

WEBVTT

1 "Harvey, Melissa" (770860800)

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Welcome, and thank you for calling in the Signa's 2024 eating disorder awareness series. My name is Melissa Harvey and I am the case, I am the case manager for the eating disorder team. The conference will be opened up for Q and A at the completion of the presentation, although you do have the option of submitting questions during the teleconference, should the.

2 "Harvey, Melissa" (770860800)

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Speaker choose to take questions during the presentation. You can follow along to the presentation through the teleconference. You can also access the presentation for today's seminar online at [cigna.com/eating disorders](http://cigna.com/eating-disorders). Scroll to the current topic section in the middle of your page and click on today's topic labeled nutrition restaurant.

3 "Harvey, Melissa" (770860800)

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Patient in eating disorder healing. Please note that not all policies covered today's topic. For more specific information on whether your policy covers topics discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your insurance card. Today I have the pleasure of introducing Meredith Star.

4 "Harvey, Melissa" (770860800)

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Meredith is a registered dietician and the director of eating disorder services at Allow wellness. Meredith is deeply passionate about the treatment of eating disorders and has over eight experience eight years of experience in the eating disorder fields. Eating disorder field at residential, partial hospitalization, intensive outpatient, and now outpatient levels of care.

5 "Harvey, Melissa" (770860800)

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Personal nutrition philosophy centers on building a healthy relationship with food and is inclusive of mental, emotional physical, and social health. Meredith aligns herself with weight inclusive and non diet nutrition approaches to individualized care for all of her clients. Welcome Meredith.

6 "Meredith Starr" (593935104)

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Well, thanks Melissa so much for that introduction, and hello and welcome to everyone here. As she noted yes, my name is Ryan Star. I'm a registered dietician at Allow wellness. Allow wellness is an

outpatient group practice located in downtown Chicago, providing both therapy and nutrition services virtually and in person.

7 "Meredith Starr" (593935104)

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So we provide individual families and couple and group counseling for eating disorders mental health, and like general holistic well being. We are currently offering a virtual group for actually nutrition and body image for former athletes, so any other information about individual therapy or nutrition.

8 "Meredith Starr" (593935104)

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Services. You can go ahead and visit our website at allowa-wellness.com for more information, but also transitioning to our topic for today, which is going to be nutrition, restoration, and eating disorder healing. So this again is something I'm personally deeply passionate about.

9 "Meredith Starr" (593935104)

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Of the nutrition process of healing from an eating disorder, the physical side of things and how this is not necessarily just code for something like weight restoration, but an absolutely integral part of this healing experience both from, the physical and behavioral emotional side of healing.

10 "Meredith Starr" (593935104)

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Alright, I was just reviewing that chat making sure I didn't miss anything. Excellent. Moving into our 1st slides. So some of the objectives for today are going to be defining some of the physical sense and symptoms associated with inadequate nutrition and eating disorder behavior, understanding that this is a.

11 "Meredith Starr" (593935104)

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Spectrum also with inadequate nutrition, not necessarily always meeting, e.g., eating disorder criteria and is still something that is a significant concern from a, behavioral emotional and social standpoint. It's also to understand the importance of both weight and nutrition restoration, knowing that these are related and distinct from one another, and to improve how we discuss and understand discussing weight with somebody healing from an eating disorder.

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So that's really where we're going to spend a majority of our time today rather than talking about the nitty gritty details that a dietician would manage in somebody's eating disorder healing. We're

going to talk a lot about how to navigate supporting somebody healing from an eating disorder, or.

13 "Meredith Starr" (593935104)

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Some up building up understanding for an individual who maybe healing from and eating disorder themselves.

14 "Meredith Starr" (593935104)

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So really starting with just kind of an overview, when I talk about under nutrition or mount nutrition, what does that mean clinically? So what while, and I have this on the next slide too while, academy and aspen malnutrition guidelines are not used for the diagnosis of an eating disorder, I.

15 "Meredith Starr" (593935104)

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Think it is something that can be really impactful and powerful when we understand what the clinical concerns of nutrition are and how they match up to our social understandings of calorie restriction or weight loss.

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So I circled here to some of the criteria, but we'll instead add that, add some context to that. What do those weird silly numbers mean? And under those guidelines, male nutrition in a 25 year old, 5 ft 650 pound lightly fact.

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Lightly active female would be for moderate malnutrition would be a less than 1500 calory intake for more than seven days, somewhere between a one and a half to three pound weight loss in a week or seven and a half pound weight loss in a month. So that's again for moderate malnutrition in the context of like chronic illness and severe.

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Malnutrition would be a a less than thousand calory intake for greater than five days, greater than three pound weight loss in a week and greater than seven and a half pound weight loss in a month. So why why go over this especially if this is not what we use to diagnose in meeting disorder, but just to again provide a different lens and perspective because something like less than 1500 calories for one week probably doesn't seem very extreme in our diet culture.

19 "Meredith Starr" (593935104)

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So does this seem like male nutrition to be going on, you know, a crash diet? Does something like losing a pound and a half in a week feel like malnutrition related levels of weight loss? Probably not. So normal dieting and weight loss behaviors can actually.

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Should actually be a really, really, really significant cause for nutrition concerns. I really like to emphasize the fact that losing weight from a nutrition perspective tends to be pretty bad for our body, which really flies completely, oppositionally to our social and cultural understanding of food intake and weight loss.

