



Bad Scale Days

Letting the numbers on the scale determine how you feel about yourself allows your weight to control you. The scale doesn't say anything about the kind of person you are with creativity, your thoughtfulness, your intelligence, or even your physical beauty.

Pounds can't measure who you are and who you want to be. You are so much more than numbers.

Besides, why do you want your self-esteem to be so dependent on one little number that will naturally fluctuate from day to day? That's right. We all notice small increases and decreases in our weight-it's biologically normal.

Missed Meals?

Your body needs a consistent source of fuel throughout the day to keep your brain alert and alive and to rev up your energy level. When you skip meals, you are not "saving" calories; you're just scaring your body into thinking it might not get any more fuel. When you tease your body like that, it tries to store up all the energy it can- and stores it as fat! You'll notice that when you don't eat you are tired and that you have trouble keeping your mind on your studies or your work. You may also find that you eat even more the next time you let yourself near food. These natural responses are your body's way of telling you it needs to be fed.

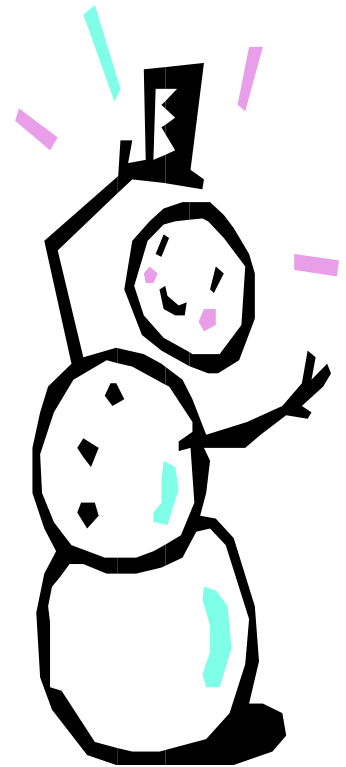
Keeping the Calorie Count?

We all take note of calories or fat grams in some foods some of the time. But, when you can't eat anything until you know the exact number of calories and fat grams in each bite, then you move one step closer to the chaotic and destructive world of eating disorders. You may think that the fewer calories and the less fat you eat the better. NOT Necessarily. We all need calories and fat to keep our bodies healthy and tuned-up.

-Taken from EDAP.org

Five Ideas to Help People Negotiate the Holidays

1. Eat regularly and in some reasonable pattern. Avoid "preparing for the last supper." Don't skip meals and starve in attempt to make up for what you recently ate or are about to eat.
2. Worry more about the size of your heart than the size of your hips! It is the holiday season, a great time to reflect, enjoy loved ones.
3. Discuss your anticipations of the holidays with your therapist or other members of your treatment team so that they can help you predict, prepare for, and get through any uncomfortable family interactions without self destructive coping attempts.
4. Have a well thought out game plan before you go home. Know where your support persons are, and how you'll know when it's time to make a brief exit and get connected with needed support.
5. Talk with loved ones about important issues: decisions, victories, challenges, fears, concerns, relationships and your feelings about them. -Taken from EDAP.org



MERRY CHRISTMAS!

Inspirational Vitamin

The act of nutrition is not a purely physiological event ... the family meal is a formality that cultivates in us...a capacity for sharing, generosity, thoughtfulness, a talent for civilized conversation." — Francine Du Plessix Gray



Perfectionism vs. Excellence

Perfectionism is being right

Perfection is control

Perfection is judgment

Perfection is taking

Perfection is doubt

Perfection is destination

Today I will choose to follow positive messages. I tell myself or create new messages that are positive and healthy. I am not striving to be perfect today.

An affirmation from something-fishy.org

Excellence is willing to be wrong.

Excellence is spontaneous.

Excellence is accepting

Excellence is giving.

Excellence is confidence.

Excellence is the journey.

Adapted from EDIN.ORG

Making Peace with Food and Your Body

1. Don't talk negatively about your body! Even if you are striving to improve your body composition, try not to verbalize negative thoughts-remember the power of positive thinking.
2. Don't weigh yourself regularly. Our body weight fluctuates daily anyway and you will drive yourself crazy seeing day to day changes. Don't set your mood or evaluate yourself by the scale.
3. Don't deprive your body of fuel! Eat in regular intervals, at least every 3-5 hours. Your body needs fuel constantly just to function.
4. Don't cheat yourself on the key energy foods especially grains and fruit. Eat at least 8 servings/day from the complex carbohydrates foods such as breads, cereals, and at least 7 choices from fruits and vegetables.
5. Hydrate with at least 10-12 cups of decaffeinated fluids per day but don't over hydrate-excess fluid can actually dilute your body's electrolytes.
6. Eat breakfast everyday! After a ten to twelve hour fast your body needs fuel to get the day started.
7. Provide the building blocks of protein daily to maintain muscle and organ mass. Complete proteins sources like turkey, chicken, fish, lean meats are needed every day.
8. Eat at least a tablespoon of vegetable fat daily! Vegetable fats like olive oil or olives, nuts, salad dressings, avocado and mayonnaise. This will help to raise your metabolism by lubricating your digestive system.
9. Make sure you are getting enough calcium and iron. You should be consuming at least two 1 cup servings of dairy per day.
10. Surround yourself with healthy food and weight examples.

-Taken from Page Love, The Kitchen Pantry, www.nutrifit.com

Recovery Stages

Stages of growth experienced by family members after becoming aware that a person they love has an eating disorder

Stage one: Denial

Stage two: Fear, ignorance, and panic

Stage three: Increasing realization of the physiological basis for the eating disorder

Stage four: Impatience/despair

Stage five: Hope

Stage six: Acceptance/peace

Taken from: Reiff, D. K., and Reiff, L. (2000). *Eating Disorders: Nutrition Therapy on the Recovery Process*