

If you think you or someone you love might have an eating disorder (ED) here are some resources that may help you ...for children, adolescents and adults.

Diagnosable eating disorders include but are not limited to Anorexia Nervosa, Bulimia Nervosa, Binge eating disorder, Purging disorder, Night Bingeing disorder and permutations of those listed and others not listed. Not officially eating disorders but types of disordered eating include Diabulimia, Orthorexia and Laxative abuse etc.

Firstly, know you are precious so please be kind to yourself. You do not have to embark on this journey alone. There are people who want to help you, many with ED experiences of their own.

EDs rarely go away on their own and whilst you might think you are OK and able to control your relationship with food for a little while, this “coping mechanism” often returns with stress, emotions, body dissatisfaction, healthy eating ideals and pressure from social media and media in general!

Hurdles to seeking help often include shame and fear. You are not alone and will not be judged by health care professionals so please do not be embarrassed to ask for help. Early treatment will make your recovery journey easier.

There are a variety of professionals, using different treatment methodologies for ED recovery. There is no one size fits all so if the first person isn't the right fit for you, please don't give up. It may require some trial and error. Ask professionals, friends and family for recommendations. You will find the right person for you.

Teenagers, If you have an ED and you'd prefer not to talk to your parents, please find someone else to talk to (or phone the confidential Butterfly Foundation helpline). Understand that your parents love you and will (in most circumstances) be able to help you with your recovery.

Parents, do not despair if your child does not want to talk with you about their eating habits. Let them know you are there for them if and when they need you and guide them in the right direction. There is financial assistance as well as emotional available.

Not a teenager but still struggling with an eating disorder? You are not alone... and there is help for you too. Make that call now. This article discusses [mid-life eating disorders](#).

There are online resources, workbooks, podcasts and books if you're not the chatty type and would prefer to work alone. See next page. Please note that the research shows that working with a team of professionals in combination with self help strategies ensures the best chance of recovery.

The Butterfly Foundation

The Butterfly Foundation specialises in helping people with eating disorders and offers a helpline and support groups with many approachable Healthcare workers. This is a great place to start. Phone them as many times as you need to. <https://thebutterflyfoundation.org.au/>

National Helpline 24 hours - excellent place to start

1800 ED HOPE

1800 33 4673

In Australia, people who are suffering from eating disorders, may be entitled to Medicare rebates under the Mental Health Care Initiative. Access to this plan can result in rebates of around \$80 for up to 10 - 40 sessions with a psychologist.

If you would like support from a psychologist or psychiatrist, make an appointment to see your GP who can refer you and ensure you receive financial assistance. In order to access these rebates, you need to make a long appointment with your GP and ask to be assessed for a Mental Health Care Plan.

If you are feeling desperate, sad or depressed, please talk to a friend or family member and/ or call Beyondblue or Lifeline immediately.

HELP

Book a long session with your preferred GP. You might want to tell the receptionist to note on your file that you are coming in to discuss nutrition and eating.

Inner Sydney doctors, registered with the Butterfly Foundation and experienced in EDs. There are more and you can call the Butterfly Foundation for a GP closer to you.

GP services

Dr Martine Taylor - Mosman
02 9969 1633 1300 888 288
Dr Vicky Lunn - Balmain, 02 8068 2490
Dr Sara Weaver - Roselle, 029818 1355

Psychologist

Lesley Russell, Balgowlah 0412 638 749

Beyondblue Support Service

Support. Advice. Action
1300 22 4636
<https://www.beyondblue.org.au>

Lifeline

Crisis Support including Suicide
Prevention
13 11 14
<https://www.lifeline.org.au/>

ONLINE RESOURCES - Self - help FREE

EDFA - Eating Disorders Families Australia. For parents, by parents. A rich information source created by Parents with a shared eating disorder caring experience <https://www.edfa.org.au>

Podcasts

The first link provides a list of books and podcasts useful for recovery

<https://www.eatingdisorderhope.com/blog/top-books-podcasts-recovery>

ED recovery a great variety of recovery help podcasts from various specialists and doctors in conversation with Tabitha Farrar

<https://eatingdisorderrecoverypodcast.podbean.com/>

<https://tabithafarrar.com/eating-disorder-coaching-adults/>

Work sheets

Centre for Clinical Interventions is a Western Australian Government resource that includes workbooks that you can explore on your own. www.cci.health.wa.gov.au

Looking after yourself - [Self Help Resources](#) for Body Dysmorphia, Depression, Disordered Eating, Health Anxiety, Panic, Perfectionism, Procrastination, Self-Compassion, Self-Esteem

Eating disorders Victoria

<https://www.eatingdisorders.org.au/resources> - resources for sufferers and family

BOOKS audio books may be available too

Overcoming Binge Eating Dr by Chris Fairborn

8 Keys to Recovery from an Eating Disorder by Karen Costing

Fit Mentality, The Ultimate Guide to Stop Binge Eating by Dr Kim Chronister (audio book)

HOSPITAL SERVICES

There are many hospitals and private psychology practises that specialise in recovery from Eating Disorders. Most have mixed reviews. Patients and Doctors are all individual and will therefore respond differently to each other. Please persevere. Residential support and day programs.

Northside Clinic

Greenwich and Cremorne
<http://www.northsidegroup.com.au/>

Wesley Hospital

<https://www.wesleymission.org.au>

National Eating Disorder Collaboration

information fact sheets on individual eating disorders <http://www.nedc.com.au>

Australian Psychological Centre

Explanation of access to Mental Health Care Initiatives. <https://www.psychology.org.au/for-the-public/Medicare-rebates-psychological-services>

WHAT TO EAT?

Food deprivation can lead to nutritional deficiencies which can exacerbate hormonal imbalance and affect mood and emotional state. Add a body image issue, a little confusion and stress to that mix and this can result in a state of angst and inner turmoil. A psychologist can help you to find a constructive coping mechanism that is right for you.

Stress, lifestyle and individual physiological processes in your body can further affect nutrient balance and contribute to disordered eating. Nutrient testing can be helpful to identify nutrient deficiencies which when rectified, through whole food and nutritional supplementation can make an enormous difference to your mental wellbeing, ability to cope with life's stressors and ultimately your recovery. Exercise, sleep and meditation are also powerful tools for recovery.

Working out what and how to eat is important. Restriction is not generally a good idea for people who suffer from EDs. This includes fasting, which is very popular and great for some people but not necessarily for those who struggle with their relationship with food.

Eat what you love, and ENJOY it

Try not to categorise foods into good and bad.

- Eat plenty of vegetables and fruit. Eat a rainbow on your plate every day (lots variety and colour).
- Eat legumes (tofu, tempeh, kidney beans etc)
- Eat nuts and seeds including hemp, fax and chia
- Eat good oils and healthy fats e.g. olive oil, oily fish
- Eat whole grains e.g. oats, rice, bread, pasta etc
- Eat protein in the form you choose x 3 each day legumes (tofu, tempeh, kidney beans etc), nuts, seeds, eggs, dairy, seafood, poultry and meat

Keep hydrated - drink 2 litres of water a day. Dehydration stresses your body and mind.

Exercise, sleep and meditation are powerful tools for recovery. Avoidance of pro eating disorder social media is mandatory and a break from social media in general is probably a good idea, especially the food and health channels.

If you need help with delicious, nutritious eating, I'd love to hear from you. Please call or e-mail.

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