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So the dieting diet and marketing industries have very successfully normalized weight loss as this positive thing. Somebody who is losing weight is generally seen as doing a good thing as getting healthy, as, you know, engaging in all of these desirable behaviors both from a health and.

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And demoral perspective too. So even severe male nutrition and eating disorder behaviors, these might not actually lead to something like physical weight loss or underweight body weight. So if we are restricting significant nutrition, this might not actually lead to very dramatic or noticeable weight loss especially if this is somebody that you see regularly that we know.

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Might not that we might kind of gradually acclimate to any sort of visible changes in their appearance. We also know even disorders tend to be pretty secretive that a lot of people are not necessary or might be trying to conceal any visible changes to their body or might just be experiencing significant meg like negative body image and not want to be perceived or have other kind of reasons for.

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Hiding or not necessarily displaying their bodies in ways where we maybe attuned to any of the weight loss that they maybe experiencing, and also just understanding that really severe malnutrition can occur in people who do not look skeletal, e.g.. And weight loss can be very.

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Very, very, very dangerous for people all across the weight spectrum. So a 10 % weight loss for, you know, a larger versus a smaller person

are going to have equal amounts of, potential like risk and concern depending on the individual, and or similar, let's say cause.

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Different weight spectrum would carry different, meanings but that's more, more in the nitty gritty. So, but a, again, relative percent of, like body weight loss is alarming, even if this is somebody maybe coming from a very large body to a slightly.

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Smaller body, we wouldn't necessarily consider that to be something, scary or dangerous from a nutrition perspective if we were to just view it through kind of our typical social and cultural lens. So if we can't just simply observe somebody.

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Being very small as the cause for concern, then how do we recognize if somebody isn't eating enough? And that will start with talking a bit about both physical signs and subjective symptoms. So physical signs are things that we can quantify and things that we can measure. So these might be.

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Miracle outcomes or other things that would, other data that would be gathered in most cases from some sort of health care provider or medical professional. So physical signs that someone may not be eating enough if there's not another unrelated explanation. So e.g., one of these on here is the loss of a mental cycle, and, you know, e.g., somebody who might have gone through menopause that would be unrelated to a physical sign of malnutrition.

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Depending on, or it might not necessarily be a sign of malnutrition given the stage of life that person assigned, so that's just one example of things that would again disqualify this as a physical sign of inadequate nutrition, but we would see potentially weight loss or importantly.

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For adolescents, the dropping off of a growth curve, so somebody who might be trending at let's say the 50th percentile is now down at the 25th percentile, that would be significant cause for concern, even if let's say their weight stayed stable during that time, but their height increased case that part was.

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The loss of a menstruo cycle or a menarrhea would be another physical sign that somebody might not be eating enough, abnormal blood pressure, low heart rate or pulse or what we might call like orthostatic vitals, and then.

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Abnormal lab values such as the blood sugar, electrolyte imbalances. Once again, all of these kind of measurable and quantifiable markers would be considered from the healthcare or medical professional.

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00:11:48.569 --> 00:12:09.709

A subjective symptom of inadequate nutrition might be things that we can't measure dizziness, e.g., unless somebody were to lose consciousness of the most extreme and these are things that we could rate subjectively in a scale, but we're not able to pull out a thermometer.

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Here and measure them, e.g.. So what subjective symptoms someone may not be eating enough would be chest pain or chest heaviness. That is one that is caused for a significant concern if somebody especially when they're laying down, might feel like, you know, someone is sitting on their chest or something like that.

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Shortness of breath, dizziness or fainting as a result of that dizziness. Obviously, these are going to be very severe and significant causes or concern. Fatigue cognitive impairment, which both of those can be really difficult to measure, and these are some of the.

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The symptoms that at least subjectively as a professional I notice occur the most quickly. So cognitive impairment maybe just like a general brain fog, complete inability to concentrate beyond something like a typical.

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Distractability, e.g., difficulty with memory. So not necessarily memory gaps or lapses, but difficulty kind of recalling some, we're calling pretty basic events, e.g.. Also I didn't write it on here

which is very silly of me, but like significant.

39 "Meredith Starr" (593935104)

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Preoccupation with food, so thinking a lot about food, which can in turn cause some of these difficulties with concentration or memory in more general cognitive impairment because we have this severe and significant preoccupation with food eating.

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Or anxiety related to not being as an extension of that preoccupation. We'll notice reduced health of hair skin and nails, so hair loss and in really severe cases we'll see full patches of hair falling out or even bald patches.

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Easy bruising and just like this really, really dry easily damaged skin. Subjectively some people would comment on some of these reduced hair skin and nails symptoms as like increased signs of aging especially on the face because of this very dry easily damaged skin.

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00:14:29.169 --> 00:14:52.069

We would also, yeah, just notice really like ease, like breakable nails beyond if it especially if it weren't somebody's baseline, and then also digestive issues and these are obviously digestive issues can be very very normal from time to time for any healthy individual, but we would notice things.

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00:14:52.069 --> 00:15:22.439

It's like very early onset fullness, feeling very full, you know, only part way through a meal, irregularity of bowel movements and honestly one direction or the other. And then just like extreme bloating or gas can be a symptom of, inadequate or highly irregular food and nutrition intake. So then if we have some of these subjective signs.

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00:15:22.439 --> 00:15:42.439

Or objective signs and subjective symptoms. In the context of eating disorder behaviors, that is a really good indication that somebody isn't eating enough, somebody's not getting enough food, and therefore that somebody is probably going to need some amount of nutrition restoration in the.

