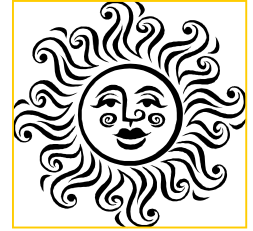


**THE ATLANTA CENTER  
FOR EATING DISORDERS**  
**In-House Newsletter**  
**August 2008**



**Start your Treatment day more grounded connected with yourself, and ready for lunch group!!!**

**COME TO THE FREE PRE-LUNCH RELAXATION GROUP!**

Monday - Thursday 12:30 to 1:00 in the Big Group Room  
Its Casual and open to anybody

Benefits of learning and regularly practicing Formal Relaxation skills:

- Decreases anxiety to a manageable level
- Calms our thoughts
- Grounds us in the moment
- Lifts our mood
- Releases muscle tension
- Quiets arousal (alarm) signals to the brain
- Increases energy level
- Improves Sleep
- Enhances immunity and helps repair damage to the body
- Increases concentration
- Maximizes brain efficiency
- Improves our ability to be creative
- Improves ability to handle problems
- Maximizes efficient oxygen exchanges
- Smooths out emotions
- Less headaches and pain



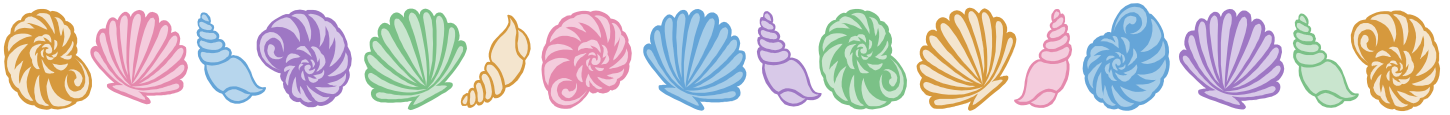
By following a relaxation technique you formalize and recognize relaxation as a tool that will help you de-stress and help you cope with life's frustrations and difficulties.

***Relaxation has no side effects, feels good, and costs nothing.***

I am the only one,  
But still I am one.  
I cannot do everything,  
But still I can do something;  
And because I cannot do everything,  
I will not refuse to do the something that I can do.

-Edward Everett Hale





## How Can You Achieve a Healthy Metabolism?

**Eat breakfast.** Your body needs a morning meal to "wake up" your metabolism that slows down during the night.

**Eat when you feel hungry.** Hunger is a signal that your body needs more energy calories. The body cannot distinguish real starvation from self-induced starvation. When your body's need for food is denied, your metabolism slows down.

**Eat adequate protein foods.** Without adequate dietary protein, the body lacks enough building blocks for muscle tissue, and your muscles will "break down." -ANAD



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



## Why should brothers and sisters be included in treatment?



*Siblings may act as "nurturers."* Brothers and sisters often lean upon each other for support, particularly in families that have poor parenting. One surprise is that real and genuine help is often provided by those siblings from whom one would expect the least help—for example, the "silent" sister who is having problems herself.

*Siblings can act as role models.* Finally, siblings who have independent lives while keeping a positive contact with the parents can act as "models" to help patients make the often-difficult transition from child to independent adult.

From [gurze.com](http://gurze.com) By Walter Vandereycken, MD, PhD, and Ellie Van Vreckem, MA