

The Ace In-House Newsletter

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The Big Deal About Dieting: What You Should Know

Dieting rarely works. 95% of all dieters regain their lost weight and more within 1 to 5 years. Dieting can be **dangerous**:

"Yo-yo" dieting (repetitive cycles of gaining, losing, & regaining weight) has been shown to have negative health effects, including increased risk of heart disease, long-lasting negative impacts on metabolism, etc.

Dieting forces your body into starvation mode. It responds by slowing down many of its normal functions to conserve energy. This means your natural metabolism actually slows down.

Dieters often miss out on important nutrients. For example, dieters often don't get enough calcium, leaving them at risk for osteoporosis, stress fractures, and broken bones.

Dieting can lead to an **eating disorder**.

Many studies and many health professionals note that patients with eating disorders were dieting at the time of the development of their eating disorder.

Dieting may not cause an eating disorder, but the constant concern about body weight and shape, fat grams and calories can start a vicious cycle of body dissatisfaction and obsession that can lead all too quickly to an eating disorder.

-Taken from EDAP.org

The Basics of Human Worth

1. All have infinite, internal, eternal, and unconditional worth as a person
2. All have equal worth as people. Worth is not comparative or competitive. Although you might be better at sports, academics and business, and I might be better in social skills, we both have equal worth as human beings
3. External neither adds to, nor diminishes worth. External things include money, looks, performance and achievements. These only increase ones market in social worth. Worth as a person, however, is infinite and unchanging.
4. Worth is stable and never in jeopardy (even if someone rejects you).
5. Worth doesn't have to be earned or proved. It already exists. Just recognize, accept and appreciate it.

What are you worth?

Taking care of my body

Being accepted...

Health and happiness

My own space

Being heard

Feeling safe

based on work of Claudia A. Howard

Affirmations

I am worthy of having success.

I need never go back again

I love the person I am becoming

I forgive all others and myself

I love myself today.

I trust my body, I trust myself.

I can trust my intuition.

I choose to accept all my feelings.

-taken from something-fishy.org



Kitchen pantry

Bread, cereal, rice, and pasta

- 1 slice of bread
- 1 oz ready to eat cereal
- ½ cup cooked cereal, rice, or pasta

Vegetables

- 1 cup of raw easy vegetables
- 1/3 cup of cooked or chopped vegetables
- ¾ cup of vegetable juice.

Fruits

- 1 medium apple, orange, or banana
- ½ cup chopped fruit
- ¾ cup of fruit juice

Milk, yogurt, and cheese

- 1 cup milk or yogurt
- 1 ½ ounces natural cheese
- 2 ounces processed cheese

Meat, poultry, fish, dry beans, eggs, and nuts

- 2-3 oz cooked lean meat, poultry or fish
- 1 cup cooked dry beans
- 2 eggs

taken from Nutrilove.org, Page Love, RD

Top Ten Ways to Slow Down Recovery at Ace

10. Compare yourself to other people in every way.
9. Never talk or express yourself in group therapy.
8. Buy a calorie-counter book and be sure to measure everything you eat
7. Weigh yourself a minimum of 20 times per day
6. Always put off until tomorrow anything related to recovery
5. Lie to your therapist
4. Refuse to take any personal responsibilities for recovery
3. Remember that if you think it, it must be true.
2. Say, "I don't know" in response to all questions.
1. When asked how you feel, say either "fine" or "tired."

Websites

www.anad.org

The National Association of Anorexia Nervosa and Associated Disorders offers services, resources, and links.

www.mirror-mirror.org

A tribute to those who have recovered from an eating disorder and information

www.girlpower.gov/girlarea/bodywise/index.htm

A national public education campaign to help girls ages 9-14 yrs. make the most of their lives

Don't Forget to Laugh!

Laughter decreases tension, stress, anxiety, irritation, anger, grief, and depression.

Laughter boosts the immune system

Laughter reduces pain by releasing endorphins that are more potent than equivalent amounts of morphine

A sense of humor can make a person more productive, better at communication, and better at being a team player

Laughter is even equivalent to a small amount of exercise, massaging all organs of the body.

From www.personal-development.com