45 "Meredith Starr" (593935104)

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Future which again is gonna be that our our primary topic here. But I

think putting it into context of, understanding some of the concerning eating behaviors and how these concerning eating behaviors really can be on a spectrum from low and inadequate nutrition on one end of the spectrum to full blown restrictive type eating disorder on the other.

46 "Meredith Starr" (593935104)

00:16:09.769 --> 00:16:35.239

The spectrum, and even if these behaviors are more towards the disordered eating, inadequate nutrition, it still doesn't mean that they're not, it doesn't mean that that's not a cause for concern. We should always take inadequate nutrition very seriously, even if this is taken on intentionally for the purpose of weight loss and dieting. But it's something that can still be really, really, really detrimental to our body and in every.

47 "Meredith Starr" (593935104)

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Is going to require nutrition restoration in the future, or we'll just have to maintain that inadequate nutrition for the rest of our life which has its own, you know, physical, and mental outcomes of patients there. So, back to the slide though, sorry about that tangent. Eating disorder behaviors leading to inadequate nutrition would include reduction in portion size.

48 "Meredith Starr" (593935104)

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Skipping meals, not engaging in social eating and or like avoiding eating with others, eating in secret, any type of purging behaviors, obviously this is one that's a lot more noticeable and and measurable of purging by vomiting or accident of abuse. These are.

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00:17:22.459 --> 00:17:49.699

Really serious behaviors that need to be addressed very quickly if we are, aware of them occurring. Any just major changes in eating behaviors, so someone who may, you know, have kind of a, a typical midwestern diet all of a sudden starts following this like very plant based and organic, not that those can't coexist, I'm not trying to dunk on the Midwest.

50 "Meredith Starr" (593935104)

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Or anything like that. Chicago will only here. But you know if we just notice any significant changes even if it isn't adopting a, a restricted diet, e.g., it would still be a cause for concern or just something to notice, and then avoiding or completely restricting certain foods or food groups, obviously, any big changes may encompass something like vegetarian or beaconism which is not necessarily a.

51 "Meredith Starr" (593935104)



00:18:19.129 --> 00:18:39.129

Symptom of having a needing disorder and if we're noticing it in the context of some of those physical signs and symptoms, that could still be caused for a concern, even if this is, you know, undertaken with nothing but the most positive impurist intentions, I think intentions and outcomes are not always.

52 "Meredith Starr" (593935104)

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Is aligned and if somebody were restricting food groups to the point that we saw indication that they were not fueling their body enough, that's something that ought to be addressed. Also being very rigid and strict with food intake, feeling that very upset or anxious if food does not go according to plan. If we had decided on on one food item from a restaurant and they were out that day and we had a hard time, adjusting and choosing something else because.

53 "Meredith Starr" (593935104)

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Is it might be higher calorie, e.g., that would be an indication of some pretty disordered eating behaviors. And I'm also feeling the need to exercise to burn off food or calorie intake and that is.

54 "Meredith Starr" (593935104)

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Yeah, something that absolutely can, influence the balance of being able to eat enough. So somebody with very adequate food intake who is highly, highly, highly active, may need to adjust that food intake to supplement for.

55 "Meredith Starr" (593935104)

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Additional exercise or activity or even if they are able to achieve a balance of energy with their food intake and exercise if somebody still feels very rigid in the need to walk a certain amount every single day, that's also something that we would hope to.

56 "Meredith Starr" (593935104)

00:20:07.189 --> 00:20:25.259

And I guess it's kind of separating from our topic at hand, but, that would also still be a cause cause for concern there if somebody felt very rigid and regimented about the amount that they needed to exercise every day something we see a lot in needing disorders and would want to, want to address.

57 "Meredith Starr" (593935104)

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Alright, so into the topic itself of nutrition restoration, in short, what is nutrition restoration? This is getting back what's been lost during a period of inadequate nutrition. And that could, as I was

saying before, be the.

58 "Meredith Starr" (593935104)

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Result of eating disorder behaviors being an accidental result of dietary changes that were not intended to result in inadequate nutrition or weight loss, could be the result of chronic illness, e.g.. Today we're gonna talk a lot, again, mostly about the the 1st that.

59 "Meredith Starr" (593935104)

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Inadequate nutrition as a result of evening to sort of behaviors, but also just wanting to point out the fact that this concept of nutrition restoration can apply more broadly for anyone who is coming from a period of inadequate food intake an extended period of inadequate food taken food intake and inadequate nutrition.

60 "Meredith Starr" (593935104)

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So if somebody isn't eating enough, 1st thing that we gotta do is get them back into adequate. So if someone was eating, I'm just using round numbers, you know, let's say 2000 calories a day, they start restricting down to 1000 calories, obviously we gotta get them back up to that 2000 calories. Although.

61 "Meredith Starr" (593935104)

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Hot, you know, take on this as a dietician I think 2000 calories is usually pretty inadequate for most other people aside from small children, but that's kind of a side tangent, another topic for another day. So what we'll just need to get them back up into eating normal and that subjective shift from restricting very heavily into eating adequate.

62 "Meredith Starr" (593935104)

00:22:04.479 --> 00:22:27.559

Quickly feels emotionally pretty extreme and relatively it is very extreme, right? And in the example I was just giving, we're literally doubling the amount of, of food intake. This is something that's going to be a huge undertaking on the cognitive side for the person who is doing the nutrition restoration.

