That's a narrow field

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▶Survivor Australia star David Genat reveals he 'didn't feel normal' and had to be put on a nutritional plan after losing 11 kilograms during filming  
'I was like a skeleton'

▶Blac Chyna copies Kylie Jenner's 22nd birthday look as she sports VERY SIMILAR pink feather mini dress on red carpet  
MTV Video Music Awards

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Amber's bump watch

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'Is that an "N" necklace?'

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MTV Video Music Awards

▶Halsey debuts rainbow hair while flaunting impressive figure in two edgy outfits  
MTV Video Music Awards

▶Alec and Hilaria Baldwin pack on the PDA at the 2019 US Open as they watch Serena Williams take on Maria Sharapova  
Forget the action on the court!

▶Jessica Chastain stuns in forest green-patterned gown and Mena Suvari pops in purple on the red carpet  
It: Chapter Two premiere

'He believed in me to the point that I believed in him. That's what I was looking for,' Mr Mitropoulos said.

The pair began extensive training - hard core training that pushed Mr Mitropoulos to his limits.

In less than two months, Mr Mitropoulos was walking about with nothing more than a stick.

Looking back, Mr Mitropoulos is sure he would never have walked again if he wasn't booted out of rehab by the Australian government.

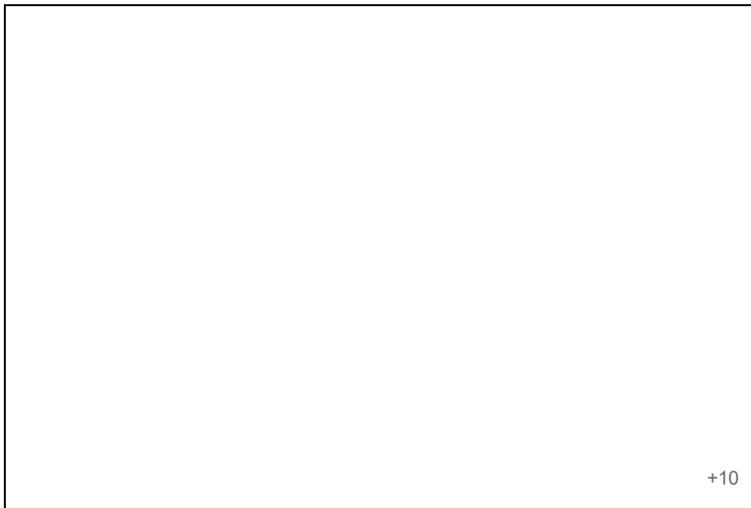
'Absolutely not. And that's sad. It's very sad,' he said.

It's exactly the reason why Mr Mitropoulos is walking more than 700km from Adelaide to Melbourne.

'To show the people, you just don't give in. If someone tells you you'll never walk again, it doesn't mean you're never going to walk again,' he said.

'You can find a way that you can walk. You can find a way that you can actually better yourself in a manner in which you're comfortable with yourself.

'From being as low as you can get, from being as dark as you can be, look at the light that I've been able to shine to not only myself, but to others. This is an example of the power of each other because without each other we have nothing, but when working together we can achieve from the impossible to the possible.'



**Terry Mitropoulos leaves Adelaide on his long walk to Melbourne. He defied the odds and is now inspiring others to follow his lead**

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End of an era

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Jess' latest mistake

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▶ [Lizzo rocks a sparkly swimsuit in front of giant thong-wearing derriere display as she urges self-love during a showstopping performance](#)  
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▶ [Cardi B is a red hot vixen in tiny costume as she celebrates first award of the night for Best Hip Hop](#)  
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▶ [Lindsey Vonn debuts her emerald engagement ring as she stuns in plunging LBD while joined by new fiancé P.K. Subban](#)



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**Terry Mitropoulos is given a helping hand as he makes his long journey. He has received many helping hands over the journey and believes that together people can make a difference**

Mr Mitropoulos is now inspiring others to restore their self belief while caught up in a health system that often throws them on the scrap heap.

