

AM I A FOOD ADDICT

	YES	NO
1. Do you get hungry when things are not going your way?	___	___
2. Do you get hungry when there doesn't seem to be anything to do?	___	___
3. After you have been frightened or scared about something that has happened, do you find yourself hungry?	___	___
4. When you feel "all alone" do you sometimes use food to get over the feeling?	___	___
5. After an argument with someone do you find yourself wanting to eat?	___	___
6. Have you ever found yourself eating two breakfasts, lunches, or dinners because you felt the first one was inadequate?	___	___
7. Do you find yourself planning the next meal before you've finished eating?	___	___
8. When you sit down to a meal do you find you eat more than you want to?	___	___
9. Do you ever have a sense of being out of control during a meal?	___	___
10. Have you ever sought outside help to deal with your eating?	___	___
11. Do you feel "fat" or "obese"?	___	___
12. Do you fear becoming fat or larger than present?	___	___

Have you attempted any of the following methods to control your weight?

13. Strict dieting
14. Self induced vomiting

15. Laxatives
16. Diuretics

17. Diet Pills
18. Vigorous exercises

19. Fasting

Scoring: Each item is 2 points.
2-18 mild addiction
19-30 moderate addiction
31-39 severe addiction

SOURCE: The Rader Institute, San Diego, CA

A GUIDE TO CONSCIOUS EATING

1. Eat only sitting at a table. Giving yourself a specific place to enjoy your food replaces eating unconsciously while standing or working.
2. No TV or reading allowed. If you eat, you must be fully aware of your food so as to get the most satisfaction from the smallest amount.
3. Relax before you start eating by taking three deep breaths. Often, what you think is hunger is only tension.
4. Take a small portion of each food. Cut your food into small bites. Eat one bite at a time, savoring the flavor.
5. Slow down by using a small fork, chopsticks, or by eating with your opposite hand. Put your fork down in between bites.
6. Enjoy your food.

7. Stop when you are satisfied even if there is food on your plate. If you have been sitting at a table for 20 minutes, you have enough.
8. Drink two cups of water before each meal.
9. Stop eating at 8:00 p.m.
10. Brush you teeth after your last meal.

HUNGER SCALE: On a scale of 1 to 10

1 = very hungry

5 = comfortable

10 = stuffed

Rate your hunger, Now, Before and After you eat.

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COMMON SYMPTOMS OF EATING DISORDERS INCLUDE:

1. Constantly thinking about “feeling FAT”.
2. Intense fear of becoming fat or gaining weight.
3. Feeling of loss of control when eating.
4. Having your weight determine your self-esteem.
5. Guilt or shame after eating.
6. Repeated and unsuccessful attempts to diet.
7. Binging. Eating large amounts of food in a short period of time.
8. Feeling self-conscious or embarrassed about eating. Sneaking food or lying about eating habits.
9. Strict dieting.
10. Fasting.
11. Self-induced vomiting.
12. Laxative and/or diuretic abuse.
13. Compulsive exercising.
14. Eating for emotional comfort to relieve stress of depression.
15. Looking forward with pleasure and anticipation to the moments when you can eat alone.
16. Eating when you’re not even hungry.
17. Eating sensibly in front of others and then making up for it when you’re alone.

CHECKLIST FOR VISIBLE CHARACTERISTICS OF ANOREXIA

Behavioral Signs

- Signs of restricted eating (unusually low intake of food) such as severe diets or fasting.
- Odd food rituals such as counting bites of food, cutting food into tiny pieces, or preparing food for others while refusing to eat.
- Intense fear of becoming fat, regardless of low weight.
- Fear of food and situations where food may be present.
- Rigid exercise regime.
- Dressing in layers to hide weight loss.
- Binging.
- Use of laxatives, enemas, or diuretics to get rid of food.

Physiological Signs

- Weight loss (often in a short period of time).
- Cessation of menstruation without physiological cause.
- Paleness.
- Complaints of feeling cold.
- Dizziness and fainting spells.

Attitude Shifts

- Mood shifts that include depression, sadness, guilt, and self-hate.
- Severe self-criticism.
- The need for approval (including your) to feel good about herself.
- Self-worth determined by weight.

ANOREXIA NERVOSA

Anorexia, or self-self-starvation, is a disease and it can be fatal if left untreated.

Recognition of its symptoms can be the first step toward saving yourself or someone you love from this dangerous disease. The following is a list of the observable symptoms of anorexia.

- Refusal to maintain body weight
- Fear of gaining weight
- Talks about “feeling fat”
- Difficulty eating full meals
- Rigidity with what they will eat
- An obsessive preoccupation with body size
- Over-exercising
- Intense dissatisfaction with physical appearance
- Personality change from outgoing to withdrawn
- Limiting food intake to narrow selection of low-calorie foods
- Hoarding, concealing, crumbling or throwing away food
- Menstrual irregularities

CHECKLIST FOR VISIBLE CHARACTERISTICS OF BULIMIA

Behavioral Signs

- Binging.
- Secretive eating, evidenced by missing food.
- Preoccupation with and constant talk about food and/or weight.
- The avoidance of restaurants, planned meals, or social events if food is present.
- Self-disparagement when too much has been eaten.
- Bathroom visits after meals.
- Vomiting, laxative abuse, or fasting.
- The use of diet pills.
- Rigid and harsh exercise regimes.
- Fear of being fat, regardless of weight.