63 "Meredith Starr" (593935104)

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Here's the kicker though. After we get them back into eating normally, then what we need to start doing is eating even more than that because we have damaged onto our body that also needs to heal. So even if we can get back to eating enough, when we have profound and significant inadequate nutrition for a period of time.

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Time. We need to restore some of the physical damage that was done. So was somebody healing from an eating like restricted type eating disorder or eating disorder that results in inadequate nutrition intake? Someone healing from that type of eating disorder needs to eat more than a person who hasn't been under nourished.

65 "Meredith Starr" (593935104)

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I'll say to my clients a lot that if I took a carbon copy of them the day before the onset of their eating disorder and then today, sorry, that sounds confusing, but if they had never experienced the physical damage that comes with inadequate nutrition, then they would genuinely not need to eat as much as they do when they're going through the healing process.

66 "Meredith Starr" (593935104)

00:23:37.219 --> 00:23:57.269

That can be really hard to, again, emotionally and sometimes even cognitively accept, so I really like to put it into that context that we, we need even more than what we were eating before, because our body has damage that needs to be healed.

67 "Meredith Starr" (593935104)

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And nutrition restoration is the process of eating enough to support and to heal one's body. And then weight restoration is often a result of nutrition restoration. So we think of this and I I really like to use very neutral language around this because one it's more accurate and two, it.

68 "Meredith Starr" (593935104)

00:24:18.989 --> 00:24:38.989

Feels less emotionally scary, that when we have lost tissues from our body, when we've lost cells, when we have all of these, you know, cells that aren't turning over and, and regenerating, we need to get those back, and we need to restore some of the more.

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00:24:38.989 --> 00:25:05.299

Vessel mass that was lost when we didn't have enough energy to fuel our body. On top of the other types of, you know, tissues in general, this is a very systemic biological process. I will also say weight restoration on the scale when it comes to like this net total of healing that's done is really individual and not necessarily something we can.

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00:25:05.299 --> 00:25:25.299

Perfectly predict and not necessarily something that is a dramatic amount of weight in some days that is a really dramatic amount of weight. So it depends a lot but again there is an overlap but a significant distinction between nutrition restoration and weight restoration, but most importantly, any amount of weight restoration that was.

71 "Meredith Starr" (593935104)

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Is needed for somebody's healing is a result of the nutrition restoration, aka eating enough to sport and heal in one's body as listed here. And then weight restoration is the healing and repairing of tissues and organs. It's not just gaining adipose tissue or fat.

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It is impossible despite what, you know, broader diet culture might tell us it is literally impossible to only lose one type of tissue unless we're going some sort of weird surgical route. But when our body is losing tissue, losing cells, losing weight, as a result of not eating enough, it will be maybe in some part.

73 "Meredith Starr" (593935104)

00:26:09.949 --> 00:26:30.599

But it will also always have to be lean muscle mass, connective tissue, as we were talking about that hairskinner nails part, right? These just like, these cells stopped turning over when we don't have enough energy to be attending to them. So, we have a lot of these.

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00:26:30.599 --> 00:26:47.309

Dead cells and tissues that just need to be built back up and it's not as simple as, you know, gaining fat and losing fat. And then the individual amount of weight restoration needed depends exclusively on the individual person, which is why.

75 "Meredith Starr" (593935104)

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Dieticians are a really important part of the eating disorder healing process. So we can understand pretty clearly, e.g., good markers and measures of, what somebody's weight quote unquote should be for, let's say an adolescent. As I was saying before, if somebody is on the 50th.

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00:27:07.309 --> 00:27:24.809

Percentile of their growth curve and has been their entire life. And that's really good evidence that the 50th percentile of a growth curve is probably where they should continue being. So we can make a pretty strong prediction in this type of scenario. We.

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00:27:24.809 --> 00:27:44.809

Also can't make a strong prediction that that's going to be their quote unquote healthy weight for the rest of their life too. You know, a lot of different environmental things happen. Our bodies grow and change over time. And then once we work with individuals in adulthood, this projection of.

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What somebody's quote unquote healthy weight is becomes much, much, much murkier. We know things like cyclical weight loss and regain often leads to an increase in, kind of at that point weights or an increase in what somebody's body weight is as a result of that kind of.

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00:28:04.809 --> 00:28:25.549

Like damaged done by that weight loss and weight regain, other things associated with weight gain later in life is going to be any sort of hormonal changes, so perimenopause menopause or just general aging process, right? Also environmental changes. So these are just really.

80 "Meredith Starr" (593935104)

00:28:25.549 --> 00:28:51.079

Really individual and I always like to tell, both individuals and their support people that their recovered weight is gonna be the weight that they're at when they have recovered, right? Because we can understand if somebody's eating enough. We can understand if they're still using eating disorder behaviors or not. So let's focus on those eating disorder behaviors.

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00:28:51.079 --> 00:29:15.259

Behaviors, once we know that there is a strong absence of that, their weight is just gonna be an outcome and that's gonna be the weight that's healthiest for them to be at, at that stage in their life, and that also might change over time too, as, as I was just mentioning. So how do we talk about nutrition restoration? Most people suffering from eating disorders.

82 "Meredith Starr" (593935104)

00:29:15.259 --> 00:29:39.239

This will be anxious or afraid of the concept of nutrition restoration especially with its closed relationship with weight restoration. So we often hear things like, well, if I gain weight, I'm gonna hate the way that I look. Well, I'm happier now that I have lost weight, I feel more accepting of my body, eating more is gonna make me feel so guilty.

