

**EAS/Employee Assistance Services**  
**Employee Assistance-Psychotherapy**  
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**November 2004**

## ***Eating Disorders***

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### **Eating Disorders**

**\*\*Research shows that 75 million adults are overweight (10-30 pounds) and 44 million are obese (30+ pounds).  
*Center for Disease Control***

***“Think about what food means to you and the role eating plays in your life. Do you eat to satisfy hunger and nourish your body, or do you eat to relieve anxiety, or to fill an inner emptiness?”***

***Andrew Weil, MD***

Physicians and psychotherapists are concerned about the rise in disordered eating among adults and children. Obesity, bulimia, anorexia and binge eating are related to many other illnesses: diabetes, heart disease, cancer, liver disease, sleep apnea and high blood pressure.

### **9 Helpful Questions**

1. Are you intensely afraid of becoming fat?
2. Have you ever eaten a large amount of food, and then forced yourself to vomit or use laxatives?
3. Are you often on a rigid diet?
4. Do you regularly binge?

5. Do you lie about your eating?
6. Is it hard to stop eating when you want to?
7. Do you eat to escape problems?
8. Have others expressed concern about your eating patterns?
9. Are you ashamed of your weight ?

### **Resources**

- Primary Care Physician
- EAP Counselor (323-3330)
- OverEaters Anonymous (747-7380)
- Books:
  - “Your Dieting Daughter: Is She Dying For Attention?”, Carolyn Costin
  - “Self-Esteem Comes in All Sizes”, Carol Johnson
  - “Fed Up! The Breakthrough, Ten Step...”, Wendy Oliver-Pyatt, MD

***“Emotional eating is the practice of consuming large quantities of food - usually “comfort” or junk foods - in response to feelings, rather than to hunger... We often turn to food to heal emotional problems. Emotional eating becomes a habit that prevents us from learning skills that can effectively resolve our emotional distress.”***

**Cleveland Clinic Research**