

Community Connections

An ACE in-house newsletter

Toolbox: 10 More Ways To Love Your Body

1. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary—begin to respect and appreciate it.
2. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
3. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
4. Find a method of exercise that you enjoy and do it regularly. Don't exercise to lose weight or to fight your body. Do it to make your body healthy and strong and because it makes you feel good. Remember, exercise for fun, fitness and friendship.
5. Think back to a time in your life when you felt good about your body. Tell yourself you can feel like that again, even in this body at this age.
6. Keep a list of 10 positive things about yourself—without mentioning your appearance. Add to it!!
7. Put a sign on each of your mirrors saying, "I'm beautiful inside and out."
8. Choose to find the beauty in the world and in yourself.
9. Start saying to yourself, "Life is too short to waste my time hating my body this way."
10. Surround yourself with people that remind you of your inner strength and beauty.

--Adapted from the National Eating Disorders Association

Gentle Reminders

Please remember to check-in when you come for groups by writing your first name and last name initial on the pad by the front office. It helps ACE keep track of who is in the building.

Thanks!

"Live every day as if you're going to have to do it over."

-Irving Yalom, MD

Self-Affirmations

Affirmations can significantly assist you in the recovery process. Repeat the following to yourself, or come up with your own, to use during a stressful time.

- ❖ I am creative and innovative.
- ❖ I am not afraid of life. I believe that life is worth living, and my belief helps create a life that is satisfying.
- ❖ The question I ask myself is how do I need to help myself in this moment.
- ❖ I will not wait to have a good day. I will make one.
- ❖ Life is about change, and I adapt easily to the new.
- ❖ I will not feel guilty for caring for myself.
- ❖ My body is my own, and it deserves to be loved and cared for.

Toolbox: Top 10 Ways to Increase Iron In Your Diet

1. Add red meat to your diet. Try lean beef or pork.
2. Include a source of vitamin C with your iron-rich foods to help increase iron absorption (e.g. orange juice, tomato juice, spaghetti sauce).
3. Do not eat or drink foods/beverages rich in tannins (e.g. tea) while eating your iron-rich foods. They interfere with iron absorption.
4. Choose iron fortified foods—"enriched foods"
5. Choose dried fruit as a snack (e.g. dried apricots, raisins, or prunes).
6. Choose a multivitamin with iron (e.g. Centrum One a Day).
7. Choose dark green vegetables, like raw spinach or raw broccoli.
8. Choose animal proteins, such as chicken, shrimp, lamb, raw oysters or clams.
9. Choose beans and peas more often (e.g. navy or pinto beans or steamed peas).
10. Add wheat germ to your yogurt, cereal, or casseroles.

-Adapted from Page Love, RD, LD. For more information please call Page at (770) 457-1457 or Molly McCullough, RD at (770) 458-8711 ext. 206 or talk to your individual therapist.

Phenomenal woman: Pretty women
wonder where my secret lies
I'm not cute or built to suit a
fashion model's size
But when I start to tell them,
They think I'm telling lies
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.
-Maya Angelou

Words of Wisdom

1. *My worth as a person is not diminished in any way by my body size or my eating patterns.*
2. *I will love myself no matter what my eating patterns are.*
3. *I will judge my days not by what or how much I eat, but by the accomplishments I have made and the love I have given.*
4. *My life is a gift, and I will not let my enjoyment of it be diminished by feeling guilty over my body size or how much I eat.*
5. *I am finished blaming others, situations, and myself for the way I eat. I will take action minute-by-minute, hour-by-hour, and day-by-day until I can eat normally again.*
6. *My eating disorder is a temporary condition in my life.*
7. *There is a normal eater within me. I will let her take over my life more and more each day as I am ready.*
8. *I can imagine a life without having an eating disorder.*
9. *When I feel stressed, I will close my eyes and picture how my all-powerful, normal eater would handle the situation.*
10. *I believe I will be a normal eater again. I know I will be a normal eater again!*

-Adapted from the FFGodmother's Site for Compulsive Overeating

A Quote to Ponder

When health is absent, wisdom cannot reveal itself, art cannot become manifest,... and reason is powerless."
-Herophilus, 325 B.C.
Physician to Alexander the Great