



#### *Note About NH:*

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- This publication is designed as an information exchange for survivors of trauma who struggle with a binge eating disorder and their supportive others and professionals. Neither its editor nor its lay-person contributors are engaged in the practice of medicine. This publication should not be construed as medical advice concerning any specific facts or circumstances. The contents are for general information purposes only. Please consult with competent professionals concerning your specific questions and needs.

ISSN 2637-4072 (Print)  
ISSN 2637-4099 (Online)

## ***Sexual Assault Awareness Month***

April is Sexual Assault Awareness Month. This is a time where we work to increase awareness of sexual violence. This year, the focus is on prevention of sexual assault. “I Ask” is the theme, which conveys the message to everyone in our communities to Ask before taking any steps toward sexual behaviors.

When we address prevention for our communities, we also bring awareness to our ability to say “No.” Most likely, in reading this, you may have not been listened to when you said no. Perhaps you weren’t even given the opportunity to say no because of the power and control that your perpetrator had over you. It’s not your fault that you experienced a traumatic event of a sexual nature. That responsibility sits on the one who assaulted you.

There are several articles about the relationship of sexual assault, eating disorders and body image after an attempted or completed sexual assault.

NEDA shared that Women

who have been sexually assaulted are 2 times more likely to experience an eating disorder. An elevated number of individuals with eating disorders have experienced sexual violence with rates for women being up to 48% with Anorexia, 35% with Binge Eating and 41% with Bulimia. For men, rates can be up to 68% for Anorexia, 16% with Binge Eating and 24% with Bulimia. As you can see, eating disorders and sexual violence impact both men and women. These statistics are from <https://www.nationaleatingdisorders.org/sexual-assault-trauma>

You are not alone having been sexually assaulted whether as a child or an adult and struggling with an eating disorder. It’s important to seek treatment for both at the same time from a professional, preferably someone with experience in both.

If you are struggling with a binge eating disorder and are a survivor of childhood abuse, domestic violence or sexual assault, we offer a support group on the 2nd & 4th Sunday evening at 6 pm Eastern online using Zoom, and audio/visual platform.

Find more information at <https://www.hope4christianrecovery.org/support-groups-workshops.html>

You can find support groups for eating disorders online from several sources found at <https://www.eatingdisorderhope.com/recovery/support-groups/online>

Above everything that is in your whole self, you are worth taking steps toward your healing and health. Your value and worth is

in who you are—not what you can do for someone. Please reach out for help and support today.

Kristen

**Spend time encouraging them in other areas.**

### ***Supporting a Loved One***

If you love or care about someone with an eating disorder your concern is for their health and you want to help them to overcome the eating disorder. A lot of times we may focus on their eating or lack thereof. While we are focused on them changing their eating habits, we may find that discussing their eating may actually reinforce their inability to share what they are struggling with because we don't understand.

So how can we help and support the one we love with an eating disorder? Spend time encouraging them in other areas. For example, during meals focus on other topics than eating. Direct the conversation to other topics such as a great video you've seen, a book you've read or the

latest comedy you've seen. Maybe you have plans to go out to a park or museum. What a great time to invite them to join you if you think it is something they might enjoy.

There is a time that is okay to share your concerns and fears about their eating, but mealtime is not the time. When you do sit down with them to talk about the eating disorder they have, use "I" statements. For example, "I feel afraid when I see you continue to lose weight because I'm afraid you will die from lack of nutrition to your body." "I'm worried about your body's reaction and your electrolyte balance when I hear you purging in

the bathroom.” It could be helpful to share resources, information, treatment options, support groups or other resources you are aware of in your area. They may not seem to hear it then, but you’ve planted a seed that there are options for them to consider if they decide they want help for the eating disorder they have.

Eating disorders aren’t about food. They can be based in a number of factors. Research seems to be looking at the impact of psychological, biological and social factors or any combination of those. Researchers continue to look at these areas related to what impacts eating disorders.

## **Hunger**

Feeling Hungry

I shouldn’t eat

I feel I need to

I feel so stressed

Eating help me

Feel a little better

At least for the moment

Maybe it’ll help me be safe

I dislike my body

It brings me shame

I don’t tell anyone

But there is so much pain

It’s important to share what you are proud of your loved one for. Do they excel in something they do? Are they compassionate or passionate about something? Are they making great grades in school? Let them know you are proud, and let them know you love them as they are. While you want them to be healthier, you still love them now.

