

All Your Questions Answered About How to Recover From an Eating Disorder



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FREE REPORT - "All Your Questions Answered About How to Recover From an Eating Disorder."

All the Questions that may be going through your mind right now have probably been asked by others. I will give you the answers to the **Top 20 Questions about How to Recover from an Eating Disorder!**





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1. What do you think have been some of the most helpful things you have done?

I had to ACT AS IF I was recovered from an eating disorder. SO that meant I would go out and eat with friends, choose things that I liked and be around people as much as possible.

I would act as if I wasn't obsessed, so that meant no more reading online weight loss sites, unhealthy eating disorder sites or bringing binge food into my house.

I had to let go of all of the eating disorder behavior – the dieting, calorie counting, researching methods to lose weight on the internet, laxatives, talking to others who were in the disorder, everything!

You know your own little tricks and things that you do. I had to stop all of that, and begin to eat normally. Normally means eating foods that I liked – not foods that were "healthy" or "safe"... genuinely things that I liked. Eating when I felt hungry (I learned slowly to recognize this) and stopping when I was full.



Other tips that helped me beat this disorder:

- It was very important for me to use the visualizations that I described.
- I had to stay away from other disordered eaters.
- I eliminated binge food from the house
- I stopped weighing myself
- I stopped reading online diet and pro Ana sites
- I stopped talking about my eating disorder
- I kept repeating to myself that I was recovered
- I had to cut back on exercise for a while

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- I kept busy focused on other things like my work and writing
 - I spent a lot of time eating WITH people
 - Let go of any old ideas about diets, good/bad foods, trying to lose weight, obsession with my body.
 - Avoid talking to people who are constantly dieting and trying to lose weight stop looking for the latest ways to lose weight or eating disorder tricks

What this means is a commitment to getting well, not a commitment to losing weight or trying to stay at a certain weight.

The important thing however is **not to focus on dieting – DIETS ALWAYS FAIL**. You will never get anywhere and you will either be starving and miserable or overeating because you are so deprived.

2. What made me say ENOUGH



I guess it was just **being sick and tired of it**. I had tried so many diets, programs etc and eventually I gave up. I also met a girl who was a normal eater and she inspired me. I saw her eating normal things like French toast and pasta, and she didn't gain weight!

I knew that **diets were the problem** and so I decided to give normal eating or intuitive eating a try.

Finally, I just gave up. I gave up on the diets, the food plans and anything that was designed to focus, control and restrict my eating.

I made a single minded and determined effort to **shift my attention off food, weight and dieting**. I knew that "what we focus on we become" and I used this principle to guide my focus OFF food and weight.

I stopped weighing myself, stopped eating diet foods, and stopped creating meal plans and researching anything food related online. I wanted to live, not be a slave to food and the scales.

This of course was not an overnight process, but I can tell you that once the mental shift was created, the results were faster than expected.

The more I ate food that I actually liked, the more the obsession lessened.

The more time I spent with friends talking about things not food related, the less I had the desire to binge.

It has now been over four years and **I have not had the need to binge, diet, starve or purge in that time. No desire at all.** There have been thoughts at various times of wanting to "lose a few pounds", start a "cleanse" or go on a "quick diet", but I have NEVER acted on these thoughts, because I know what they lead to.

3. How did you use visualizations in your recovery?

I also can't stress enough how important visualization is. I would do this every day - SEE myself as someone who was recovered, very clearly in a lot of detail. I would imagine things like:

- what would I be telling people about how I recovered
- what would I be doing instead of binge eating
- writing my story about how I recovered
- what would I be eating
- who would I be spending time with
- Anything else that works for YOU



But I visualized myself **FULLY RECOVERED** - as if it were **ALREADY TRUE.**

Keep that thought at the forefront of your mind and then get busy with other things. Think of what you would be doing if you were not obsessed with food and weight and then do them!

I visualized the EXACT recovery that I wanted and I practiced these visualizations daily.

ALWAYS keep repeating to yourself:

I AM A NORMAL EATER and I HAVE COMPLETELY RECOVERED from all eating disorders.

And it has all come true!!

For the Complete strategy of my full recovery, [Download Recover From Eating Disorders](#)

4. What did you do in the beginning to fight off the obsession?



I found it really helpful at the start to stay busy doing things I really enjoyed (I worked a lot making websites and writing), staying around people who were **NOT disordered eaters** (very triggering), getting RID of scales, being around people as much as possible (especially when I didn't want to), eating with people (and choosing food that I actually liked).

It was really important for me to let go of all obsessive thinking and planning around food.

How do we do this? By doing the opposite.

- Instead of researching a diet online, I would research something for my writing.

- Instead of talking about how bad I felt about food I would call a friend and ask how they were.
- When I wanted to stay home and binge, I would go out and eat with people.

I had to eliminate all of the obsessions from my life and anything that would trigger the obsession.

It is a fight and you will win. Just never ever give up!

5. I can't stop dieting and restricting

The major thing that prevents recovery is the binge/starve roller coaster. From my experience, starving or restricting *always leads to a binge* that can do enormous damage.



I had to really let go of all forms of dieting behavior, restriction, excessive food planning and “weight loss” techniques. These are the basic changes that are ESSENTIAL.

Once you get your thinking right, the changes in your body will take care of themselves.

I also had to start eating food that I actually liked! No more carb free meals and plain salad. **It had to be what I was genuinely hungry for.**

Remember that this is a process and you are absolutely on the right track. **Small changes all add up.**

To begin with I would strongly recommend that you stay away from weight loss sites, restriction, starvation plans and any other behavior which triggers the obsession. This was a key component of [how I finally recovered.](#)

6. Is it really possible to recover?



You really can ABSOLUTELY beat this thing completely. If you could have seen how bad I was you would understand that it is possible for anyone.

The main thing that I had to do was let go of all the Eating Disorder behavior – the dieting, calorie counting, weighing, restricting, obsessive exercise, etc.

I wanted to be a NORMAL eater and that was my goal.

I had been in so many programs that focused on food plans, control, etc and that just never worked for me. I believe that it fuelled my disorder by **keeping the focus on the control.**

The main thing I had to do was **trust myself** and keep asking myself what I wanted to eat, – ANYTHING – but it actually had to be what I wanted, not what was “right” or “healthy”.

Eventually after trusting this path the obsession was completely alleviated.

So really it came down to reprogramming everything back to its natural state – and letting my body readjust and eat intuitively. I still do that today– I eat everything – ice cream, chocolate, salad, bread, whatever!

COMPLETE recovery IS Possible!!

Find out EXACTLY HOW by Downloading [Recover From Eating Disorders](#)

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7. I just can't allow myself to eat what I want – it scares me

It terrified me too at first. I had cut out so many different food groups that it seemed impossible to get my head around eating them again.

But I got to a point where I KNEW that it was the **only way OUT** of the obsession and the eating disorder.

4 years on, *I eat exactly what I want and have not gained ANY weight. I actually LOST 40 Pounds in the process of allowing myself to eat what I want.*



The only way to beat fear is to do the thing that scares you the most.

8. If you have any tips on how to be a normal eater, please tell me!



The trick is to eat, act and behave like a normal person around food. I know it seems too simplistic, and that's the point. It is really very simple.

There is no such thing as the perfect meal plan, and it really doesn't matter how many grams of carbs, fat or calories you have in a day. It is the mental obsession with food and weight that keeps us in the disorder and leads to binges, overeating and weight

gain. Food in itself does not make you fat. The obsession and mental preoccupation does.

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