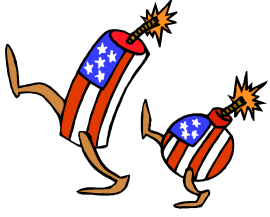


# THE ATLANTA CENTER FOR EATING DISORDERS

## The In-House Newsletter

July 2008



### Ways to Challenge Yourself

- Celebrate fearless Friday– A Day Without Dieting,– and feel how empowering a diet-free day of self acceptance can be.
- Attend a workshop, presentation, lecture, or meeting in your community that will help you feel better about yourself. See the National Eating Disorders Association’s website, your local newspaper, or campus calendar for events.
- Consciously choose to avoid making comments about other people or yourself on the basis of body shape or size.
- Enjoy your favorite meal without feelings of guilt or anxiety over calories and fat grams.
- Start each morning by looking in the mirror and saying something nice about yourself out loud.
- Throw out all diet products in your house.

-Taken from the National Eating Disorders Association

Although the world is full of suffering, it is also full of the overcoming of it. –Helen Keller

### Commandments of Goal-Setting

#### Thou Shall Be Decisive

Success is a choice. You must decide what you want, why you want it, and how you plan to achieve it. No one else can, will, or should do that for you.

#### Thou Shall Stay Focused

Your ability to sustain your focus from beginning to end determines the timing and condition of your outcomes.

#### Thou Shall Welcome Failure

The fundamental question is not whether you should accept failure. Rather, the question is how to anticipate failure and redirect resources to grow from the experience.

#### Thou Shall Take Purposeful Action

Success is not a spectator sport - achievement demands action. You can't expect to arrive at success without having made the trip.

#### Thou Shall Reward Thyself

Rewards work! Think of what you will give yourself as a result of your hard work, focus and persistence - you deserve it!

-[www.goalsguy.com/Knowledge/t\\_01\\_commandments.html](http://www.goalsguy.com/Knowledge/t_01_commandments.html)

### The Power of Affirmations...

“I can be beautiful and believe I’m beautiful and still be safe. My body did not and will not betray me. I can recognize that it was someone else that betrayed me.” - Chelsea M.



ACE is pleased to announce the opening of the ACE Bed and Breakfast. The residence, located less than a block from our main facility in Dunwoody, will be available for participants in the ACE program who do not have local accommodations. For more information please visit our website at <http://www.eatingdisorders.cc> or call (770) 458-8711

Interacting with Someone Who Has an Eating Disorder:

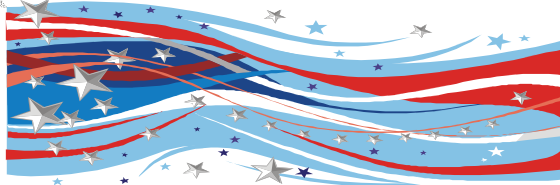
“What Not to Say.” Part two

-Talking about your diet or extensive food talk including being bad or good with food and referring to foods as good or bad. We are teaching people with an eating disorder to eat when they are hungry and stop when they are full. We are also teaching that there are no good or bad foods. We encourage eating in a healthy way, not a rigid way.

-Making comments about other people’s appearance and or weight and making comparisons of others including oneself, feeds into the ideal body that an ED individual feels they need to have to be accepted within our society.

-Making comments about how full you are from overeating or needing to exercise because of what you ate. This is a trigger for the ED individual who is challenged with the above and may want to use unhealthy compensatory behaviors.

-Karen Macke, MA, LPC



**Affirmations:**

I can learn to embrace change.

I will let myself receive the healing I need.

For now I will trust and experience what I am going through. I know that this time of change is sacred.

I will let my choices come from my heart.

I trust that the waiting part of change is necessary. I trust my desire for change is the beginning of change. I trust that each moment I am moving closer to the change I desire.

To Your Health: The Dangers of High Protein/Low Carbohydrate Diets

-Most high protein diets promote high amounts of water weight loss leading to increased risk for severe dehydration and causing light headedness, fatigue, cold sensitivity, and decreased metabolic rates.

-Most high protein diets are so low in carbohydrate intake that you do not receive adequate carbohydrates to keep metabolism revved up. Over time, a person on a low calorie high protein diet will slow metabolism so severely that normal eating will cause immediate water re-gain as the body tries to establish a normal balance again.

-Most high protein diets are recommending so much animal protein (>10 oz. /day) that cholesterol and saturated fat intake is above recommended levels putting the person at increased risk for heart disease and slow weight gain leading to obesity in the long run.

*The high protein diets are just another attention seeking fad diet unfortunately bringing along with them a host of medical complications for eating disorder clientele. What we must follow are well-balanced eating plans that are nutritionally adequate providing a well balanced approach supporting both the food pyramid and the US Dietary Guidelines.*

*-Call Page Love Johnson for more information at 404-330-8856, NutriTherapy Consulting and the Atlanta Center for Eating Disorders*

*For previous newsletters, please visit <http://www.eatingdisorders.cc>*