He has already helped a man who was stuck in a nursing home with no arms and legs to walk again after making one phone call.

'I've got half a brain. My brain has been opened 13 times. My mental status is far from the average person. My IQ is nothing. But I had just enough in order to do some research, some homework for this person and from that one phone call I found this lovely lady that did this for him,' he said.

'And this is the rehab system that had all of the resources in order to accommodate him for his legs, but no, stupid Terry with no brain made one phone call and now he's got two prosthetic legs and he can just walk around where he needs to.'

Mr Mitropoulos said the system was broken.

'They're guided by a book. And when you're dealing with humanity you don't follow books. You follow by what you see ... because your needs could be so different from what the book states. If you follow by the book, which they do, man, it only gives you the alphabet.'

All money raised by Mr Mitropoulos from his walk will go to the YMCA and the Black Dog Institute, which helps in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

A **GoFundMe** page has been established.

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# Man spends five days alone with his head jammed in a stepladder because he was unable to reach the phone after falling while decorating his bathroom in France

The man in his 60s, who has not been identified, was at the top of the steps when he fell and his head got wedged in between two of its bars, at his home in Mattaincourt, northeastern France.

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Boris Johnson will pack the Lords with Brexiteers to tackle the imbalance in the Remain-packed upper chamber.

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Rousey's a Total Diva!

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## Militant animal rights activists break into abattoir and chain themselves to machinery saying they'll only leave if the sheep are given to a 'sanctuary' over

In the early hours of this morning, the anonymous group accessed the Forge Farm Meats building (pictured) in Tunbridge Wells and chained themselves to machinery.

**News**

## Disappointed Poldark viewers slam the finale as 'appalling' and 'confusing' - and say they're EXCITED for the BBC drama to be over

**Femail**

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Fabion 'Gucci' Kuci and Azem 'Ziro' Dajci brazenly filmed themselves inside prison cells at Wormwood Scrubs in west London where they are being held after admitting aggravated burglary.

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Well that's the baseline expectation, isn't it?

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▶ **Kristen Stewart shares a passionate kiss with writer Dylan Meyer while on a romantic afternoon date in LA**  
Stewart's new, new flame

▶ **Mila Kunis keeps it simple in Daisy Duke shorts and 'I love you to the moon and back' T-shirt in Los Angeles**  
Mila's low-key outing

▶ **Married At First Sight's Tamara Joy reveals bizarre proposition she received during Bali holiday with Jessika Power**  
'Maybe next time!'

▶ **Cara Delevingne showcases her sartorial flair in a sheer sequinned gown as she joins Orlando Bloom at Carnival Row premiere in Berlin**  
No VMAs for us!

▶ **Angelina Jolie, 44, admits she hasn't stopped 'ugly crying' since dropping son Maddox, 18, off at a college in South Korea for his freshman year**

▶ **Shahs Of Sunset star Lilly Ghalich's husband Dara Mir files for divorce after two years of marriage**  
It's OVER

▶ **Cardi B says she was 'nervous' to give Jennifer Lopez a lap dance while filming for Hustlers in an R-rated interview**  
That's one VIP lap

▶

Jennifer Lopez reveals she was told 'maid' roles were all she could get, that her bottom was 'really big' and that American Idol would ruin her career  
Lopez VS Hollywood

▶ Sarah Hyland proudly shows off her toned physique wearing a bikini top and matching skirt for a pool party with fiancé Wells Adams  
If you've got it!

▶ Kim Kardashian says many don't take her law school study seriously... after admitting she used to be 'embarrassingly obsessed' with fame  
Respect me!