Most of all, remember they have an eating disorder, they are not their eating disorder.

I know why I am so heavy

But telling just can’t happen

What if I told someone

They wouldn’t understand

Maybe someday there will

Be hope that I can change

I long for change

But no clue where to turn

Submitted by:

Anonymous

**Eating  
Disorders  
aren’t about  
food...**

## ***Bulimia***

I have an eating disorder but most people have no clue. I'm not over weight nor am I underweight. I was diagnosed with bulimia because I eat and then I purge afterwards. It all started when I went to college and I heard some of my classmates in the dorm talking about eating and purging and being able to have anything they wanted to eat without the calories.

I was a bit grossed out about trying it, but one day I ate too much and I felt horrible and nauseous. I decided to purge and while it was gross, I felt so much better physically. I never intended to purge again. I think the feeling of relief I experienced must have made it easier to justify.

I joined the swimming team and found that I needed to stay at the same weight that I had weighed in at, or even drop a few pounds. The other girls did this for their sports and seemed to be excelling at doing so. I found it easier and easier to turn to purging after eating too much at a meal, fearful that I would gain weight and no longer be able to excel at swimming.

When I realized that I was purging more and more, I was already dependent upon on it to help me balance my food intake and weight. It continued to get worse for me. Over time I found myself purging even after eating

a meal where it was well balanced and not too much. I became quite anxious at not doing so after I ate, and I started counting every calorie I put in my mouth and how much I could reduce those by purging. Most recent I found myself eating less and less and purging more often. Thinking about purging was enough to trigger a purge.

I've been trying to stop, but I'm torn between stopping and continuing. I know it's not healthy, and I have a lot of shame around it. I can't tell anyone, and I'm afraid to tell anyone. I've read the risks but after 10 years of doing this, I'm more afraid of stopping than continuing. I don't know if I can stop.

Recently I've been searching for some options that maybe I can explore to find help, but I don't know what to look for really. What if I find a place to try, and they don't understand? What happens if I try and I can't change? I've been doing this for so long, I'm honestly not sure I can change my eating and purging.

I want to try, to stop being ashamed and to feel good about me. I'm trying to get up the courage to try to make changes. I'm too afraid to even share who I am, so please call me Reese.

Submitted by:  
Reese

***I've been  
trying to stop,  
but I'm torn  
between  
stopping and  
continuing.***



Submitted by:  
Jo Offduty

## ***Resources for Eating Disorders***

Hope Recovery offers two formats of support for Eating Disorders. We have an online support group for survivors of childhood abuse, domestic violence and sexual assault who struggle with a binge eating disorder. It is an audio/visual platform, and is free, but requires the download of Zoom.

A second format is our Facebook page for survivors who struggle with any type of eating disorder. It is called T.E.D. and can be found at <https://www.facebook.com/groups/HR.TED> Survivors who wish to join, do need to answer the questions so our admin and moderators may approve your request to join.

There is a good list of support groups online available on Eating Disorder Hope with a variety of focuses, both therapist and non-therapist led. <https://www.eatingdisorderhope.com/recovery/support-groups/online>

NEDA's Regional Conference will meet in Houston, Saturday, March 30th. Find out more information at <https://www.nationaleatingdisorders.org/>