83 "Meredith Starr" (593935104)

00:29:39.239 --> 00:29:59.239

I'm I'm going to feel worse about myself or my personal favorite, which is an extension of that. Well, if I eat more than I'm gonna feel bad about it and then if I feel bad about it, then I'm gonna want to restrict more, so then if I restrict I'm gonna relapse into my eating disorder. So actually I need to, you know, stay.

84 "Meredith Starr" (593935104)

00:29:59.239 --> 00:30:26.669

Yeah, stay in the spot so I don't relapse I'm always like, oh my gosh, that's such a cyclical or such a backwards kind of way of thinking. So anyway, we'll get into, we'll get into these one by one. The idea that I'm so much more comfortable at a lower weight, or one that I think is more prominent than we might think is just the social.

85 "Meredith Starr" (593935104)

00:30:26.669 --> 00:30:46.669

Implications of changing your eating behavior. Well, I never eat lunch. What are my friends gonna say if I start bringing lunch to school? People oftentimes unknowingly adapt to somebody's eating disorder behavior, so like, oh NO, she.

86 "Meredith Starr" (593935104)

00:30:46.669 --> 00:31:13.099

She's not gonna want that or she never does that. So just this idea that people will, might notice just the fact that we're eating more, even if they're not noticing any perceived changes in our body, e.g.. Okay. So starting with the 1st one, the idea that if I gain weight, I'm going to hate.

87 "Meredith Starr" (593935104)

00:31:13.099 --> 00:31:36.799

The way that I look. How do we respond to this? Starting with a couple of do's and don'ts, and I'll I'll say even more generally too, I often like to do a little bit of a 12 step. Step number one, validate the way that somebody is feeling or affirm that they're.

88 "Meredith Starr" (593935104)

00:31:36.799 --> 00:31:54.629

Their concerns have some validity, and then to also challenge them to be able to cope with those big feelings or how do I say that better? Like maybe provide them feedback or empowerment that they'll be able to.

89 "Meredith Starr" (593935104)

00:31:54.629 --> 00:32:10.529

To cope with those big feelings I think as affirmation and then empowerment. We'll put it that way. Maybe some examples will make,

will make that a bit more clear. So couple of do's. Do affirm that.

90 "Meredith Starr" (593935104)

00:32:10.529 --> 00:32:30.529

Uncertainty is really difficult. As I was saying, even the professional person, the dietician is not gonna know exactly what this person is supposed to weigh. Again, sometimes we have a really good idea, but we don't know exactly what that's going to turn out to be. We also don't know like what that means.

91 "Meredith Starr" (593935104)

00:32:30.529 --> 00:32:59.219

Might quote unquote look like even if we have a really good idea of what somebody's health, a really strong evidence based projection of what somebody's quote unquote healthy weight might be. So saying something e.g. of like, yeah, we don't know exactly what your body is gonna do and that's really, really scary. The idea of uncertainty is, is really difficult to tolerate. And then as I was saying that empowerment part do encourage.

92 "Meredith Starr" (593935104)

00:32:59.219 --> 00:33:19.219

That they can be ok NO matter what happens. So body changes don't have to be bad or scary. My favorite is when people are able to, notice some of the, the things that they perceive positively about their body when they are going through.

93 "Meredith Starr" (593935104)

00:33:19.219 --> 00:33:44.809

At the weight restoration process. So it can happen, it does happen. There's some at some points distress of I'm noticing my body changing and I don't like this. And at some points, some people actually do have really positive experiences even of the like just subjective judgment of their body too. So know that there might be things you might actually like about it and even if there's not.

94 "Meredith Starr" (593935104)

00:33:44.809 --> 00:34:07.759

It might not be yet as bad as you think. I hear clients say and I'm a hundred percent serious. Well I'm just gonna keep gaining weight forever and then I'm just gonna die. And I'm like, whoa, can we, can we slow that down a little bit, right? Like just being able to give them perspective that that's some really catastrophic thinking. That's not, you know, the most rational or evidence.

95 "Meredith Starr" (593935104)

00:34:07.759 --> 00:34:27.759

In space thinking. So the idea that we'll just exponentially and infinitely gain weight for forever, we can pretty confidently challenge that and understand that wow, our brain has a really big

bias right now, but it's gonna be not only worse than we could.

96 "Meredith Starr" (593935104)

00:34:27.759 --> 00:34:52.499

Possibly imagine, but like life ending. And let's check that. That's a bit of a, a catastrophic thought, don't you think. So any change probably won't be as bad as we think. This is something I find really helpful and I like to share with a lot, a lot of people. I can't say this is, you know, the most.

97 "Meredith Starr" (593935104)

00:34:52.499 --> 00:35:12.499

Prevalent or prominent experience, but I've had clients that have gained significant weight during the nutrition restoration process, have gone up a pant size e.g. or you know restored ten plus percent of their body weight, who have absolutely said things like, I don't know what I was thinking, I literally looked the.

98 "Meredith Starr" (593935104)

00:35:12.499 --> 00:35:33.169

I know I'm not the same. I'm a different size now, but like I literally look the same. That's their perspective after having gone through the nutrition restoration process because their brain is thinking better. They're not constantly so preoccupied with food. Their primary life's submission isn't controlling their bodies, so.