#### ADVERTISEMENT

▶ Sophie Turner and Joe Jonas do some last-minute shopping at a vintage store in NYC before MTV's Video Music Awards  
That stuff isn't going anywhere, guys

▶ Kylie Minogue wows in a midnight blue midi dress as she rehearses with Strictly professionals on stage ahead of show's red carpet launch

▶ 'We've been trying to get her on the show for weeks!' Tom Gleisner throws shade at Lindsay Lohan during quiz show segment after the star cancelled her appearance on HYBPA

▶ 'I got gypped!' The Bachelor star Brooke Blurton reveals she would have preferred this year's star Matt Agnew over Nick 'Honey Badger' Cummins

▶ RHONJ's Kathy Wakile celebrates as her daughter Victoria says yes to boyfriend Teddy Kosmidis' proposal  
She said 'yes?!' after she said 'yes'

▶ Harry Styles reveals he once bit off part of his tongue after doing magic mushrooms as he poses for brooding photo shoot for Rolling Stone  
Harry's drug bender

▶ 'Finally got to do something touristy': Nicole Scherzinger takes time out of her busy AGT schedule to climb the Sydney Harbour Bridge at sunset

▶ Nina Dobrev ditches the crutches but is still wearing her foot brace after suffering an injury while on a mechanical bull at a tequila bar  
Nina's bull boot

▶ 'I might be going to kids parties': Aussie boxing champion Jeff Horn reveals he'd like a career as a magician when he retires from the ring



▶ **"You weak sook!"** This Time Next Year host Karl Stefanovic is mocked by grandma who the set powerlifting world record as she easily picks him up off the ground

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▶ **Nigella Lawson reveals** the 'face-saving magic' lotion that makes her look like she's 'slept 10 hours a night' - and it costs just £20

▶ **Reese Witherspoon** flaunts her toned figure in a black swimsuit as she enjoys a day at the beach in Malibu alongside six-year-old son Tennessee

▶ **Hilary Duff smiles** as she cuddles up to her golden retriever Izzy on National Dog Day... as Katy Perry and Sarah Hyland follow suit Lizzie's day goes to the dogs

▶ **Naomi Campbell** catches the eye in a red leather jumpsuit as she films new series Making The Cut in New York

▶ **Huge crowds watch** Daniel Craig's stunt double leap off a bridge and tear around a southern Italian town in vintage Aston Martin as he films new Bond film No Time to Die

▶ **TV identity breaks her** silence on rumours she's dating Jimmy Bartel - after the pair met at an AFL pre-game show Bartel's 'new squeeze' SPEAKS

▶ **Nathan Lyon's ex Mel** Waring takes a BRUTAL swipe at his girlfriend Emma McCarthy as she shares a photo with her two daughters She said WHAT?

EXCLUSIVE **Karl** Stefanovic's wife Jasmine Yarbrough fuels pregnancy rumours as she touches her tummy while out for a dog walk Jas' TOUCHING moment

▶ **Ryan Reynolds trolls** his pregnant wife Blake Lively on her 32nd birthday with the worst never-before-seen photos he can find Ryan captures the essence

▶ **Inside Travers** 'Candyman' Beynon's Bali holiday with his model daughter Lucianna and DJ son Poolside cocktails, fire breathing... and a trip to the candy shop

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▶ **Wayne Rooney heads** to training after furious



wife Coleen flew to Washington to demand he quit the U.S. and move back to UK after he was pictured partying with a woman

▶ 'I got massively blindsided!' Australian Survivor star David Genat is left in shock after being voted off the show at tribal council with an immunity idol

▶ How The Block's Jess Eva lost 10kg in two months: Reality star reveals the secret behind her body transformation  
How Jess broke the cycle

▶ Keeping it casual! Zara Tindall looks relaxed in a navy polo top and denim shorts as she steps out at the Wellington Horse Trials

▶ Heidi Klum struggles to get into a pair of jeans after 'eating too much pasta on her honeymoon' as she flashes her thong in hilarious video

▶ Selena Gomez channels her inner cowgirl as she poses up a storm with Kacey Musgraves backstage at the country star's gig

▶ Star Wars: The Rise Of Skywalker releases early footage as Rey wields a double red lightsaber and Darth Vader's presence is felt

▶ Jennifer Lopez 'hasn't really' planned her wedding yet FIVE months after A-Rod proposed as she admits she has pole danced for him: 'Oh, he loved it'

▶ Pregnant Natalie Imbruglia looks cheery as she highlights her growing baby bump in a clingy black dress at The Big Festival

▶ 'I'm branded!' The Veronicas singer Jessica Origliasso and boyfriend Kai Carlton get matching tattoos... as the couple prepare to celebrate their one-year anniversary

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▶ Is everything OK? The Block's El'ise breaks down in tears as she orders husband Matt to PULL the emergency lever on the work site  
Tensions are always high on The Block.

