

Chapter 1 : The Eating Disorders Sourcebook : Carolyn Costin :

Whether you are living with an eating disorder or you are a loved one or professional helping someone who is, The Eating Disorder Sourcebook will help you: Recognize and identify eating disorders Discover and work with the underlying causes of an eating disorder.

Visit the Inaugural Online Conference Page to view the webinars! Eating Disorder Articles Anorexia kills people. In fact, this disease enjoys the highest fatality rate of any psychiatric disorder. In the case of a celebrity death, the media provides coverage. Perhaps the first recognized case was that of Karen Carpenter in the early 80s. An anorexic who relied on ipecac for vomiting, she died of heart failure. Years later, she was followed by Christina Renee Henrich, a world-class gymnast who died in Female Athlete Triad Syndrome is a dangerous illness that can cause women who are extreme in their sports to have lifelong health concerns. Major life changes can be a trigger to those fighting an eating disorder. Beginning college is no exception. The young man or woman is leaving home, friends and family to venture off into the unknown. College can be challenging and difficult for all students, but more so for others. This progression into adulthood is often a significant life altering event, and college can sadly trigger or lead to an eating disorder. This is not an accurate assumption. Eating disorders are prevalent in many different cultures and have been for a long time. This just continues to prove there are no barriers when it comes to eating disorders. Males, females, Caucasians, African Americans, Asian Americans, Mexican Americans and other ethnic minorities all can struggle with eating disorders. There is no such thing as the perfect dancer. Female ballet dancers work very hard at their craft but often find themselves in the throes of an eating disorder. Ballet dancers have long been known to develop eating disorders, and this can, to a degree, be understood because the dancer stands in front of a large mirror during practice and compares herself to all of her peers. In addition, it does not help that the industry of ballet dancing is extremely obsessed with weight. Is vegetarianism contributing to eating disorders? Currently, just about five percent of Americans define themselves as a vegetarian a person who removes meat and animal products from their diet. Vegetarianism is much more prevalent for those who struggle with eating disorders. About half of the patients fighting an eating disorder practice some form of vegetarian diet. In addressing the many medical complications of an eating disorder, the more urgent concerns typically take priority, such as undernourishment or an unstable heartbeat. Bone loss, or osteoporosis, is a silent but debilitating condition that commonly impacts women with eating disorders, such as Anorexia Nervosa. If you or a loved one is struggling with an eating disorder, read this article to learn more about ways you can prevent and treat bone density loss and eating disorders With the mass amount of misguided information about eating disorders, it is common for these serious illnesses to be misunderstood, oversimplified, or greatly generalized. The truth of the matter is that Eating Disorders are complex diseases caused by a multitude of factors. Men or women who struggle with an eating disorder have a serious mental illness with potentially life-threatening consequences. Understanding the implications of eating disorders can help increase awareness about ways to get help. Read this article to learn the myths vs. In the rapid evolution of our society today, advances in technology have dictated the course of human interactions. The way we interface with one another is largely hinged on the capacities that have developed throughout the years. Face-to-face connections are often pushed aside for text messaging, emails, and the like. What has been lost and sacrificed in the name of convenience and expediency? The media can be a culprit for generating images that falsify the reality of human bodies, but what drives an individual to idealize the representation of body perfection? As scientists unfold the blueprint of our genetic make-up, it is evident that both environment and genetics play an integral role in the formation of body image. While the transition to college is an exciting time for young adults, full of opportunities for independence and self-discovery, it also comes with an array of stressors. Learn about how college life and especially as an athlete can put people at risk for eating disorders. This is when most of us can find ourselves even more focused on body image and hear our ED talking loudest to us. For individuals struggling with an eating disorder spurred from pressures or dysfunctions in their family, this summer break readjustment is exacerbated. For most, home is a loving and safe environment. However,

