



#### Note About NH:

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## 2019—A Clean Slate

I love January 1st each year. It brings about a clean slate—a do-over time. A do-over year actually. I tend to jump days and days ahead and then wonder why I can't stay on track or I get overwhelmed.

This new year is now a new opportunity to not only focus on our struggles but more so on our strengths. What strengths do you have right now, this first day of this month—this first day of this new year?

We clearly struggle with disordered eating or we wouldn't be here sharing. But strengths—what are the things you do or think that move you in a positive way? For example, are you great at writing, do you enjoy reading, decorating, carpentry, fixing things, being a good friend, or something else? Oh how our list can go on.

This year, rather than beating ourselves up for how much we aren't eating well, let's give ourselves a good place to start with. We're not ignoring the disordered eating, but we are celebrating one thing within us or that we have to offer our-

selves or another person.

Are you old enough to remember when there were chalkboards in schools? Remember how they were cleaned? First, we erased the writing. Then we took the erasers outside and smacked them together to get the chalk dust out of them. Then, once they were chalk free (as much as possible), we'd get a bucket of water and wipe down the chalkboard, so that the following day when we came to class we had a nice clean chalkboard.

Just like the clean chalkboard that will be written on again and be covered with the dust from the chalk, so will this first day of a new year experience find that life continues to happen. Every day though, is like coming to class with a clean chalkboard. It is about being able to start over at any time—each day—each meal. If we fall this meal, let's start over with the next one. It's not failure to find ourselves in the middle of our disordered eating, it is part of the journey of recovery.

Happy New Year!  
Kristen

## True Hunger for Christ

The Greek word for satisfied in Matthew 5:6 actually comes from the root word “to gorge.” We find satisfaction in Christ—to gorge on the words and meditation time with God.

Perhaps with the disordered eating we are experiencing, it has consumed our time and focus away from God. It’s okay to ask God to stir up our hunger for Him rather than earthly food.

Matthew 5:6—Blessed are those who hunger and trust for righteousness, for they will be filled.

At this time in our lives, with food in one way or another being our primary focus or overwhelming thoughts that take up much time in our daily lives, perhaps it’s time to replace those thoughts with Christ, His love for us, and His power.

Philippians 4:13 tells us what we need to know about recovery from our trauma and our disordered eating—I can do all things through Him who gives me strength.

There are many things we can do to address our eating struggles, as we have many tools available to us. Our spiritual gifts allow us one more tool.

God, during this time of the start of the new year, draw near

to us. Give us the ability to call on you in our time of need. Give us a desire for you—more than our desire for food. Help us to find satisfaction in you and you alone. Help us to change our eating patterns to become in line with healthy eating and recovery from the disordered eating. Give us strength to make good choices, and give us grace and forgiveness when we fall. Help us to get right back up and try again. Block the shame and critical voice that tells us we are not good and will never overcome. Remind us of your word and your power.

Amen

Devotional:

Food is Not the Enemy—  
<https://my.bible.com/reading-plans/3411-food-is-not-the-enemy-overcoming-food-struggles>

**It’s okay to ask God to stir up our hunger for Him rather than earthly food.**

## Throw It Away?

If it was put on the plate in front of me, it was expected you ate it or didn't leave the table. The worst was liver and onions. We weren't allowed to throw food away. I've always felt ungrateful to throw away what I fixed, so I made myself eat it, even if it made me sick.

Today I had fixed something to eat, but a few bites in I just felt like I couldn't eat anymore. It wasn't something that would reheat well, so I did something totally uncharacteristic of me, and I threw the rest of it

away!

I expected to feel guilty, but it actually felt quite freeing. I didn't feel over full or nauseated from eating what I felt I couldn't eat more of. I wonder if this is a new turn in my eating?

Submitted by:

Mark

## Fear of Eating

I want to eat but I'm afraid to. I know that I won't tell my counselor that because I'm afraid he'll try to make me eat and I be able to stop eating after that.

I haven't reached the right weight yet, and I already know what everything thinks when I eat. They think I shouldn't be eating so much because I'm too fat and don't deserve to eat. They are right of course, because I am too fat.

I don't want to see him but if I want my parents to pay for college, I don't have any choice. I've considered not going to college, but I really want to teach. For now I guess I'll see where this goes.

Maybe he can help me figure out how to please everyone and reach my perfect body too. I've heard stories, and

I've read stories online about others experiences with anorexia, and they all talk about having to eat and they get fat.