▶ 'I basically get paid to live my best life and rub it in your face': Big Brother star Tully Smyth struggles telling people she's an influencer because of the career's 'negative connotations'



▶ 'A fisherman had to come and carry me in my underpants!' Carrie Bickmore reveals she was left without her clothes after an unfortunate dip in the ocean before the Logies

▶ 'Why didn't I do this sooner?': Kim Kardashian admits she wasted time dating other men as she's interviewed by husband Kanye West in dazzling shoot for Vogue Arabia

▶ Australia's Got Talent star Ricki-Lee Coulter, 33, pairs a glamorous outfit with a pair of sneakers at wrap party... before being denied entry because the show's crew forgot IDs

▶ Mummy mode! Actress Pia Miller goes shopping with lookalike son Lennox, 13, in Bondi... amid her rumoured relationship with Hollywood talent agent Patrick Whitesell

▶ Chloe Sevigny passionately kisses mystery man on park bench in New York as she shows off new short hair

▶ Rod Stewart, 74, and Penny Lancaster, 48, enjoy a 'cuppa' and chill on lounge chairs in hilarious backstage snap from the rocker's gig in Minnesota

▶ Peaky Blinders fans are left 'in tears' as it's revealed Tommy Shelby adopted rival Alfie Salomon's dog Cyril after his death - as the hit BBC show returns for a fifth season

▶ 'It's not as good as people would imagine': Shaun Hampson reveals he was given a two-drink limit per day while stuck in the Jury Villa on Australian Survivor

▶ Greek goddess! Home and Away's Ada Nicodemou, 42, reveals her toned bikini body on European holiday with millionaire boyfriend Adam Rigby

▶ Bachelor in Paradise's Keira Maguire breaks her silence about her tense split with Jarrod Woodgate  
A steamy Bali hook-up, a broken bed and a drunken pub fight

▶ 'Another three years and I'll be 60!' The Block's Scott Cam is considering retirement... nine years after signing on as host of the renovation series

▶ Did someone say Taxi?! Manu Feildel appears slightly worse for wear as he stumbles



out of the Australia's  
Got Talent wrap party

▶ 'I want to sleep with  
Baby Spice but kill  
Ger!': Mel B makes  
explosive comments  
after THAT lesbian fling  
as she watches surprise  
proposal during Brutally  
Honest tour

▶ Nicole Richie  
commands attention in  
a paisley print maxi  
dress from her own  
brand as she enjoys a  
night out in New York  
with Naomi Campbell

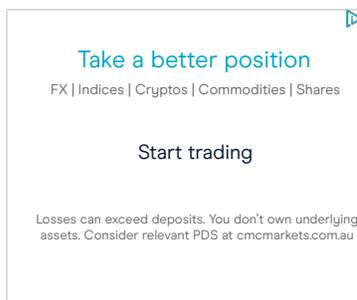
▶ Seeing double! Jackie  
'O' Henderson, 44, and  
her lookalike daughter  
Kitty, 8, enjoy a day out  
at Sydney's Bondi  
KIIS FM star Jackie 'O'  
Henderson was spotted  
enjoying time out.

▶ Pucker up! Nicole  
Scherzinger shows off  
her perfectly plump  
pout at Australia's Got  
Talent wrap party

▶ Gardening Australia's  
Costa Georgiadis  
reveals surprising  
reason he refuses to  
shave his scraggy  
beard  
Who knew!

