

Mineral Deficiencies

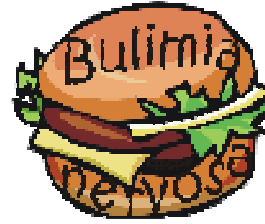


Vital minerals are lost during persistent vomiting or diarrhea due to laxative abuse.

Potassium is the mineral that regulates the heart and it is important that they do not drop below normal range 3.5 to 5.2. Potassium can only be monitored via a blood test.

Foods that contain good sources of potassium include: bananas, potatoes, raisins, vegetables, peaches, seafood, museli and chicken. If you can not face food, orange and tomato juice are good sources.

It may be necessary to administer Slow K or Sando K (potassium supplements) but these are only available via the GP and it is important that regular monitoring is continued. See (Support) - for further information regarding medical risk.



An eating disorder is a devastating illness.

Do not suffer in isolation visit our website or contact Marg or Dennis via the help line or

e mail using the details below

We run groups to support both sufferers and carers and one for sufferers only

SUPPORT:

S.E.E.D. Eating Disorders Support Services

Email: info@seedeatingdisorders.co.uk

Help line 01482 718130

Website: www.seedeatingdisorders.co.uk

beat (beating eating disorders)

www.b-eat.co.uk

www.iop.kcl.ac.uk

(medical risk assessment information)



EATING DISORDERS

Bulimia and Nutrition



By

S.E.E.D.
Eating Disorders Support
Services

in partnership with

Emma Drayson



Bulimia Nervosa

Bulimia Nervosa involves reoccurring binge cycles, during which individuals consume large amounts of food. The feeling of being out of control impels them to rid themselves of the food by vomiting, laxative abuse or over exercise.



The food and food issues are used as a coping strategy for something they feel they have no control over.

People who suffer from this illness are prone to weight fluctuation. It is a very secretive illness and sufferers find it extremely difficult to break the cycle of bulimia.

Statistical information confirms that the age of onset of bulimia tends to be higher (late teens) and that there are a high percentage of people suffering from anorexia go on to develop bulimia at a later stage. Signs and symptoms may include weight fluctuation, swollen salivary glands, sore throat, food obsession, uncharacteristic outbursts, mood swings, dental problems (enamel erosion), irregular heart rhythm (due to low potassium levels) poor hair and skin condition, bowel problems, stomach ulcers and acid reflux, anxiety and fatigue.



The **GOALS** of **NUTRITIONAL THERAPY** for individuals suffering from bulimia nervosa are:-

- **Identify** food fears
- **Correct** food misinformation
- **Re-establish** normal eating patterns (this may take time to achieve)

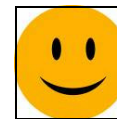


The compulsion to vomit or take laxatives will stop the body re-absorbing fluids and salts from the gut. If this is extreme

a sufferer may become dehydrated or potassium levels may become dangerously low.

Seek medical advice should you become unwell as a result of laxative abuse or persistent vomiting.

- **BREAKING THE CYCLE**
- **To** help break the cycle and achieve nutritional goals change should be introduced gradually.
- **Meals** should be based around individual food preferences
- **Initially** an individual may experience bloating which can be uncomfortable, however this is natural and as the body will adjust and the symptoms will reduce. This is only temporary!
- **Start** off by eating little and often
- **High** fibre or low sodium (salt) foods help control fluid retention and constipation
- **Limit** gas producing and high fat foods
- **Begin** the re-feeding process with foods that are easier to digest
- **A structured** eating plan may be useful to know what you are eating in advance



Food Values and Nutrients



Easily digestible foods help to avoid the sense of feeling bloated and full. Good examples include **mashed potato, oatmeal, and macaroni & cheese.**

High Fibre Foods help regulate bowel movements, aids control of fluid retention and prevents constipation. Good sources to be consumed include **cereals, oats, whole-grains, lentils, fruit and vegetables.** Like high fibre foods, **low—sodium (salts) foods** help control fluid retention and constipation. Consume **fresh foods, and fresh poultry, fish & lean meat,** rather than canned, smoked or processed foods.

Protein is essential for body growth and repair, and also supplies iron, B vitamins, zinc and magnesium which help strengthen the immune system. High protein sources include **meat, fish, poultry, milk, beans, pulses and eggs.**

Gas producing foods include **fizzy drinks, sweetened drinks, sweets and cabbage,** these should be limited as they can leave bloated feelings.