

BEAT THE ED

It's about growing up, not "glowing up". This is our journey to food freedom.

TYPES OF EATING DISORDERS:

Typically, when someone mentions eating disorders, most people automatically think anorexia or bulimia. There is a stereotype that any people who have an ED either starve themselves or throw up what they eat. In reality, there are so many other varying types of eating disorders that many struggle with, but unfortunately, not much awareness surrounds them. Below are some different types of EDs:

ANOREXIA NERVOSA:

This is characterized by weight loss, difficulties maintaining an appropriate body weight for height and age, and very distorted and negative body image. People with anorexia generally view themselves as overweight, even if they're the opposite: dangerously underweight. They tend to constantly monitor their weight, avoid eating many types of foods, and severely restrict their calories. Obsessive-compulsive symptoms are also often present. For instance, many people with anorexia are often preoccupied with constant thoughts and obsessions with food.

BULIMIA:

People with bulimia frequently eat unusually large amounts of food in one sitting. Each binge eating episode usually continues until the person becomes painfully full. During a binge, people usually feel that they cannot stop eating and cannot control how much they are eating. Individuals with bulimia then attempt to purge to compensate for the calories consumed and relieve guilt. Common purging behaviors include forced vomiting, fasting, laxatives, and excessive exercise.

BINGE-EATING DISORDER (BED):

This is characterized by constant episodes of eating huge quantities of food (often very quickly and to the point of extreme discomfort); a feeling of a loss of control during the binge; and experiencing shame, distress, and guilt afterwards. People with binge eating disorder do not restrict calories or use purging behaviors (such as vomiting or excessive exercise) to compensate. Contrary to widespread belief, this is the most common eating disorder in the US.

IN THIS ISSUE:

- TYPES OF EDs
- FEAR FOODS



CONT.

ORTHOREXIA:

This involves an unhealthy **OBSESSION** with healthy eating and food in general, but unlike other eating disorders, orthorexia mostly revolves around food quality, not quantity, and people with orthorexia are not laser-focused on weight. Instead, they have extreme fixation with the “purity” of their foods, an obsession with the benefits of healthy eating, and force themselves to follow strict, self-imposed dietary rules (it can lead to elimination of entire food groups). Body image, self-worth, identity, or satisfaction become dangerously dependent on complying with these rules.

AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID):

Coined “extreme picky eating,” this is an eating disorder characterized by highly selective eating habits, disturbed feeding patterns, or both. It often results in significant nutrition and energy deficiencies and failure to gain weight. Common eating challenges for people with ARFID include difficulty digesting food; avoidance of specific types of food textures, colors and smells; eating abnormally slow; or having a lack of appetite.

DRUNKOREXIA:

This occurs when someone restricts food calories to make room for alcoholic-drink calories. This behavior stems from the fear of weight gain from alcohol. It causes your body to miss out on important nutrients, and because food in the stomach slows down rates at which alcohol is absorbed, drinking on an empty stomach means a person will become drunker much quicker and more dangerously intense than normal. This is common among high-school and college students.

SOURCES: <https://adaa.org/eating-disorders/types-of-eating-disorders#Rumination%20Disorder>
<https://www.healthline.com/health/10-postsurgery-bras-how-to-choose>
<https://healthyhorns.utexas.edu/drun Korexia.html>

EVERY TIME I START TO FEEL
INSECURE ABOUT MY BODY,

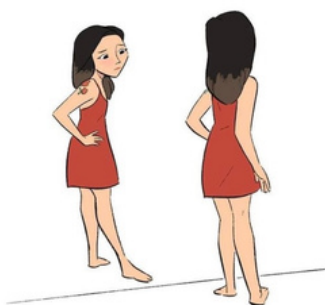


Photo: @JULIEHANGART

I REMEMBER THAT SHE DOES
SO MUCH FOR ME.



FEAR FOODS

Everyone has fears, but this one is dumb right? How could someone possibly be afraid of a *food*? It's difficult to understand the irrational and overwhelming fear that many associate with certain foods, but fear foods are real and persistent, and in many cases, food can be the biggest fear.

"Fear foods" are defined by youngwomenshealth.org as "foods that you may feel afraid, anxious, or uncomfortable eating. The fear of a food may come from irrational thoughts about how it impacts your body or weight or from negative memories of a food." But that definition doesn't capture the true extent as to what a fear food is. It doesn't express how your overwhelming hunger is in constant battle with your self-hate or the reckless control food gain on your mind. It doesn't express all the beautiful memories and moments of your life you lose due to that fear. Because once you develop fear foods, they take over you. Instead of eating the food, you look at endless pictures or videos of it on social media as you sit there, doing whatever you can to convince yourself that you can't have that ice cream or pizza... that your life will be ruined if you do. You say "NO" when someone offers those foods to you, even when you know you want it. You begin to ignore your body; you refuse to trust it, and instead, you trust your irrational fear. But that's the key word; it's irrational. You must remember that. Your body won't change for the worst because you choose to honor your cravings. It's cheesy, but life really is far too short for you to restrict. Eating good food brings happiness, memories, and comfort. You deserve to eat what you want and to not feel guilty about it.

Overcoming fear foods is a long/hard journey. Everyone has his/her own way to approach it. Some make a list of fear foods (ranking the scariest to least scary ones) and then slowly work through it, keeping a record each time he/she is able to eat and tackle a different fear food. Others go all in and push themselves to forget all fear foods at once.

No matter what your approach is, recovery is not linear. There will be hard days, seemingly impossible foods to eat, and even relapses. Find support for yourself; eat your fear foods with friends, family, or even with a social media influencer (VOL.I includes a list of social media influencers who address and help others overcome fear foods). Remember that you can say "YES", you CAN have that food, and you can most definitely have more. Don't give up. You got this.

**Eating less does
not make you
more in control.
Eating what you
want does.**

Photo: @balanced_bite x @gabbacado