

SUPPORT IS THE BEST TREATMENT FOR EATING DISORDERS

Unlike the stereotypes that can come with eating disorders, this group of illnesses knows no boundaries. Eating disorders, such as anorexia, bulimia, binge-eating and purging, can be just as common in adults as they are in teenagers. Against common perception, eating disorders are also not gender-specific.

However, one of the largest concerns with adult eating disorders is the difficulty in diagnosis and the low rate of detection – if no one asks, then no one seems to know. Adults are often met with unique medical complications, limited treatment options, and the psychological impact of enduring a condition typically thought of as a teen illness.

Early intervention is key to successful recovery. The best treatment for eating disorders is a solid support system.



In honor of **National Eating Disorders Awareness Week (Feb. 23 to March 1)**, here are some tips for supporters, which include siblings, partners and friends:

SHOW THAT YOU CARE and want to help – your presence, support and encouragement can make all the difference.

CREATE A SPACE for open communication. Express that you want to make it comfortable for your loved one and do what feels okay for them.

TRY YOUR BEST TO REMAIN PATIENT. Progress takes time.

SHOW THE PERSON YOU LOVE THEM whether or not the person has an eating disorder. Sometimes it helps to start doing activities unrelated to the eating disorder to show that you want to be with the person and that's what matters.

SEE IF YOU CAN CREATE A DIALOGUE about what feels comfortable at the time. Don't be afraid to gently ask about how you can be helpful at the workplace and in school, what types of activities are safe right now and what type of support the person wants you to provide.

MAKE SURE YOU TAKE CARE OF YOURSELF and find time to do things just for you so you can take care of your loved ones.

The next time you talk to someone with an eating disorder, here are things you shouldn't say:

- Anything that focuses on weight, appearance or food
- Anything that stereotypes eating disorders
- Anything that normalizes the disorder
- Anything that sounds like it came out of a textbook
- Anything that displays shock or disgust

If you or someone you care about has been up close and personal with an eating disorder and needs professional guidance, call the NEDA helpline at 1-800-931-2237 to find resources or to get help.

"Inside the Hidden World of Adult Eating Disorders," Melissa Jeltsen, huffingtonpost.com, Dec. 21, 2015.

"Get in the Know," National Eating Disorders Association (NEDA), nedawareness.org, accessed Jan. 12, 2016.

"Eating Disorder Awareness: Tips for Supporters," Temimah Zucker, huffingtonpost.com, Feb. 24, 2015.

"What Not to Say to Someone With an Eating Disorder," Kirstin Fawcett, health.usnews.com, Jan. 29, 2015.



Root Vegetable Gravy & Rosemary Biscuits

Health Benefits of Root Vegetables

1. Potatoes: Potatoes are packed with health-promoting phytonutrients and are rich in potassium (more so than bananas). Research suggests potatoes have many properties that may lower blood pressure.

2. Sweet potatoes: Sweet potatoes are one of the highest sources of vitamin A, an antioxidant powerhouse that is linked to cancer prevention, the maintenance of good eyesight and anti-aging benefits.

3. Rutabagas: One medium rutabaga contains more than 150 percent of the recommended Daily Value (DV) of Vitamin C, which is vital to many functions in the body and may help prevent cancer by protecting cells against harmful free radicals.

4. Parsnips: Parsnips contain folate, which promotes nervous system health, aids metabolism and is vital for pregnant woman because it decreases the risk of birth defects in newborn infants.

5. Beets: Studies have shown beets may help lower blood pressure due to nutrients they contain that help increase blood flow and deliver oxygen to parts of the body lacking it.

6. Carrots: Originally grown as medicine due to their nutritional properties, carrots are loaded with beta-carotene, which is used to prevent and treat serious medical conditions. A single carrot also provides more than 200 percent of the recommended DV of vitamin A. Many health authorities recommend getting both nutrients by eating produce rather than through supplementation.

"5 Fun Facts About Carrots," Chloe Thompson, webmd.com, May 8, 2014.
"Beetroot Benefits," WebMD, webmdboots.com, accessed Jan. 11, 2016.
"Potatoes: Health Benefits, Risks & Nutrition Facts," Jessie Szalay, livescience.com, Oct. 9, 2014.
"The Health Benefits of Parsnip," Michelle Kerns, healtheating.sfgate.com, accessed Jan. 5, 2016.
"What's So Great About Rutabaga?" Center for Nutrition, Diet and Health, udc.edu, accessed Jan. 8, 2016.

Try this delicious twist on traditional biscuits and gravy by making a hearty gravy out of rich root vegetables and placing it atop a fragrant rosemary biscuit.

Biscuits

(Adapted from ohmyveggies.com)

- 1 1/4 cups all-purpose flour
- 1/2 cup whole-wheat flour
- 1 1/2 tablespoons minced, fresh rosemary
- 2 1/2 teaspoons baking powder
- 1/3 cup solid-state coconut oil
- 1/2 cup plus 3 to 4 tablespoons 2% milk, plus extra for brushing
- 1/2 teaspoon salt
- Pinch of pepper

1. Preheat the oven to 400 F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, whisk together the two types of flour, rosemary, baking powder, salt and pepper. Add in the coconut oil and use a pastry cutter to cut the oil into the flour. Continue until it resembles evenly sized crumbs.
3. Add in the milk and mix until the dough comes together. (Start with the extra 3 tablespoons and add the fourth if the dough is too dry.)
4. Dump the dough onto a well-floured surface. Pat the dough into a circle that is about three-fourths of an inch thick. Using a floured biscuit cutter (or the rim of a glass), cut out rounds from the dough and place on the prepared baking sheet. Combine the scraps and cut out additional biscuits until the dough is used up (this will be about five biscuits using a 3-inch biscuit cutter). Brush the tops of the biscuits lightly with milk.
5. Bake for about 15 to 16 minutes until they are very light golden brown (they will barely brown in the oven).

Gravy

(Adapted from indianapublicmedia.org)

- 3 tablespoons butter
- 3 tablespoons flour
- 5 cups cold milk
- 3 cups of raw root vegetables for roasting
- Salt and pepper

1. Preheat oven to 350 F.
2. Peel and chop all the vegetables.
3. Toss vegetables in olive oil, place in a pan and bake for 45 minutes (or until veggies are cooked enough to put a fork through). Once veggies are done, melt butter in a saucepan.
4. Add flour to melted butter and stir constantly with a whisk until it's well incorporated and there are no longer lumps.
5. Cook on medium heat for about five minutes to get rid of the raw flour taste. Stir occasionally or constantly (whichever you prefer) to prevent it from browning.
6. Add the cold milk slowly, whisking the entire time. (This may get lumpy, but keep whisking.) Whisk on medium heat until it begins to thicken, then add roasted vegetables. If you want a smoother consistency, you can puree the veggies into the sauce with an immersion blender.
7. The longer you cook the gravy the thicker it gets, so cook it until it is the desired consistency and add salt and pepper to taste.
8. Pour over your homemade rosemary biscuits and enjoy!

TIP:
Opt for healthier cooking methods, such as roasting, steaming or baking in lieu of methods that rob vegetables of valuable nutrients like frying.