▶ Australian Idol judge  
Ian 'Dicko' Dickson  
reveals Mariah Carey's  
outrageous backstage  
demands during a TV  
appearance  
Mariah's diva demands

▶ Victoria Beckham  
pokes fun at David  
Beckham's elaborate  
Versace shirt... as she  
gets her own back for  
his attack on her  
extravagant choice of  
boating attire



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#### MORE DON'T MISS

▶ Kaia Gerber looks  
effortlessly chic in a  
white crop top T-shirt  
and ripped jeans as she  
enjoys a spot of lunch  
in LA

▶ Keanu Reeves pays  
tribute to Bill and Ted's  
fictional band Wyld  
Stallyns as he returns to  
Los Angeles in bomber  
jacket dedicated to the  
group

▶ Revenge Body: Khloe  
Kardashian helps

**mother-daughter duo  
and bullied mom  
reshape their lives**

▶ **Mariah Carey 'signs  
lucrative £9million deal  
to take over from the  
Spice Girls to become  
the face of Walkers  
Crisps'**

▶ **Ariel Winter cuts a  
casual figure in a pink  
hoodie and VERY short  
denim hotpants as she  
steps out for a spot of  
shopping**

▶ **Neighbours star  
Melissa Bell speaks for  
the first time about  
finding love - three  
years after the death of  
her husband  
'I think if they'd met, they  
would have got along!'**

▶ **Justin Bieber is all  
smiles as he enjoys a  
shirtless hike through  
Runyon Canyon  
Justin Bieber spent his  
Sunday afternoon going  
on a shirtless hike in  
Runyon Canyon.**

▶ **KISS rock star Gene  
Simmons scarfs down a  
hot dog while hanging  
out with bandmate Paul  
Stanley for his 70th  
birthday**

▶ **Angelina Jolie dons a  
white dress while  
shopping with Pax and  
Shiloh after promoting  
new films at D23 Expo  
All in for a shopping spree**

**EXCLUSIVE Adam  
Goodes and his wife  
Natalie Croker head out  
for Sunday brunch with  
their baby daughter  
Adelaide  
Goodes day for it!**

▶ **The Bachelor's  
Rachael Arahill 'is  
desperate for fame' and  
'never even liked Matt  
Agnew', say friends  
'She only went on for the  
Instagram followers'**

▶ **At least it wasn't  
another sex scene!  
Channel Seven pushes  
the envelope AGAIN by  
airing a harrowing  
suicide montage during  
midday movie  
What about the children?**

▶ **Charlize Theron posts  
a rare photo of her  
transgender daughter  
Jackson as they enjoy a  
day of apple picking  
while on vacation  
How do you like them  
apples?**

▶ **Jodi Anasta flaunts  
her slender frame in a  
strapless dress at a  
single launch... after  
taking a break from  
Neighbours due to  
'exhaustion'  
Let's party!**

▶ **'To this day I will never  
understand why': The  
REAL reason Acropolis  
Now was cancelled by  
Channel Seven despite**



being the 'most popular show in Australia'  
REVEALED

▶ Tom Arnold is seen with his kids Jax and Quinn for the first time since reports his estranged wife Ashley Arnold had cops perform a welfare check  
We're doing fine!

▶ Why the Australian cricket WAGs are still loyal to Nathan Lyon's ex-partner Mel Waring... as his new girlfriend divides opinion among the wives  
The WAGs have spoken!

▶ Bonnie Anderson poses with her new boyfriend at the launch of her latest single... after admitting to lying to police to protect her drug-using ex-partner  
Back on top!

▶ Kim Kardashian call three-month-old son Psalm 'the best baby' as she cuddles up to her youngest on social  
Sorry, North and Saint!

▶ Jennifer Lopez rocks a retro black pleated pants during dinner with fiancé Alex Rodriguez and friends in West Hollywood  
WeHo's hottest

▶ Channel 10's new 'crude and unfunny' Saturday Night Rove delivers a measly 244,000 metro viewers... falling well behind 9Gem and the ABC  
Rove doesn't rate!

▶ The Wiggles' modern romance: Footage shows Lachlan Gillespie's 'new girlfriend' Dana Stephensen on set with his ex-wife Emma  
Unfriendly competition?