My friends at school tell me that I look great and ask me how I do it. I just tell them I'm careful to eat healthy foods. I'm much further than I was in reaching my goal, but my parents are on my case.

I don't know. Maybe I'll learn something, but I'm not happy about it.

Submitted by:

Anonymous

**It actually felt quite freeing.**

## Why

Why keep trying?  
Over and over I make the same choices.  
When do I make different choices?  
Good ones instead of those that cause problems.

I'm angry at me.  
So angry and disgusted.  
I decide to eat healthy.  
Next I know I've eaten something that I decided wasn't allowed.

Why do I always choose the unhealthy when I want to choose healthy?  
I mean well.  
How do I get my eating in line?  
I should have the will power.  
I'm strong in other areas.  
I fail with eating.

I have ideas on why,  
But I don't want to go there.  
Too much pain.  
I eat just because.  
Bored.  
Happy.  
Afraid.  
Celebrations.  
Mindless.  
Bad memories.  
Depression.  
Anger.  
Hopelessness.  
Fun.  
Just want to.

Where is my backbone?  
Where is my strength?  
It makes me think I'm lazy.  
Like there is no hope for me and

eating in a good manner.

Why did I have to be abused?  
Why didn't I get someone who loved me and helped me?  
Sometimes I think that's why.  
I needed an escape.  
Escape from all the pain.  
Escape from loneliness.  
Escape from fear.

I hid my food for a long time.  
So ashamed of what I ate and how much I ate.  
I don't have to do that now that I live on my own.  
But I still buy and buy all kinds of things that I shouldn't eat.

When does it end?  
When will I find a way to put my life in order?  
When will I be brave enough to seek help?  
When will I reach out and open up to someone I know.

This is great because no one knows who I am here.  
But it's a painful place to be.  
I'd like to have one person in my life that wouldn't judge me if I shared how much this is difficult and so hopeless.

Submitted by:  
Sara

*I just eat*

*because.*

*Bored.*

*Happy.*

*Afraid...*

## Book Review

Grace, Food, and Everything In Between: Discover the transforming power of grace to set you free from food and body shame.

Author: Aubrey Golbek, MS, RDN

This book is available in paperback or as a Kindle book. It is written about seeking identity, health, body image struggles, and nourishment by Grace and the Spirit.

It is a Christian based book, written based on the example of Christ which Aubrey found hope and help in with her issues around food.

She tells us that the first half of the book provides foundational truths, while the second half provides practical applications for eating.

Aubrey is a dietitian with a passion for God's word and food freedom.

## Eating Disorders Resources

### [NEDA Low-Cost & Free Help Listings](#)—

[www.nationaleatingdisorders.org/free-low-cost-support](http://www.nationaleatingdisorders.org/free-low-cost-support)

### [Eating Disorder Hope Events](#)—

[www.eatingdisorderhope.com/information/help-overcome-eating-disorders/events](http://www.eatingdisorderhope.com/information/help-overcome-eating-disorders/events)

### [Carolina Resource Center for Eating Disorders Conference](#)—March 1,

2019—[www.crcfoed.com/crc-for-ed-hosts-the-12th-annual-heal-conference/](http://www.crcfoed.com/crc-for-ed-hosts-the-12th-annual-heal-conference/)

### [The Renfrew Conference for Profes-](#)

[sionals](#)—November 8-10—[renfrewcenter.com/renfrew-center-foundation/renfrew-conference](http://renfrewcenter.com/renfrew-center-foundation/renfrew-conference)

*...the first half  
of the book  
provides  
foundational  
truths...*

## Posttraumatic Stress Disorder (PTSD)

PTSD is a disorder that some people develop after experiencing a shocking, scary, or dangerous event.

It is natural to feel afraid during and after a traumatic situation. This fear triggers many split-second changes in the body to respond to danger and help a person avoid danger in the future. This “fight-or-flight” response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people will recover from those symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened even when they are no longer in danger.

Carolyn Coker Ross, MD, MPH reports that eating disorders are rarely about food, but for many the bottom line issue is unresolved trauma. Trauma causes a disruption in brain chemistry which can cause difficulties managing emotions and many survivors of trauma then turn to disordered eating and other addictions to cope.

