



## DISORDERED EATING AND EATING ISSUES

Do you ...

Think about food, weight, appearance most of the time?

Feel bad or guilty after eating?

Panic if you can't exercise?

Have an intense fear of gaining weight or becoming fat?

Keep your fears and feelings about food and weight to yourself because you don't think others will understand?

Would like to be able to eat without gaining weight but afraid it's not possible?

These are some of the thoughts that may occur if you are struggling with emotional eating, body image issues, or eating disorders. You *can* recover from an eating disorder with the appropriate information, support, and counseling. The feeling of freeing oneself of the negative food and body thoughts is possible and is worth the effort. Early intervention is best. However, it's never too late to start. But where can you find someone who cares and understands? The first step is to talk with someone and to be evaluated by an expert in the field.

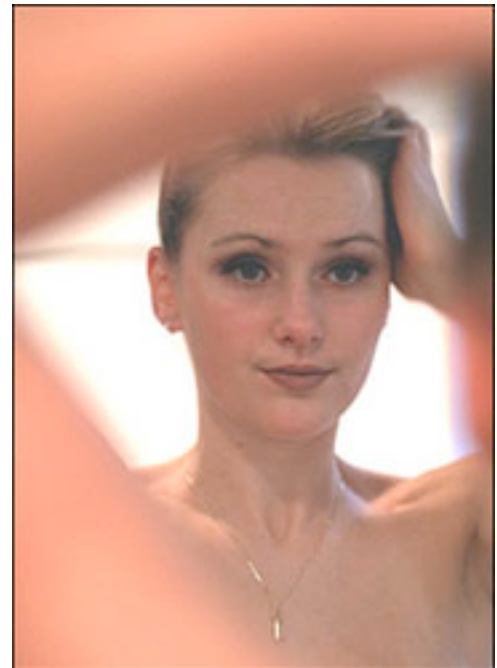
### **Bodyfuel, Inc. Approach to Eating Disorders**

You will be working in steps to achieve your personal nutrition and life goals. This is not a diet! You will not be forced food or use extreme restriction. As a nutrition consultant treating eating disorders, Sally Berry Brown works with clients individually seeking their personal goals and needs for recovery. Treatment is highly individualized and deals with weight issues, food issues, behavioral change, and emotional issues related to food. Meal plans are individualized, dynamic, flexible, and constantly changing. Nutrition counseling includes education on food issues, metabolism, body image, self-care, exercise, stress relief, among other topics related to food issues. Success is determined by commitment, involvement, and communication. Information exchange between client and nutritional consultant is strictly confidential.

There will individual goals to work on. Your input and honesty into food goals is very important. Food and exercise journals, questionnaires, assignments are part of the treatment. Compliance to assignment is critical in the recovery process. Family or friend and group involvement can be a powerful tool in the recovery process and is highly encouraged.

### **As I see it**

In general, I find that a lot can be accomplished with learning what did *not* work in the past. Moving, changing jobs, and other transitions can be stressful and often trigger relapse. I understand that you most likely know a lot about nutrition calories and facts. I will get information to see where you are in recovery and help you get control of food, weight and body image issues. This is not just "meal plan" work ... although I will give you some structured guidance to follow.





I typically work with clients in "mini-experiments" to help them learn how to decrease the focus on food, feel more energy, feel strong, and know what choices work best for them. I also look at any exercise focus and how that fits in the picture. I like to communicate and work closely with your therapist or other professionals on your team. I have a pretty good connections with those in our community that I believe have shown the most successful recovery.

Sally Berry Brown MA RD CSSD