Physiological Signs

- Swollen glands, puffiness in the cheeks, or broken blood vessels under the eyes.
- Complaints of sore throats.
- Complaints of fatigue and muscle ache.
- Unexplained tooth decay.
- Frequent weight fluctuations, often within a 10-15 pound range.

Attitude Shifts

- Mood shifts that include depression, sadness, guilt, and self-hate.
- Severe self-criticism.
- The need for approval (including yours) to feel good about herself.
- Self-worth determined by weight.

BULIMIA NERVOSA

Bulimia, or binge-purging, is a disease and it can be fatal if left untreated.

Recognition of its symptoms can be the first step toward saving yourself or someone you love from this dangerous disease. The following is a list of the observable symptoms of bulimia.

- Dark circles and puffiness under the eyes
- A chipmunk-like appearance from swollen glands under the jaw
- Sneak eating evidence by missing food or hidden food wrappers
- Rapid decay of tooth enamel from constant exposure to stomach acid
- Scars on the knuckles from putting fingers down their throats
- Severe mood swings such as hyperactivity, depression and irritability
- Isolation from the family, especially after meals
- Personality change from outgoing to withdrawn
- An obsessive preoccupation with their weight and body shape
- Excessive food consumption with no apparent weight gain
- Weight fluctuations

ADDICTIVE ATTITUDES

		Mild	Moderate	Severe
1.	I either eat, drink, smoke or use drugs in response to stress and anxiety.	1	2	3
2.	I avoid being alone.	1	2	3
3.	I have difficulty with intimate relationships.	1	2	3
4.	I am not in control of my life.	1	2	3
5.	I avoid speaking my mind.	1	2	3
6.	I am afraid of failure.	1	2	3
7.	I find myself being dishonest.	1	2	3
8.	I feel numb.	1	2	3
9.	I am afraid although I do not know exactly what I am afraid of.	1	2	3
10.	I seem to be going from one extreme to another.	1	2	3
11.	I fail to recognize my accomplishments.	1	2	3
12.	I automatically express negative attitudes.	1	2	3
13.	I cling to a relationship because I am afraid of being alone.	1	2	3
14.	I am hard on myself.	1	2	3
15.	I am not where I want to be in life.	1	2	3
16.	I seem to be going from one crisis to another.	1	2	3
17.	I have a difficult time expressing my feelings.	1	2	3
18.	I have a need for perfection in everything I do.	1	2	3
19.	I feel lonely and isolated from my family and close friends.	1	2	3
20.	I find it difficult to reach out to others.	1	2	3
21.	I seem to blame others for my disappointments.	1	2	3
22.	I have a hard time saying "NO"	1	2	3
TOTAL		=====		

RESULTS

Low	22-39
Medium	39-49
High	49-66

SEVEN DAY EATING PLAN FOR OVERWEIGHT PATIENTS

This SEVEN-DAY EATING PLAN can be used as often as you like, as a matter of fact, if followed correctly, it will clean your system of impurities and give you a feeling of well-being, you never thought possible. After only seven days of this process, you will begin to feel lighter because you will be lighter by at least 10 pounds, possibly 17 pounds, and have an abundance of energy, continue this plan for as long as you wish and feel the difference in both medical and physical disposition.

- DAY 1 (Monday)** All the fruits except bananas. Your first day will consist of all the fruits you want except bananas. For all you melon lovers, this is just the day for you! Two fruits which are lower in calories than most other fruits are watermelon and cantaloupe. Should you eat the melon, your chances of losing 3 pounds the first day are great.
- DAY 2 (Tuesday)** All vegetables. Eat until you are stuffed with all fresh raw or cooked vegetables of your choice. Try to eat green vegetables and stay away from dry beans, peas, and corn to reduce your calorie intake. You may also have a large baked potato with butter on your vegetable day.
- DAY 3 (Wednesday)** Fruits and vegetables. Same as day 1 and day 2, with one exception, do not eat the potato.
- DAY 4 (Thursday)** Eat as many as 8 bananas and drink as much as 8 glasses of skim milk on this day, along with the T – J SOUP. Bananas are high in carbohydrates and will lessen any craving for sweets.
- DAY 5 (Friday)** Beef and vegetables. You can have 10 to 20 ounces of beef and 6 tomatoes on your 5th day. Try to drink at least 8 glasses of water in order to wash away any uric acid in your body.
- DAY 6 (Saturday)** Beef and vegetables. Eat until your heart is content of beef and vegetables. No potato!!
- DAY 7 (Sunday)** Brown rice, fruit juice (unsweetened) and vegetables, and, stuff, stuff, stuff, stuff!!!

T – J MIRACLE SOUP

*6 large onions
*2 green peppers

*whole tomatoes (fresh or canned)
*1 head of cabbage

*large stalk of celery

Season with dry onion soup mix. Cut vegetables and cover with water in a large pot. Boil for 10 minutes. Cover, lower heat and simmer until vegetables are soft.

T – J MIRACLE SOUP can be eaten at any time when you feel hungry in the day. Eat as much as you wish and as often as you like. This soup will not add calories, so eat all you want. The more you eat, the more you lose.

INTERVENTION SCRIPT

I CARE _____

I SEE _____

I FEEL _____

I WANT _____

I WILL _____