Some survivors of trauma who have been sexually assaulted attempt to

make themselves less attractive, therefore being less at risk. This can often be found as thinking that if I gain weight or if I lose weight then I won't be hurt again.

Another issue that plays into those who have experienced trauma that has developed into PTSD and an eating disorder is the need to be in control. The inability to have any control in the trauma experienced, there is a thought that there is the ability to control eating and exercise, which leads to controlling what one's body shape looks like. Some survivors who have developed anorexia started out by using control to do this.

Yet again we'll see eating disorders develop when a survivor of trauma wants to quiet the emotions, fears and struggles by using food. This can be seen in bulimia and binge eating particularly.

Not everyone who develops an eating disorder has been traumatized and develop PTSD, but there is a great correlation between trauma, PTSD, and eating disorders.

*Eating disorders are rarely about food...*

## My Body

I don't think I've ever liked my body, in fact I think I've hated it forever. I went through a series of challenges with eating disorders and feel like I spent more time on the losing end than the winning side.

It started when I was in high school after going through a traumatic event. I decided to lose weight, and the next thing I knew I was in total control. I was running in the very early hours of the morning, I cut way back on eating and I started doing an excessive number of sit ups and push ups. The result was a lot of compliments on how good I was looking. I continued this for a little over two years.

I'm not sure when, but I started to lose control, and I started eating a lot. I had learned that you could eat and vomit, so I decided to do that to maintain my weight. It worked for quite a while until I ended up back in the cycle of not eating and exercising, only this time the eating was worse than in high school. I'd barely eat, and having two or three bites of something was sufficient and sent me straight to the bathroom to get rid of the calories.

I learned over time that I couldn't see me accurately. I thought I was horribly fat, even when I was at my thinnest. I disliked my body so much, I would do anything to try to morph it into what I thought it should be. Anything to be where I wanted to be instead of being okay with where I was.

Something specific I learned about me and how I saw my body was through the eyes of someone hurting

inside, who didn't really fit in with others my age, and my eating was a way to deal with all of that.

I thought that if I changed my body, that I'd feel better about myself, that others would like me, and that I'd like me. Later, I learned that the food and exercise was about the hurt I had experienced, and the eating disorders I found myself in the cycle of, actually added to my dislike of my body and of myself.

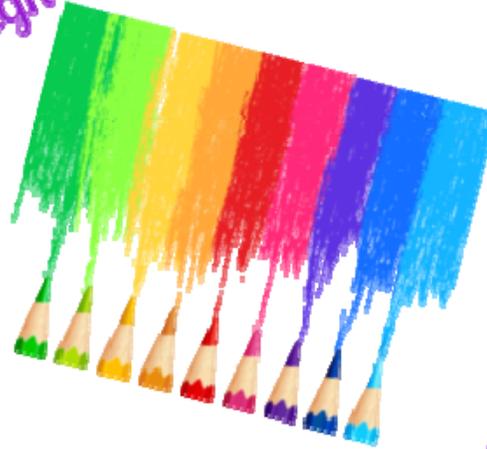
I learned that my body was not the enemy, my thoughts and feelings were. I was telling myself I wasn't good enough for anyone else, that I was damaged goods. Telling myself I deserved the traumatic event I experienced. What I didn't consider is how my genes played into my body's development, and how my thinking impacted my feelings too. The more I told myself I wasn't good enough, the more I set myself up to enforce that belief.

My body isn't the enemy, in fact, it gives me life. It allows me to do things that I need to do and want to do. I've found that I can give my body a better chance than I was giving it, to give it (and ultimately emotionally and mentally) health.

*I thought that  
if I changed  
my body, that  
I'd feel better  
about myself...*

Submitted by:  
Candice

*My First Chapter Was  
a Rough One*



*My Current Chapter is a  
Much Better One*

*What foods  
might we try to  
substitute when  
having certain  
types of  
cravings?*

## Substituting?

There was a graphic on identifying what you are craving and what foods might help with those cravings. Here are the key foods they suggested.

Chocolate—try nuts or seeds.

Sugary Foods—try broccoli, cheese, or chicken.

Breads, Pasta and Carbs—try high protein meat.

Oily/Fatty Foods—try cheese, broccoli or spinach.