▶ AGT host Ricki-Lee Coulter, 33, reveals why she bluntly shuts down talk of having babies with husband Richard Harrison  
'There's nothing to talk about'

▶ 'Before the babies!' Rebecca Judd has hardly aged a day as she poses with friend Laura Dundovic in a throwback snap from her first pregnancy  
Spot the difference?

▶ Kim Kardashian's ex-boyfriend Ray J is expecting his second child with wife Princess Love  
Ray J baby!

EXCLUSIVE Cyrell Paule and Eden Dally shock neighbours by putting up their Christmas Tree in August - as they settle into their \$2.9M home  
'It's a bit early!'

▶ Heidi Klum puts on a leggy display as she saunters through the streets of New York donning short floral dress



Long legs in the Big Apple

▶ Jenna Dewan passionately kisses boyfriend Steve Kazee during visit to the farmer's market with her daughter Everly  
Off the market!

▶ 'The truth will come out': New details on Nadia and Jimmy Bartel's shock split emerge... as the WAG prepares to tell all in a sit-down interview  
Cashing in on the spilt?

▶ Sir Cliff Richard reveals he has spent £4.5MILLION trying to clear his name after historic sexual assault claims against him were dropped  
Cliff's uphill climb

▶ Nathan Lyon's ex Mel Waring was 'gutted' to see photos of the cricketer's new girlfriend Emma McCarthy trying on wedding dresses  
Mel's in a spin

▶ The Block bombshell: Andy Saunders is a paid actor and DANCER who is 'fishing for a role on a drama series'  
Don't dance around the truth!

▶ Baby on board! Married At First Sight's pregnant Cyrell Paule flaunts her bump in bodycon dress for lunch with Eden Dally and his family in Sydney  
Lunch for three

▶ Jarrod Woodgate hits out at ex Keira Maguire in a cryptic post after she claimed he 'ghosted' her following a pub fight that ended their relationship  
'She never learns!'

▶ David Beckham shares a smooch with wife Victoria as the family soak up the sun on Elton John's yacht in the South of France  
A quick Posh peck

▶ Married at First Sight is CLEARED by media watchdog ACMA after it was flooded with complaints over 'excessive drinking', 'F-bombs' and 'abuse'  
All good in the end

▶ MAFS star Mike Gunner's girlfriend is trolled over her wardrobe malfunction... as he's compared to Heston Blumenthal for wearing glasses  
'That's a chicken fillet!'

▶ Miley Cyrus and Liam Hemsworth have 'barely spoken' since they separated as it's claimed she was 'disappointed' he filed for divorce so quickly  
'No turning back'

▶ Teresa Giudice strips down to her bikini for a lavish summer vacation in Mykonos... as husband Joe faces deportation in the US  
The gift of Giudice



▶ **Vanderpump Rules'**  
Kristen Doute confirms  
castmate Jax Taylor  
blocked her on social  
media  
'Why? NO CLUE'

▶ **Kim Kardashian looks  
radiant in white as she  
plays the pastor's wife  
at Kanye's memorial  
Sunday service in  
Dayton, Ohio**  
Pastor wants a wife!

▶ **Taylor Swift blasts  
Scott Borchetta for  
selling her music to  
'bully' Scooter Braun**  
'He has 300 million  
reasons to conveniently  
forget those  
conversations'

▶ **Sofia Richie  
commands attention in  
a pink catsuit as she is  
treated to a six-tier cake  
at her 21st birthday  
party with Scott Disick,  
36, in Las Vegas**  
Inside Sofia's birthday

▶ **Dem Franchize Boyz  
rapper Gerald 'Buddie'  
Tiller dies after battling  
cancer confirms  
Jermaine Dupri**  
Tragic news

▶ **Emma Watkins insists  
she is still 'best friends'  
with ex-husband Lachy  
Gillespie - despite  
reports of his 'on-set  
romance with ballerina  
Dana Stephensen'**  
Moving on... together!

▶ **Schappelle Corby  
completes the 10km  
Bridge to Brisbane  
charity run... but  
displays no sign of a  
baby bump despite  
pregnancy rumours**  
Nothing to declare!

