

Eating disorders – treatment

Eating disorders, bulimia, anorexia and compulsive overeating, are a very damaging form of addictive illness. Though easy to underestimate, in common with all addictions, the behaviours are engaged in compulsively and to the detriment of the sufferer's emotional, physical, spiritual and mental wellbeing. Eating disorders can have severe and permanent physical consequences on the sufferer's body and health in particular, potentially affecting almost every aspect of physical health and frequently connected to depression and suicidal ideation.

There is usually a presence of extreme anxiety and dissatisfaction with physical appearance, which the individual attempts to control, soothe or eliminate by manipulating the body's natural relationship with food through starving, bingeing, purging or a combination of restrictive/excessive eating patterns. The inappropriate use of physical exercise can also be a contributing factor for many people with eating disorders. But although it looks as if the food or weight is the issue, it is a red herring as, although the food and weight need addressing, the root of the problem is usually emotional, and until this work is done, the person is likely to continue to relapse.

As well as working with clients on the emotional and psychological aspects of eating disorders, at Charter we understand how important it is to provide medical and nutritional support to clients both during their treatment with us and on an ongoing basis. Thus we have a network of consultants and nutritionists who are experienced and qualified to work with people suffering from eating disorders.

See our individual pages on the different forms that eating disorders can take to find out more.

If you think you suffering with an eating disorder then give us a call, we can help

Call 020 7323 4970

www.charterharleystreet.com