

Eating: From Disordered to Order...What is *“Normal”*?

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What is “disordered eating”?

- When one's relationship with food/eating becomes imbalanced
- Following irrational rules (often based on guilt or shame) regarding food and eating
- A disconnect from internal hunger/full/satisfied cues
- Eating patterns that results in “artificial” weight loss or gain



**Every act of creation is first
an act of destruction.**

Pablo Picasso



The Evolution of this Presentation

- Professional insight gleaned from treating eating disorders & disordered eating for nearly 30 years. I have averaged ~ 35 clients/week.
- Personal experience
- Experiences as a Certified Intuitive Eating Counselor
- Research and training

Eating Disorders/Chronic Dieting Destroy a Normalized Relationship with Food, Eating, Activity, & Body Image

- Nutrition rehabilitation is the first step towards normalizing one's relationship with food/eating issues.

(Scribner & Graves, 2009)

- Cessation of the pursuit of weight loss or micromanaging one's body or weight is a precursor to working towards "normal" eating.

From disordered eating/dieting to eating disorder to ???

The journey to "becoming well" from an ED or chronic dieting/restricting (Beth McGilley, PhD concept) is not a clearly marked path. What are the stepping stones to *possibly* being able to embrace IE?

I propose that "normalization" work is a vital precursor.

Intuitive Eating Principles Described by Tribole and Resch:

Tribole, M.S., R.D., E, Resch, M.S., R.D., E. (2012). *Intuitive Eating (Newly Revised and Updated)*. New York, N.Y.: St. Martin's Press.

- Reject the diet mentality
- Honor your hunger
- Make peace with food
- Challenge the food police
- Respect your fullness
- Discover the satisfaction factor

Intuitive Eating Principles Continued

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- Honor your feelings without food
 - Respect your body
 - Exercise-feel the difference
 - Honor your health

Barriers to IE in Real Life

- Chronic dieters and/or those with ED's have lost connections to hunger/satiety signals.
- They are used to being "contained" by diets, bio pedagogies, exchanges, parents and their ED. THE FOOD POLICE!
- Rejecting the diet mentality is often the higher mountain to climb.

Barriers to IE in Real Life

- Many do not recall a time when their relationship with food, eating, activity, or body image was "normal".
- The adoption of body hatred and self-loathing that can come after years of living in a dieting culture or sub-culture (ballet, modeling, gymnastics, etc.) Self-care/trust of oneself is destroyed.

Redefining “Normal Eating”

THE 10 BEST FAT BURNING FOODS

@aworkoutroutine

aworkoutroutine.com

1. There
2. Are
3. No
4. Fat
5. Burning
6. Foods.
7. Stop
8. Reading
9. Stupid
10. Lists.

Chocolate doesn't make you bad.

Salad doesn't make you good.

What you eat doesn't make you
a sinner or a saint.

So stop tying your self-worth to
the foods you eat.



Origins of usage of the term “bio pedagogies”

- Began with discussions of how the “war on obesity” promoted fear mongering, false science and body hatred.
- Many authors have discussed how this hyper-focus on fighting obesity has created these forms of “disciplinary practices” that are presented as mores and values. How we must live. (Harwood p.15)

Destroying to Create

- Bio pedagogy – “Humans are the only animals that are subject to cultural evolution” (Kovac, 2013)
- We are highly influenced by cultural norms and values.
- Research has demonstrated the impact that our cultural/societal norms have on perceptions re: food, eating, drive for thinness, etc. (Keel, Fortney 2013)

Pioneer in Bio Pedagogy - Lu Lu Hunt Peters, MD in 1917

Counting
calories was
presented
as a moral
and patriotic
duty!



Diet and Health
With
Key to the Calories
Lulu Hunt Peters, A.B., M.D.

Watch Your Weight

"Hereafter
you are
going to
eat calories
of food."
Concept of
calories
escapes
the lab.