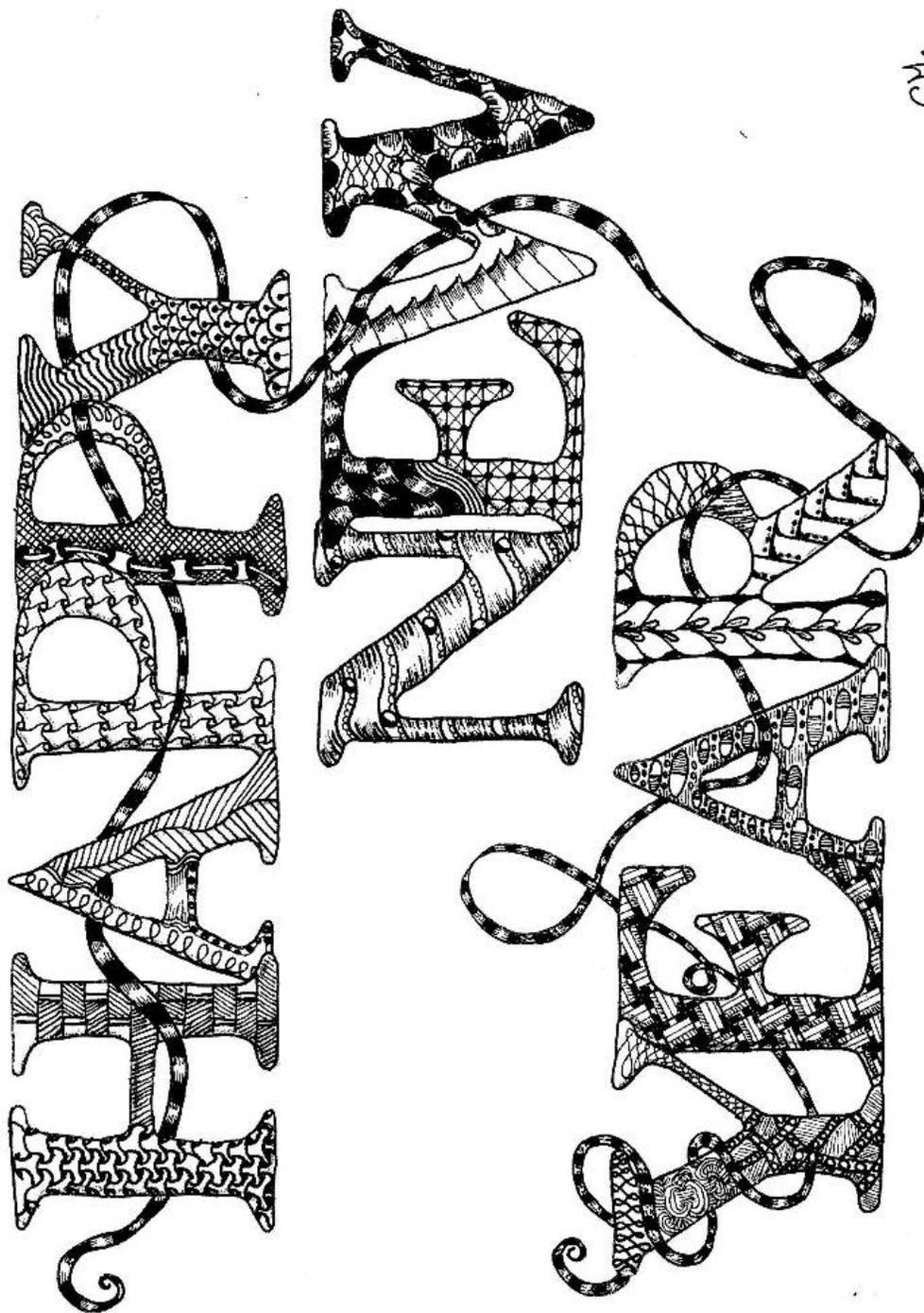
Salty Foods—try fish, nuts or seeds.

Obviously, you'll need to consult with your physician about foods

and any medication interactions or concerns related to allergies. As each of us are individuals, these may not work for everyone, but it may be a great alternative to substitute something healthier for something less healthy.

From Ruled.me

## Something Fun to Start the Year Out With



*Just Color*

Used by Permission of Just Color (<https://www.justcolor.net/happy-new-year-adult-coloring-pages/>)

**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)

Find our newsletters at <http://www.hope4christianrecovery.org/publications.html>



When all seems like a struggle, there is hope.

**Fees:**

Free to Survivors of Trauma with a Binge Eating Disorder.

\$4 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!**