



What's Eating You?

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This is dedicated for all who struggle with an eating disorder or care for someone who does. You are not alone.

OVERWHELMING. UNBEARABLE. HOPELESS. This is what it is like to have an eating disorder. The most commonly recognized categories of disordered eating are anorexia nervosa, bulimia nervosa, and binge eating disorder. Disordered eating comes in many degrees and nuances. A person can fall anywhere within the spectrum of a preoccupation with eating all the way to a clinical diagnosis of an eating disorder. To see that there is an unhealthy behavior going on is a powerful first step. The next step is terribly hard; admitting to the need for help and then... getting help. The last step on the road to a successful victory over disordered eating is using the tools provided.

Courage. Trust. Responsibility. This is what it takes to conquer disordered eating. Success is in these characteristics. The beauty is that anyone and everyone have the power and ability to practice these traits. For any person who has an eating disorder, being courageous means humbly admitting the need for help. It is never easy for anyone to be honest and admit to the fact that one cannot change their behaviors on their own. Ashamed of the behavior, ashamed to ask for help; it takes great courage to reach out. There are people who care and want to see you succeed. Trust that there is always someone who cares! Responsibility is indispensable. Asking for help never means receiving an instantaneous miracle. The help a person pursues should provide tools. These tools will be key to changing skewed perspectives and behaviors about food. It is the person who struggles with the eating disorder who must take the responsibility to use and apply the tools. No one else can do it for him/her.

Educate. Believe. Love. Heaven applause the friends and family members of those with disordered eating who want to

Ready to make a change? There are so many people who share the same story and who are ready to make a change just like you.

Educational Resources

www.anded.com

www.anad.org

Support Resources

www.something-fishy.org

www.cherspokane.org

CHER (Community Health Education and Resources) is currently gearing interest in support groups for those impacted by eating disorders. If you are interested call (509) 232-8138. Also call if you are interested in finding a local professional counselor or nutrition expert.

help them succeed. Educate; understand the disorder. To truly empathize with another person one must feel as they feel, and a person can only get there by learning what's going on physically, mentally, and emotionally. Believe in this person. Know that they will succeed and be victorious. Be vocal about this belief. Above all, love. Love takes on many forms. Love may mean unconditional support to their genuine efforts. Love may also mean confronting them about behaviors and/or denial of behaviors. Never ignore what's going on, be brave and talk about it. For those who choose to love it is a challenging role, but just imagine the reward.

Things to remember as you or your loved one begins and or continues to heal

- Focus on positive things, and find something more healthy and satisfying to replace the space disordered eating has taken in your life. Be careful, it could be right in front of you.
- Be proud of progress. Continue encouragement even after behaviors resolved.
- Let there be room for trial and error, healing takes time.
- Help others and let them help you. We were built to be in relationships.

Amanda Eschenbacher is a victor in anorexia nervosa and binge eating disorder