99 "Meredith Starr" (593935104)

00:35:33.169 --> 00:35:53.399

How much they think about and how they think about their body takes a different place in their perspective and becomes less of a big deal just by virtue of the fact that we're not trying to change it. And like once we decrease the importance of it, we're actually able to tolerate even some pretty significant changes.

100 "Meredith Starr" (593935104)

00:35:53.399 --> 00:36:08.519

And what I so strongly encourage for anybody supporting somebody with an eating disorder socially or professionally, is don't give them this reassurance that they're not gonna gain quote unquote too much weight.

101 "Meredith Starr" (593935104)

00:36:08.519 --> 00:36:28.519

Obviously we would never intend to do harm to somebody of making them gain a an inappropriate amount of weight or, oh, we'll just, you know, put down a few extra pounds cause we can imagine that they're gonna start restricting. No, we're we're never gonna behave unethically around that. But just simply the idea of quote unquote too much weight is completely subjective.

102 "Meredith Starr" (593935104)



00:36:28.519 --> 00:36:52.909

But oftentimes the idea of quote unquote too much weight is really tethered to a client's subjective perception of what they feel comfortable with. And when we're talking about eating disorders, any amount of weight gain is not gonna be something that they're comfortable with. So we don't know exactly what their body needs. We don't know what their recovered weight will be, and we don't want to give the message that we're gonna control their body.

103 "Meredith Starr" (593935104)

00:36:52.909 --> 00:37:14.689

To stay in this healthy place instead of being in this unhealthy place because we're, we're not attempting to control the body. We're attempting to, what we are doing is promoting healthy behaviors. We're promoting that they take care of themselves, that they live, healthy life, and then their weight is gonna be an outcome of that. We are not going to pathologize their weight as being something.

104 "Meredith Starr" (593935104)

00:37:14.689 --> 00:37:40.439

And that has to be controlled, and if it's not what we expect, then it's wrong, right? So, all of that in summary, being able to hold space for the uncertainty that we don't know exactly what your body is going to need. We don't know exactly what your body's gonna look like. We don't know exactly how your body is going to change. So, let's focus on what we can control. Let's focus on.

105 "Meredith Starr" (593935104)

00:37:40.439 --> 00:38:00.439

Eating balanced, you know, regular meals throughout the day. Let's focus on not engaging in some of these compensation behaviors and exercise, e.g.. Let's make sure we're getting enough food in, because those are the things that we can control. We can't control exactly what our body is gonna do as a result.

106 "Meredith Starr" (593935104)

00:38:00.439 --> 00:38:05.609

Off that hub.

107 "Meredith Starr" (593935104)

00:38:05.609 --> 00:38:22.650

Another example, well I'm happier now that I lost weight. So what we can acknowledge is or do acknowledge that emotions are really complex. We are not only happier, only sad regardless of our weight, that we might have.

108 "Meredith Starr" (593935104)

00:38:22.650 --> 00:38:43.940

You know, more positive thoughts around, oh my stomach is flat and that makes me feel good. But you might also have more negative

thoughts around your body in general because you're so hyperfixated on it because, you know, we're spending all of this time restricting our food intake. Who's to really say that.

109 "Meredith Starr" (593935104)

00:38:43.940 --> 00:39:10.040

For quote unquote happier, we might, again, experience some very narrow, improvements in very specific ways of thinking when we change our body, but that doesn't mean that we're singularly just like the happiest way back and right because we're all, we're all experiencing a vast myriad of emotions all the time. And then I think one thing that we can all take with us is.

110 "Meredith Starr" (593935104)

00:39:10.040 --> 00:39:30.040

As much as possible, don't talk about weight loss as only a positive thing or just like as positive in general. Because this is how we start building associations that weight loss equals good equals happy. If somebody is losing weight in a quote unquote healthy way, which like don't even get me strong on the complexities of that, but like if someone is.

111 "Meredith Starr" (593935104)

00:39:30.040 --> 00:39:50.040

Pursuing health promoting behaviors, let's just firm these health promoting behaviors that they're doing, right? If somebody has a new activity that they're really into when they've started taking dance classes and that's had an impact on their body, like why are we talking about their body as a proxy? Why can't we just say like, that's so cool that you're really.

112 "Meredith Starr" (593935104)

00:39:50.040 --> 00:40:10.040

Liking your dance classes. Can you tell me a little bit more about the rumba? I don't know, right? So, just being able to notice that we have this really profound bias and association that smaller bodies equals healthy bodies, healthy bodies equals happiness, and then we lose all of that nuance and complexity.

113 "Meredith Starr" (593935104)

00:40:10.040 --> 00:40:33.870

So really focusing just in general on the complexity of of the human experience and oh my gosh, yeah, I'm gonna pause there, otherwise I'll get too profound. And then, next example, the idea that eating more is going to make me feel guilty. So do remember that it's our relationship with food.

114 "Meredith Starr" (593935104)

00:40:33.870 --> 00:40:50.610

And how much we think we should eat that makes us quote unquote feel

guilty or not. And what I mean by how much we think we should eat, when I sit down to a meal and I tell myself I should only eat half of this.

115 "Meredith Starr" (593935104)

00:40:50.610 --> 00:41:08.940

I only start to feel guilty after I've eaten the whole thing versus having a flexible relationship to food that allows me to eat as much as I need to feel satisfied and full and happy. Food, next point, remember that food is not moral. No matter how much we've eaten.

