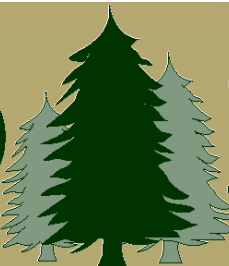


The CEDAR Review

Associates



Eating disorders, general psychotherapy, medication management, nutrition and recovery

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News & Announcements:

We are pleased to announce that CEDAR is offering medication management.

Our new staff member, [Joan Jablow](#), is a Board Certified Adult Psychiatric and Mental Health Nurse Practitioner who has twenty years experience in psychiatry and brings medication management to the center.

Groups at CEDAR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

Next Meeting: June 16, 2007

[Support Group Info & Meeting Dates](#)

Quote of the Month:

The healthy, the strong individual, is the one who asks for help when he needs it. Whether he has an abscess on his knee or in his soul.

— Rona Barrett

Strategies used in Nutrition Therapy with Clients

By Elyse B. Falk, MS, RD, CDN

Are you really hungry? Is it real hunger where your stomach is rumbling and/or you feel dizzy from not eating for a while? Or is it emotional hunger where you are eating because you are feeling either upset, lonely, stressed, etc? I have found these questions to be extremely useful when working with CEDAR clients who have been diagnosed with Bulimia and/or Binge Eating Disorder.

Most clients come into nutrition therapy with the expectation that their favorite foods are going to be taken away and will be forbidden forever. While this is not entirely true, it is not uncommon to temporarily remove certain trigger/unsafe foods in the beginning of therapy. Once the client feels safe and confident, trigger/unsafe foods will be added back slowly over time and as the person can comfortably tolerate and enjoy them. Sometimes, the client will bring the trigger food into the session with me and we will eat it together thereby giving the client the opportunity to learn how to decrease their anxiety around the food and allow the experience to be pleasurable. During these particular sessions, we can talk about the flavors that the previously forbidden food brings to the mouth, how the mouth feels and finally how it feels going down the throat. The client can talk about how the food might taste differently over the course of eating it, the texture of the food as it changes while being chewed, and how to be mindful of chewing rather than eating rapidly and thereby diminishing the entire experience. We can sit together after food is gone and talk about what feelings the food may bring up within the client.

An important goal of nutrition therapy is for the client to understand and trust that all foods can fit into their diet. There is no such thing as good or bad food. Another important goal is for the client to really get in sync with their hunger and fullness cues and understand these cues. Just taking a few moments to ask themselves the following questions before they eat are strategies used to assist with their road to recovery.

- Am I Really Hungry?
- Is it physical hunger?
- When was the last time I ate?
- Did it have a combination of carbohydrate, protein, and fat?
- Am I light headed, dizzy, or faint?
- Is my stomach rumbling?
- What am I hungry for? Something salty or sweet, protein or fat?
- OR
- Is it emotional hunger?
- How am I feeling as I start to eat?...Lonely?
- Stressed? Anxious? Nervous?

Giving the client a food log to record their food intake and hunger/fullness levels is extremely helpful in identifying and making the connection between their physical hunger and body sensations, their cravings and their feelings. The food log also helps the client identify what their hunger and fullness feels like and track these feelings throughout the day.

Please click [here](#) to read more on our web site.

Signs of Emotional Eating

↻
Eating without realizing it

↻
Eating after experiencing a specific emotion

↻
You think of food as a distraction or way to escape problems

↻
Binge eating

↻
Obsessive thoughts about food