Bio pedagogies – Compilation of information, instructions, directives (Leahy, 2009)

- How to live
- How to feel about our bodies, food, exercise.
- How to be healthy & fulfilled (Harwood 2010)
- How to avoid harm
- How to achieve recovery, wellness

*"Normal Eating is Counter-Cultural: Embodied
Experiences of Eating Disorder Recovery"*
(LaMarre, Rice, 2015)

Current Examples of Bio Pedagogy

- 30 Worst Foods for Your Heart
- 50 Foods Cardiologists NEVER Eat!
- New Diet Turned Her into a Whole *New* Person!
- Foods that Damage Your Metabolism the *Moment* You Eat Them!

Current Examples of Bio Pedagogy

- 6 Foods to Give up to Get Rid of Your GUT!
- Foods Nutritionists Never Eat!
- Anything Containing Over 5 Ingredients Causes Cancer.
- "Eating should be automated and joyless"- direct quote from Dr. Oz
- Blogs promoting dietary restraint masquerading as "fitness/wellness" info.

Dietary Restriction Messages Masquerade as “Health Promotion”

- “Sitting is the new smoking”
- Eat more produce!
- Never eat past _____ o’clock!
- Gluten free/clean eating
- Go raw/vegan (Fork Over Knives)

Diet messages used to be much more overt!

Pondering the Prevalence

“Disordered eating and eating disorders that are characterized by serious dysfunctional responses to hunger and satiety signals are considered commonplace” (*Actually applauded, envied, and rewarded*)
(Crow, Peterson, 2007)

University of North Carolina Study

- Research presented by Cynthia Bulik, PhD @ AED conference in 2008
- 65% of American women between 25 – 45 years of age report having disordered eating behavior.
- 75% report having some unhealthy thoughts.

Retrieved October 2, 2017 from www.sciencedaily.com/releases 2008

What contributes to disordered eating?

- Environmental triggers that confuse hunger signals
- Using eating or not eating consistently over a period of time to cope with emotional triggers
- Mixed social-cultural messages
- Unrealistic weight or size goals that require one to adhere to irrational food/eating and/or exercise beliefs

When does disordered eating become an eating disorder?

- There is no clearly defined crossover point
- Many of those suffering from disordered eating would fit diagnostic criterion of OSFED (Formerly EDNOS)
- Disordered eating can rob one of peace of mind and quality of life ...even if there is not a technical diagnosis of an “eating disorder”

The Truth Channel vs. ED/Disordered Eating/Diet Mentality Channel



Where to begin?

- Consider how you define "normal" eating? (how, why, when, what)
- Explore social-cultural, familial impact on your relationship with food, eating, exercise & body image.
- Acknowledge the challenges i.e.(crazy culture, tendencies to engage in social comparison, deluge of information).
- Define level of body/self distrust.

Important Counter-Cultural Message!

- Dieting/dietary restraint is not benign.

"Starvation and self-imposed dieting appear to result in eating binges once food is available and in psychological manifestations such as preoccupation with food and eating, increased emotional responsiveness and dysphoria, and distractibility. Caution is thus advised in counseling clients to restrict their eating and diet to lose weight, as the negative sequelae may outweigh the benefits of restraining one's eating."

J Am Dietetic Assoc. 1996; 96:589-592

The case against dietary restraint

- Discuss findings of the Ancel Keys study on semi-starvation.
- The US Federal Trade commission suggests that diets have a 98% failure rate.
- Casualties of dieting, including contribution to eating disorders. Spark that lights the fire.
- Dieting is a strong contributor to wt. gain (Mann, et al, 2007 , 220 -223)

What is “normal eating”?

- Eating that does not cause chaos in your thoughts or behaviors with food
- A relationship with food and eating that is not guilt or shame based ...no labeling of food as “good” or “bad”
- Thoughtful, connected ... but not obsessive
- Satisfying and enjoyable
- Flexible ...and occasionally “disordered”!!

How to move towards normalized eating!

- Visualize a hammer and chisel like process ... no bull dozing involved.
- Embrace the truth that there is no perfect way to pursue health or live a “non-dieting” lifestyle
- Examine and be willing to challenge irrational beliefs that are influencing your feelings and behavior with eating/activity & body image. (CBT)

G. Waller, H. Cordery, E Corstorphine, H. Hinrichsen, R. Lawson, V. Mountford, and K Russell, *Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide* (New York: Cambridge University Press 2007)

Being thoughtful and aware of your nutritional intake vs. obsessive and anxious is an art!

