

Southwest Michigan Eating Disorders Association

www.swmichiganeatingdisorders.org
www.kalamazooeatingdisorders.org

Sources of Information and Help
(Book links are to Amazon.com)

- [Help Your Teenager Beat an Eating Disorder by James Lock & Daniel Le Granger](#)
- [Full Mouse, Empty Mouse by Dina Zeckhausen, Ph.D.](#)
- [I'm Like So Fat! Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World by Dianne Neumark-Sztainer](#)
- [Surviving an Eating Disorder: Strategies for Families and Friends by Michelle Siegel, Judith Brisman, & Margot Weinschel](#)
- [Parents Guide to Eating Disorders by Marcia Herrin & Nancy Matsumoto](#)
- Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- National Eating Disorders Association: www.nationaleatingdisorders.org
- Something Fishy Website on Eating Disorders: www.somethingfishy.org
- Gurze Books <http://www.gurze.com>

Partners for Eating Disorders Awareness events included: Remuda Ranch, WMU's Marketing Dept., Dept. of Soc. Work, and Dept. of Occupational Therapy, Department of Health Promotion and Education at Sincuse health Center, and Kalamazoo College's Peer Health Educators and Student Health Services and the Fetzer Institute.

The Tiger in the Jungle: Identifying Eating Disorders

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It's Not About the Food?

What is it all about? Why does a person stop eating, starving their brain and body of vital nutrients? Why does another binge and purge, harming themselves with purges that also deprive them of needed nutrients? Is it a choice? Is it even about the food?

We spent much of February talking about eating disorders (EDs), body-image, and self-esteem. Our events looked at triggers, including media influences and personal stressors. Hopefully we were able to pass along to the participants in our discussion groups that once an eating disorder becomes established, it starts making the decisions for that individual. To manage their stress, the individual who is susceptible to developing an eating disorder begins to restrict, binge, purge, and/or excessively exercise to cope. These negative behaviors then become a part of the ritual that defines these illnesses.

What about the food?

Controlling food intake and weight "helps" those with eating disorders manage that which distresses them. Nutrition becomes the innocent bystander in the war that rages in the minds of those with eating disorders. Research shows that there is a genetic predisposition shared with anxiety, mood and eating disorders. The same evidence also suggests that a

stressor or trigger must occur to initiate, the eating disorder.

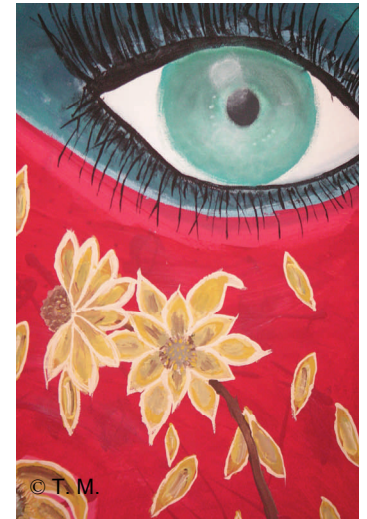
How to help? Hopefully your school or district has a protocol in place to assist you in helping your students obtain treatment from qualified medical and mental health professionals. However, keep in mind that support can be provided by concerned classmates and staff on a daily bases.

Early in the diagnostic and recovery process, students may not be ready to hear comments and concerns about their eating habits. Acknowledging non-physical accomplishments such as academics and artistic tal-



ents, as well as positive behaviors such as showing support and concern for others, provide opportunities for much needed self-esteem and self-acceptance.

Mostly, it is about not giving up on your students. Denial is strong in the early stages of recovery and the eating disorder is great at driving a wedge between those who suffer and those who try to help.



"Full Mouse, Empty Mouse: A Tale of Food and Feelings"

As an extension of Eating Disorders Awareness Week, SMEDA members will be available to read the story "*Full Mouse Empty Mouse: A Tale of Food and Feelings*" by Dina Zeckhausen to third-grade classrooms beginning in March, 2011.

This book discusses how mice siblings incorrectly use food to cope with stress in their lives. It provides a basis for further discussion by one of our professionals that may include pubertal changes, healthy ways to cope with stress and the importance of communication within the family. If you would like to schedule a reading, please contact

mouse at
swmichiganeatingdisorders.org