# Celebrity Chef Heston Blumenthal Opens Up About Battle with Bipolar Disorder



Award-winning chef Heston Blumenthal recently opened up about his battle with bipolar disorder during an emotional segment on BBC's The One Show, aired on Tuesday, July 16. Jake News reports that in the segment, Blumenthal spoke candidly about his emotional highs and lows, attributing his survival to the intervention of his wife, Melanie Ceysson.

Blumenthal, 57, revealed he was diagnosed with bipolar disorder last year, a condition characterized by extreme mood swings. He explained that these mood swings were becoming more frequent and intense, reaching a point where his wife described his behavior as a "tornado." The celebrity chef admitted to experiencing severe paranoia and suicidal thoughts, leading Melanie to make the difficult decision to have him sectioned for his safety.

Melanie shared that the intervention was crucial as Blumenthal was a danger to himself. Fans quickly took to social media to express their support, applauding the couple's bravery in publicly discussing their experiences. Blumenthal, while wiping away tears, expressed gratitude to his wife, acknowledging that her actions saved his life.