116 "Meredith Starr" (593935104)

00:41:08.940 --> 00:41:28.940

We are not doing anything quote unquote wrong by eating. Sometimes we get too full and that makes us feel bad. We can notice that without being jerked to ourself. We can notice, oh my gosh, yeah, I definitely overshot that and I am feeling it, right? And we can also let that go. And just know I.

117 "Meredith Starr" (593935104)

00:41:28.940 --> 00:41:48.940

I didn't murder anyone to get this food. I'm not doing anything morally reprehensible. I'm not ruining somebody else's life because I feel too full right now, right? This is just like a physical discomfort I'm experiencing and it's not a big deal. I'm not harming anybody by having eaten too much in this one instance.

118 "Meredith Starr" (593935104)

00:41:48.940 --> 00:42:15.410

I also like to kind of joke around with some of my clients too around the idea that it's our relationship to food that makes us feel guilty or not guilty. It's not like, it's not like we open up our bag of chips literally like, nobody loves you, right? Like, it is our relationship of telling ourselves this is how you should be behaving. You're good if you do it this way or you're bad if you do it that way.

119 "Meredith Starr" (593935104)

00:42:15.410 --> 00:42:37.590

And we're able to shift that type of talk in association for ourselves when we say that like food has nothing to do with being good or bad. Food is just something that I put in my body and it makes me happy and that's important in all of these ways, but it doesn't make me better or worse for eating or not eating in a certain way. And then don't.

120 "Meredith Starr" (593935104)

00:42:37.590 --> 00:42:57.590

View avoiding eating too much or restricting food, so let's not view restriction as a solution to feeling guilty. So, just avoiding all together, it doesn't end up working in the long term and actually leads to more restraint, more avoidance, more.

121 "Meredith Starr" (593935104)

00:42:57.590 --> 00:43:20.010

More restriction because we're trying to avoid this perceived negative outcome that we could actually either tolerate that perceived negative outcome. You can feel guilty for a little bit, that's ok. You're able to do that so we can either tolerate it or we can shift how significantly that guilt shows up by shifting our mentality.

122 "Meredith Starr" (593935104)

00:43:20.010 --> 00:43:39.090

I'm so much more comfortable at a lower weight. So again, we can provide a little bit of validation for starters. So do validate that we are all trained to see smaller bodies and losing weight as a desirable outcome, as being healthy, as being happy.

123 "Meredith Starr" (593935104)

00:43:39.090 --> 00:43:59.090

So it makes sense to feel accomplished for losing weight, right? That probably has some amount of benefit for you, so that makes sense that, that we feel that way. And we're more comfortable in this narrow way, but I don't know, you are really hungry all the time. That's what you told me. That's probably pretty uncomfortable, right? So as much as.

124 "Meredith Starr" (593935104)

00:43:59.090 --> 00:44:20.240

So we might get some short term sense of accomplishment from this. What are the real trade offs? How can we look at this a little bit more broadly and a little bit more holistically? And don't view nourishment and comfort as a trade off. We have to nourish our body enough to be visible.

125 "Meredith Starr" (593935104)

00:44:20.240 --> 00:44:45.990

Really healthy. If that is a goal, of course, right? If we're really looking for being healthy, we can't compromise our physical health for emotional comfort and and that through that lens, right? And, and we shouldn't try to view it that way because emotional comfort is something we can tolerate, it's something that we can build, it's something that we can work on. Our body.

126 "Meredith Starr" (593935104)

00:44:45.990 --> 00:45:02.760

We can't build a tolerance, you know, to less food, if that makes sense. I mean again you can acclimate to it, so I suppose you can quote unquote build a tolerance, but when we're, when we're talking about optimal health.

127 "Meredith Starr" (593935104)

00:45:02.760 --> 00:45:22.760

Our body doesn't stop needing food over time. You know what I mean? Our body might compensate these really complicated ways, but it doesn't stop needing food for offic murragement. So we can't really be comfortable if we're not meeting our body's needs. That's why this also gets so messy is when we're not eating enough.

128 "Meredith Starr" (593935104)

00:45:22.760 --> 00:45:50.330

Start thinking about food a lot more, right? So, and then it actually spirals and and we have less and less tolerance over time. Alright, speaking up a little bit, so we have some time for questions, but also the idea that everyone is gonna judge me if I start eating more. I had actually just spoken with one of my clients who, proactively reached out to people prior to a dinner saying that, you know.

129 "Meredith Starr" (593935104)

00:45:50.330 --> 00:46:10.940

She she wasn't gonna eat and that she didn't want to talk about it. So we spent a lot of time really analyzing how did that actually come back to bite you? How are we, how was that, you know, pre planning restriction and using our.

130 "Meredith Starr" (593935104)

00:46:10.940 --> 00:46:30.940

Social discomfort as a way of keeping us in line, e.g., and how, how deeply unhealthy that was for her. So some of it is one, do remember most people aren't observing us that closely? This isn't exclusively true, but I think we can all relate to and understand.

131 "Meredith Starr" (593935104)

00:46:30.940 --> 00:46:50.850

The fact that whether or not we eat half of our plate or 75 % of our plate or all of our plate might literally be something that people just don't care about and don't actually notice. Again, this isn't all cases, Oftentimes people do make comments about what we eat or don't eat.

132 "Meredith Starr" (593935104)

00:46:50.850 --> 00:47:07.470

Well, actually, and that's the next part. So do understand that our fears of judgment, our own insecurities being projected. So, we might go through 100 meals where nobody says an actual thing about what we're eating. Then we have one meal.

