My Love Hate Relationship with Food

Understanding Eating Disorders
What is Eating Disorders

• “An eating disorder is an illness that causes serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating”.

• Usually starts out just eating smaller or larger amounts of food, but at some point, the urge to eat less or more spiraled out of control.
What is Eating Disorders

- Severe distress or concern about body weight or shape may also signal an eating disorder.

- Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.
Anorexia Nervosa

- A person “refuses to maintain minimal body weight.
- Intensely afraid of gaining weight
- Significant misperception of body image
Symptoms

- Refusal to maintain what is considered a healthy or normal weight, while some are slightly overweight.
- Fear of gaining weight, want desperately to lose weight, and are intensely unhappy with their body size and shape.
• Done in secret because it is often accompanied by feelings of disgust or shame.

• The binge-eating and purging cycle happens anywhere from several times a week to many times a day.
Treating Anorexia

- Restoring the person to a healthy weight
- Treating the psychological issues related to the eating disorder
- Reducing or eliminating behaviors or thoughts that lead to insufficient eating and preventing relapse.
• Medication may be modestly effective in treating patients with anorexia nervosa.

• Different forms of psychotherapy, including individual, group, and family-based, can help address the psychological reasons for the illness.
Bulimia Disorder

- Recurrent and frequent episodes of eating unusually large amounts, feeling a lack of control over these episodes.
- Followed by forced vomiting, excessive use of laxatives or diuretics, fasting, excessive exercise, or a combination of these behaviors.
Treating Bulimia Nervosa

- Bulimia nervosa often involves a combination of options and depends upon the needs of the individual.
- Adequate nutrition, reducing excessive exercise, and stopping purging behaviors are the foundations of treatment.
- Individual, group, and/or family psychotherapy
• Medical care and monitoring
• Nutritional counseling
• Medications.
• Some patients may also need to be hospitalized to treat problems caused by malnutrition or to ensure they eat enough if they are underweight.
Binge-Eating Disorder

- Loss of control over his or her eating.
- Binge-eating is not followed by purging, excessive exercise, or fasting, resulting in over-weight or obese.
● People with binge-eating disorder who are obese are at higher risk for developing cardiovascular disease and high blood pressure.

● They also experience guilt, shame, and distress about their binge-eating, which can lead to more binge-eating.
Treatment

- Treatment is similar to treating bulimia nervosa.
- Psychotherapy, especially CBT that is tailored to the individual, has been shown to be effective.
- This type of therapy can be offered in an individual or group environment.
Benefits of the Holistic Approach

- Prayer – Developing a prayer life asking God to assist you and provide you with the grace and willingness to work towards a change.

- Bible Study – Understanding and using the word of God to combat thoughts, behaviors and fears.
• Talk therapy – being able to identify the onset of the behavior and develop a plan to address the behavior.

• Medication – Anxiety and depression may be experienced during the life adjustment
I can’t close my eyes
Understanding Sleep Disorders
What is a Sleep Disorder?

- Sleep problems which become a regular occurrence and interfere with your daily life.
- Sleep disorders cause more than just sleepiness. Is more than I have a hard time staying asleep. Its more than I can’t call asleep.
The lack of quality sleep can have a negative impact on your energy, emotional balance, and health.

- Insomnia, RLS, sleep Apnea, Narcolepsy, Jet Lag etc
Insomnia

- Insomnia, the inability to get the amount of sleep you need to wake up feeling rested and refreshed.

- Insomnia is often a symptom of another problem, such as stress, anxiety, depression or an underlying health condition.
• It can also be caused by lifestyle choices, including the medications you take, lack of exercise, jet lag, or even the amount of coffee you drink.
Common signs and symptoms of insomnia include:

- Difficulty falling asleep at night or getting back to sleep after waking during the night
- Waking up frequently during the night
- Your sleep feels light, fragmented, or exhausting
• You need to take something (sleeping pills, nightcap, supplements) in order to get to sleep

• Sleepiness and low energy during the day
Vicious Cycle of Insomnia

- Poor sleep
- Pills to sleep, caffeine to stay awake
- Stress, anxious thoughts, worry
- Poor sleep habits, daytime habits
- Physical tension
Holistic Approach to Treating Insomnia

- Develop a bedtime regimen
  - Focus on the word
  - Meditation on the Word
  - Prayer
• Identifying behavior which may promote sleep disturbances
• Talk therapy if insomnia is stress related
• Medication when necessary