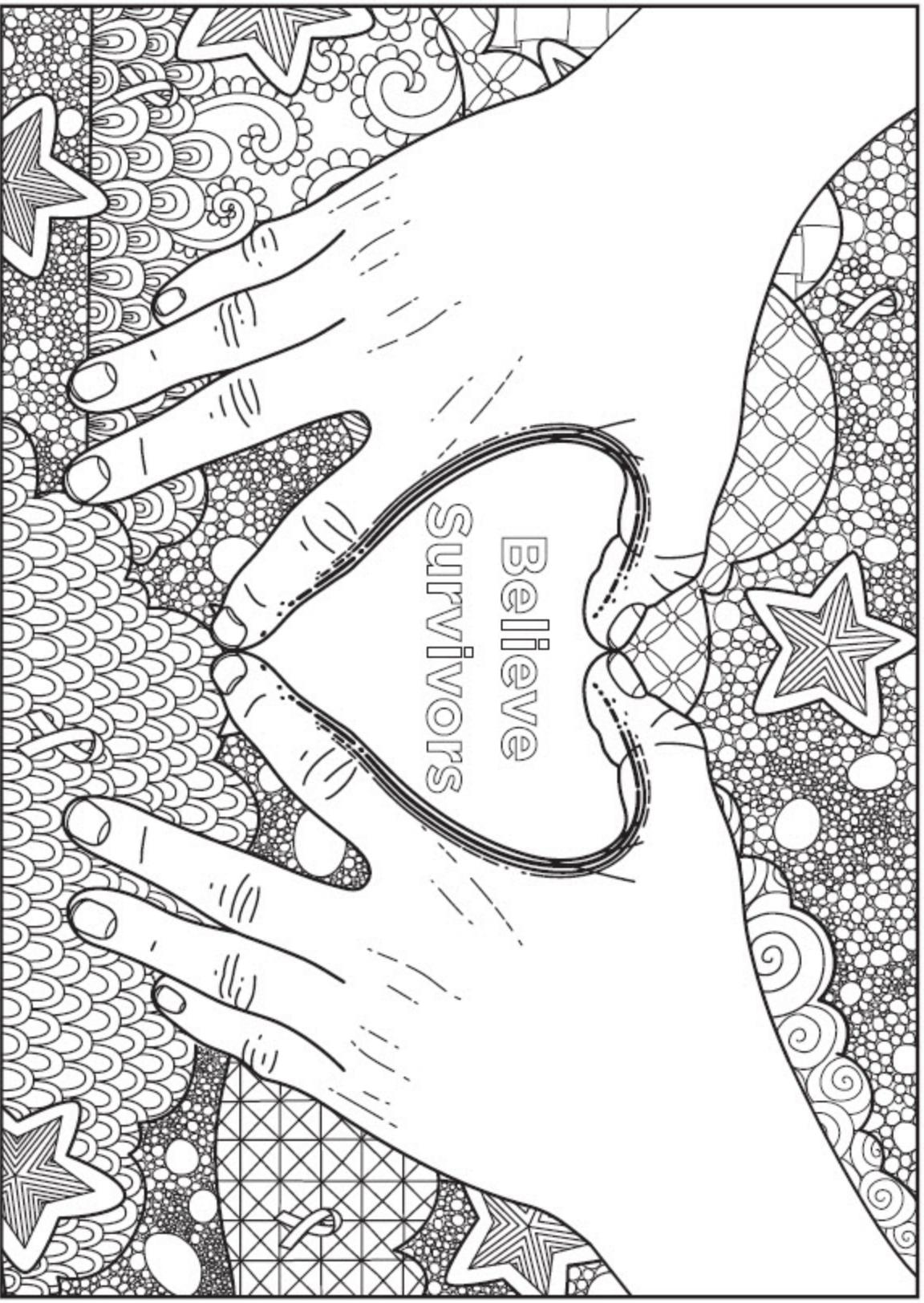
nedacon.

Have you questioned if you have an eating disorder? Check out this free screening from NEDA. <https://www.nationaleatingdisorders.org/screening-tool>

Feast Of Knowledge in Caveat Club in New York City on March 17, 2019 for parents and supporters of individuals with eating disorders. See <https://www.eventbrite.com/e/feast-of-knowledge-nyc-2019-tickets-50301643570?ref=ecount> for more information and cost.

The National Eating Disorder Information Centre in Canada offers a list of Service Providers and more. Visit <http://nedic.ca/give-get-help/service-provider-directory> for more information.

***There are many resources available for survivors with Eating Disorders.***



Believe  
Survivors

**STATEMENT OF FAITH**

Psalm 147:3 He heals the broken-hearted and binds up their wounds.

**MISSION**

The mission of Hope Recovery is to provide Christian-based compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

**VISION**

To offer compassionate support to survivors of trauma making their way on the journey of recovery and healing.

**Hope Recovery**

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Phone: (765) 505-8908

We're on the Web

[www.hope4christianrecovery.org](http://www.hope4christianrecovery.org)



When all seems like a struggle, there is hope.

**Subscribing to Nourishing Hearts**

**Fees:**

Free to Survivors of Trauma with a Binge Eating Disorder.

\$6 donations from supporters and professionals is requested to cover the costs of the website.

Donations may be sent to our PO Box, or online via PayPal.

**You Are Not Alone!**