▶ **Dwayne 'The Rock'  
Johnson's co-star Emily  
Blunt reveals why she  
DIDN'T go to his  
wedding - despite being  
invited**  
To be Blunt!

▶ **Vin Diesel welcomes  
brother of late Paul  
Walker to set of Fast &  
Furious 9: 'Always  
making Pablo proud!'**  
Walk on!

▶ **Kelly Ripa and  
husband Mark  
Consuelos shed happy  
tears as they send  
daughter Lola off to  
college**  
No admissions scandals  
here?

▶ **Bachelor reject Vakoo  
Kauapirura flaunts her  
cleavage and toned  
tummy in a bra and G-  
string briefs as she  
poses for Natalie  
Roser's lingerie line**  
Naughtier pics within!

▶ **Is long-time ACA host  
Tracy Grimshaw  
heading to 2GB? Ben  
Fordham is tipped to  
take over her role on the  
current affairs show**  
Doing the swap?

▶ **Ready Steady Cook's  
Peter Everett reveals**



the REAL reason  
Channel 10 axed him  
Big egos, feuds with  
Manu Feildel and  
'absolute rubbish' rumours

▶ Ed Sheeran is hit by  
claims he's 'in the habit  
of stealing other artists'  
songs'... after pop star's  
royalties are FROZEN  
Sheeran's stolen  
success?

▶ Pete Evans treats  
himself to an organic  
clay face mask as he  
struts shirtless around  
his new suburban  
mansion  
Looking after the  
moneymaker!

▶ Jennifer Lopez wows  
in head-to-toe leather  
while Cardi B puts on a  
show in skintight yellow  
at Hustlers event  
Hardly leather weather in  
LA?

▶ 'All the girls in the  
house would joke about  
it': The Bachelor's  
Rachael Arahill breaks  
her silence after her  
'secret romance' with a  
male producer  
My night withOUT Matt

▶ Johnny Galecki hints  
he may be head back to  
TV to reprise his role as  
David Healy on the  
Roseanne spin-off The  
Connors  
Revenge of the Nerd!

▶ 'There are times she  
doesn't remember who I  
am': I'm A Celebrity's  
Richard Reid reveals his  
mother's heartbreaking  
dementia battle  
Richard's heartbreaking  
battle

▶ Bachelor girls Rachael  
Arahill and Vakoo  
Kauapirura are spotted  
kissing after 'finding  
love' with each other in  
the mansion - and  
producers had no idea  
The ultimate revenge!

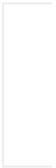
▶ Jennifer Garner sends  
a message as she  
sports Better Together t-  
shirt while dropping in  
on ex Ben Affleck  
She said it!

▶ Khloe Kardashian is a  
vision in a skintight  
ruched dress as she  
steps out solo for lavish  
lunch in Beverly Hills  
Borrowed Nan's  
sunglasses?

▶ 'It's the skinniest I'd  
been since age 18!'  
Australian Survivor's  
ousted contestant AFL  
star Shaun Hampson  
dropped 11 kilos on the  
show's rations  
Shaun's skinny dip

▶ Chloe Ferry and Jack  
Fincham spark romance  
rumours as they get  
cosy during a wild  
holiday in Ibiza  
It's on!

▶ Osher Günsberg and  
wife Audrey Griffen  
welcome their first child  
together... and reveal  
his very unusual name



'We are in love and drowning in gratitude and new baby smell'

▶ **Model Megan Gale reveals how she kept partner Shaun Hampson's appearance on Australian Survivor a secret from their friends**  
'People thought we had split up!'

▶ **Heidi Klum proves she's still supermodel material while strutting around New York City in fashionable looks with Naomi Campbell**  
Once a model, always a model

▶ **Reese Witherspoon, 43, and her talent agent husband Jim Toth take their adorable French bulldog out for a walk in Malibu**  
Slip, stop, slap!

▶ **MAFS' Cyrell Paule's family is desperate for Love Island star boyfriend Eden Dally to propose so their child isn't born out of wedlock**  
Shotgun wedding!

▶ **Why Star Wars fans are losing it over a new twist revealed in the trailer for Rise Of Skywalker**  
'A RED lightsaber?'