- Letting go of extremes
- Going for a “healthy” average
- Variety, balance, moderation (AND definition)
- Refer them to research & findings from reputable sources. The Academy for Nutrition and Dietetics, The American Heart Association, The National Cancer Institute, etc.

No rules and no mixed messages!!!!!!!

HAES®

- Weight Inclusivity
- Health Enhancement
- Respectful Care
- Eating for Well-being
- Life-Enhancing Movement

The Association for Size Diversity and Health

An Overview of The “Bolder Model”

- The following slides are a gift from Michael Levine , PhD to me. The origins of the concepts were presented to encourage a collaboration between researchers, practitioners, and ED activists.

Maine, M., Hartman-McGilley, B., & Bunnell, D. W. (2010).
Treatment of eating disorders: Bridging the research-practice gap. New York, NY: Elsevier Inc. p - 480

The “Bolder Model” in Your Life in General: HAES

- **Everyone is entitled to a positive body image** supported by respect and appreciation for the diversity of human sizes and shapes
- **Everyone would benefit from an active lifestyle** incorporate regular, moderate exercise that is done for the “4 Fs”: fun, fitness, friendship, and function
- **Everyone can** (gently and with self-compassion) **improve his or her eating habits**

The “Bolder Model” in Your Life in General: HAES

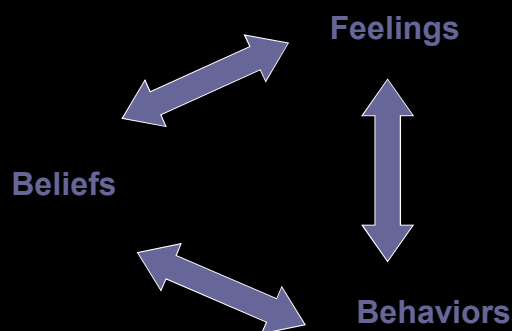
- **Everyone can learn to eat in ways that satisfy hunger; provide energy for health, growth, and well-being; and are regulated--not by calorie-restrictive dieting and other externally imposed rules--but by being attuned to feeling hungry and to feeling full.**
- **Everyone can find more opportunities for communal eating.**
- **Everyone can learn—and help others to learn--life skills to cope with stress and to meet her or his needs in ways that do not include starving and/or anesthetizing feelings by binge eating.**

The “Bolder Model” in Your Life in General

Practice and Model The Bill of Rights:
“I have *and* will exercise the right to”

- | | |
|---|---|
| <ul style="list-style-type: none"> ■ Nourish my body and spirit ■ Appreciate my body, which will never be perfect ■ Feel good in and about my body ■ Remind myself that there are hundreds of very admirable people whose body shapes vary tremendously – my role or real models ■ Exercise my control over what I watch, pay attention to, talk back to, buy. . . . | <ul style="list-style-type: none"> ■ Remind myself, constantly if necessary, of the following 10 or more good things about my body ■ Be fit and energetic, no matter what I look like ■ To dance, swim, sunbathe, and be active no matter what I look like style ■ To wear clothes that are comfortable and express my self—my style—no matter what I look like |
|---|---|

Cognitive – Behavior Therapy



Pioneered by Albert Ellis and Aaron Beck in the 1960s, CBT is based on the theory that your beliefs determine your feelings and behaviors. If your beliefs are irrational ... your feelings and behaviors will follow suite!

Begin to challenge the restrictive eating/diet mentality

- Write down at least 2 beliefs that influence your behaviors and feelings re:
 1. Food
 2. Eating
 3. Weight
 4. Your own body

Evaluating beliefs

- Is the belief based on objective fact and truth?
- How did you arrive at the belief?
- Does it enhance your emotional, physical, spiritual and mental well-being?
- Does the belief cause chaos in your life?

Living in the “middle ground”

- Continue to examine and work to change faulty beliefs
- Legalize all foods
- Eat foods that satisfy and nourish
- Work on your “style of eating” in order to stay connected w/ your body’s signals
- Think variety, balance and moderation
- Be realistic and practical

Wading into IE

- Understand that IE is possibly a 2 year process.
- Go to www.jennischaefer.com for “normal eating” chart.

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