Suggested Readings on Eating Problems

General

Schmidt, Ulrike and Treasure, Janet. (1994). *Getting Better Bit(e) by Bit(e)*. Psychology Press.

Anorexia


Bulimia


Compulsive Eating


Counseling & Psychological services, University of California, Santa Cruz
Body Image


Diversity Issues


Men

Andeson, Arnold; Cohn, Leigh; and Holbrook, Thomas (2000). *Making Weight: Men’s Conflict with Food, Weight, Shape, and Appearance*. Gurze.


Athletes


Self-Care


The Reading / Listening - Level 3. A health group in Japan is worried about people with eating disorders. The Japan Society for Eating Disorders (JSED) said that most people who eat too much or too little do not receive any support. The JSED said hundreds of thousands of people have health problems because of being overweight or underweight. It said few of these people receive any medical help. The president of JSED, Dr. Toshio Ishikawa, said: "Hundreds of thousands of people are suffering in silence. When you eat a diet rich in fruits and vegetables you are lowering your risk of heart disease, cancers and many other serious health ailments. Healthy eating habits are your ticket to a healthier body and mind. B. A four week clinical trial that tested the new regimen found that overweight adults who consumed a high protein, entirely vegan diet were able to lose about the same amount of weight as a comparison group of dieters on a high carbohydrate, low fat vegetarian dairy diet. But while those on the high carbohydrate dairy diet experienced drops of 12 percent in their cholesterol, those on People in treatment for eating disorders are poorly served when it comes to addressing the cultural aspects of eating problems, according to new research. This emerges as part of an overall set of findings that suggest contemporary eating disorder (ED) treatment in the UK pays little attention to the cultural contexts for eating problems, such as gender. Share: FULL STORY. A 'Reading' the starved body in relation to cultural prescriptions of femininity. The dynamics of 'healthy' eating/living and fitness cultures' aimed at women. Participants in the group said they found it useful to situate their problem within society, thus moving away from the more individualised focus of medical perspectives that may encourage self-blame -- but it also raised questions about recovery.