for some, home may have been different. In the treatment of eating disorders, mirror neurons play an interesting role. Often those with a disorder such as anorexia tend to experience rigidity and inflexibility in their thoughts and actions. The way they conduct their lives is often through a very black and white perspective. This is particularly evident in their perceptions of food and food consumption. There is a close relationship between anxiety and all types of eating disorders. Eating disorders have the highest mortality rate of any mental illness, which is why treatment is often so critical. In eating disorder treatment, those with anorexia, bulimia or binge eating disorder are given the tools and skills to get well. These strategies are designed to help them cope with uncomfortable feelings or distress; they are intended to replace the need for the eating disorder and prevent a relapse. Because the truth is, an eating disorder is an unhealthy, maladaptive coping technique. Anyone, from a princess to a pauper, can fall victim to these life-altering and life-threatening mental illnesses. Friends, relatives, lovers, acquaintances—even celebrities, the people we admire as stars, the most powerful, or the most beautiful among us, are or have been afflicted. Back then, there was only one treatment center in my area that provided hospital based care and no outpatient therapists existed that were trained in ED. Is it possible to both attend college while receiving treatment for an eating disorder? Your loved one cannot be in a position to communicate effectively with you until that stabilization and maintenance have occurred. After that stabilization of eating patterns occurs, the real family work can develop. It is important to recognize that your loved one still needs patience from you as they continue to learn how to communicate their emotions in a healthy way. As a marriage and family therapist, I have treated numerous families where a son or daughter is recovering from these debilitating disorders. Moms and Dads and brothers and sisters are on the front lines with the one struggling to recover from anorexia or bulimia. They are also vital members of the treatment team whose support is crucial in helping someone fully recover from their eating disorder. And one thing I reiterate to all of the families I work with during counseling is that no one is to blame for the disorder but everyone can assist in the recovery. Most eating disorders are anathema to those who do not have one, but certain food-related illnesses are particularly alarming and baffling to the public at large. PICA is certainly one of them. This led me to wonder- how hard must mindfulness be for those that look toward these holidays with dread rather than joyous anticipation? While there are many reasons that the holiday season is challenging for people, for the purposes of this article, I will focus on those individuals whose difficulty around the holidays is related to their eating disorders. We all have well learned that while there is excitement about being with family and friends during the Holiday season, there is also a certain amount of stress. The holidays can be a stressful time for anyone, regardless of whether an eating disorder is involved in your life. Commonly, there are plans to be made, family members and loved ones to visit with, parties and social gatherings to attend, gifts to buy, meals to make, and often inundation with food. Thyroid problems are extremely common population-wide and are an issue for some in recovery from eating disorders as well. However, the type of dysfunction that occurs in the general population and those with a history of an eating disorder are not usually the same.

Chapter 2 : Eating Disorders: A Reference Sourcebook - Google Books

This book provides a compassionate and comprehensive look at this potentially fatal disorder through a multidimensional approach that incorporates nutritional, psychological, and biochemical aspects. Costin addresses questions about the cause, treatment, and prevention of anorexia nervosa, bulimia.

Chapter 3 : McGraw-Hill Education

The Eating Disorder Sourcebook / Edition 3 Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions these disorders can be devastating, but they are in no way unbeatable.

Chapter 4 : The Eating Disorder Sourcebook - Carolyn Costin - Google Books

DOWNLOAD PDF THE EATING DISORDER SOURCEBOOK

The insidious nature of an eating disorder makes it difficult to treat. The results can be malnutrition, starvation, and in some cases death. This book is for patients, professionals, and families who suspect, or know, that an eating disorder is affecting their lives

Chapter 5 : The Eating Disorder Sourcebook Monte Nido

Costin addresses questions about the cause, treatment, and prevention of anorexia nervosa, bulimia, binge eating disorder, and activity disorder. Patients, families, and professionals may avail themselves of up-to-date information on treatment programs, family.

Chapter 6 : Eating Disorders: Symptoms, Signs, Causes & Articles For Treatment Help

Get this from a library! The eating disorder sourcebook: a comprehensive guide to the causes, treatments, and prevention of eating disorders. [Carolyn Costin] -- Anorexia, bulimia, binge eating, exercise addictions these disorders can be devastating, but they are in no way unbeatable.

Chapter 7 : The eating disorder sourcebook (Book,) [blog.quintoapp.com]

Get this from a library! The eating disorder sourcebook. [Carolyn Costin] -- Provides information on how to recognize what qualifies as an eating disorder, typical symptoms of the various disorders, and possible underlying causes and treatment options.