▶ **The Bachelor SPOILER: One contestant 'snuck out of the mansion and spent the night with Matt Agnew'**  
Will you take this room key?

▶ **50 Cent continues feud with Wendy Williams calling her a 'monster' and an 'ugly mother f\*\*\*\*\*' on Instagram**  
'There's a monster on your shoulder!'

▶ **Brooklyn Beckham, 20, shows he's morphing into father David, 44, as pair flash their numerous tattoos on Sir Elton John's yacht**  
Ink it like Beckham

▶ **Sofia Richie is a bikini-clad bombshell as she kicks off her 21st birthday with Scott Disick and friends in Las Vegas**

▶ **'My prince': RHOC's Kelly Dodd makes her new romance with Fox News reporter Rick Leventhal Instagram official**  
It's (Insta) official!

▶ **Ariana Grande admits she is 'nervous and overwhelmed' as she takes to the stage at Manchester Pride in first visit to the city since 2017 bombing**  
Back to the darkest day

▶ **Binky Felstead reveals she's moving in with her new businessman beau Max Fredrik Darnton after a whirlwind eight-month romance**  
A year after JP



▶ **Alessandra Ambrosio** turns up the heat in a tie-dye print swimsuit as she enjoys a steamy PDA session with boyfriend **Nicolo Oddi** in **Santa Monica**  
Santa Monica moment

▶ **The Bachelor girls'** Bali nightmare: **Matt Agnew's** suitress hospitalised in Kuta as group of stars from the show swap the mansion for party island

▶ **Billy Vincent** hits co-star **Mike Gunner** with a hook nearly hard enough to knock his head taff off as he destroys him in a charity boxing match  
Married at first FIGHT!

▶ **Purple Wiggle Lachlan Gillespie** 'finds love with ballerina **Dana Stephensen**' - after meeting on set of kids' TV show ... alongside ex-wife **Emma Watkins**  
Lachlan's new love?

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	<b>ASK THE GP: What's the cause of my sore, cracked tongue? Dr Martin Scurr answers your health questions</b>
	What to toss in your salad... and what to toss OUT! You've made a healthy lunch - so why use a dressing with...
	<b>Union boss who is bringing misery to 450,000 BA passengers is pictured heading off on the HOLIDAY of a...</b>
	Graffiti yob upsets the Queen by daubing 'HELCH' in 60ft white letters on viaduct near Windsor Castle - but...
	<b>Mother of girl, 16, who left a cryptic 'help me' note before taking her own life says she still 'hears her...</b>
	Finsbury Park mosque terrorist 'batters Muslim paedophile in jail attack while shouting '***** Allahu...
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	Bank HOTTER Day! Britain faces 93F roasting today as heat rises AGAIN after yesterday's record 91.9F.....
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	There's Notting left on the streets! Carnival clean-up crews swarm through west London to tidy up mounds of...
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**The PR Mad Man who made Maggie: Cocaine, bizarre sexual exhibitionism and 80 cigarettes every 20-hour day...**



Phone masts the size of Nelson's column will be installed in England's most remote regions as part of...



**MTV Video Music Awards best dressed! Taylor Swift leads the red carpet style in leggy look...alongside...**



2019 MTV Video Music Awards: Miley Cyrus unveils new tattoo while performing break-up track Slide Away after...



**'No one knows her so they held up a sign': Tammy Hembrow mocked by fans as her red carpet moment at the MTV...**



French Montana is accused of staring at Allison Brie's chest as they presented during the MTV VMAs: 'He...



**Taylor Swift gets political at MTV VMAs: Singer calls out the White House over Equality Act during...**



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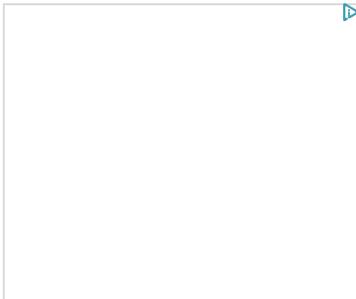
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