133 "Meredith Starr" (593935104)

00:47:07.470 --> 00:47:27.470

Where someone says, Oh wow, that was, that was a lot of food. And we hold on to that so intensely because our insecurity is that we would be perceived as eating too much. So, oh my gosh, that is confirmation, that everybody's monitoring me. Everyone's always thinking that I'm

eating too much. Well, what that really is is.

134 "Meredith Starr" (593935104)

00:47:27.470 --> 00:47:46.560

Is just our insecurity showing up disproportionately compared to the reality of our general experiences. And, you know, well, so I'll actually skip ahead of don't focus only on the negative experiences.

135 "Meredith Starr" (593935104)

00:47:46.560 --> 00:48:03.840

Some people are kind of judgy. That stinks. Are we going to literally reconstruct our entire life and relationship to food around one comment that came from one jerk, one time? Or are we just going to choose to let that go knowing that that was one incidence out of a hundred?

136 "Meredith Starr" (593935104)

00:48:03.840 --> 00:48:19.470

And then another thing, and this honestly applies to more than just food, but I I love this tip that we can choose to think that most people are kind. Most people are generous and most people are not being judgmental. And I think this is.

137 "Meredith Starr" (593935104)

00:48:19.470 --> 00:48:39.470

Really, really meaningful because yes, sometimes people do notice what we eat. Yes, we are perceived by other people and they might, you know, classify us as thin or not thin in their mind, but most people are just like nice people. Most people aren't only seeing our body size or only seeing.

138 "Meredith Starr" (593935104)

00:48:39.470 --> 00:48:56.940

And how much we're eating and that's not what they're carrying with them throughout their day is like, oh my gosh, she really ate a whole lot of food, right? It's something that even if somebody has a judgment, we can reassure ourselves and that.

139 "Meredith Starr" (593935104)

00:48:56.940 --> 00:49:16.940

Even if it exists hopefully it's fleeing. Even if somebody did notice that I, you know, ate a certain amount, they probably, you know, aren't judging it in this profoundly negative way. They're most likely not gonna stop talking to me or see me as a bad friend or other things.

140 "Meredith Starr" (593935104)

00:49:16.940 --> 00:49:39.260

Things of that just because they they noticed something about my eating behaviors. So I think that can be, a really, a really powerful

tool to bring with us is, yeah, I run the risk of being perceived by other people. I can't control how they're gonna perceive me. So instead I'm just gonna remind myself.

141 "Meredith Starr" (593935104)

00:49:39.260 --> 00:50:01.400

Up and reassure myself that most people are nice and, and be able to move through the world a little bit more freely with that belief. So in summary, oh, sorry about that logo at the bottom there. Eating disorder behaviors and not eating enough can be really difficult to recognize in our.

142 "Meredith Starr" (593935104)

00:50:01.400 --> 00:50:16.830

Social diet culture. Under nutrition or inadequate food intake can lead to very serious health impacts regardless of the underlying cause of that lack of nutrition.

143 "Meredith Starr" (593935104)

00:50:16.830 --> 00:50:36.830

We often see weight loss and eating less as positives and we ignore these dangers written large. So it is critical to check that bias and to restore all of the lost nutrition by eating more than is subjectively comfortable, eating more than we probably.

144 "Meredith Starr" (593935104)

00:50:36.830 --> 00:51:04.040

Like we did before, until our body is fully healed and until we are fully, you know, healed from those eating disorder behaviors. And then also just remembering that it is emotionally difficult to restore nutrition and potentially experience changes in our body. And it requires a lot of professional and social support that can validate our fears while still challenging us to be able to.

145 "Meredith Starr" (593935104)

00:51:04.040 --> 00:51:24.800

To do the things that we need to do for, for the eating disorder healing. Alright, sorry it didn't leave a lot of time for questions at the end, but I also have not seen any at least on my end. I'm not sure if there were other questions submitted that I'm not seeing or if there's anyone who would.

146 "Meredith Starr" (593935104)

00:51:24.800 --> 00:51:28.230

Just like to ask a question.

147 "Harvey, Melissa" (770860800)

00:51:28.230 --> 00:51:45.420

So at the moment, nothing has come through, but folks are welcome to submit any questions that you may have to Slido. We'll give it a few

more minutes. Oh.

148 "Harvey, Melissa" (770860800)

00:51:45.420 --> 00:51:54.523

Okay.

149 "Meredith Starr" (593935104)

00:51:54.523 --> 00:52:02.573

I'm like if we sit in silence for too long, I'm just gonna start singing or something. So please let me know.

150 "Harvey, Melissa" (770860800)

00:52:02.573 --> 00:52:10.440

Yeah. Any questions?

151 "Harvey, Melissa" (770860800)

00:52:10.440 --> 00:52:29.370

Okay, uh.

152 "Harvey, Melissa" (770860800)

00:52:29.370 --> 00:52:50.870

Well, there aren't any questions. I guess we can just wrap up, so just want to say thanks to everyone for attending and thank you of course Meredith for providing such wonderful information today.

153 "Harvey, Melissa" (770860800)

00:52:50.870 --> 00:53:20.390

Again, if anyone has questions about the therapies that were discussed today, please contact the eating disorder team by calling the number on the back of your insurance card. Before you leave the presentation, please take a few minutes to complete the survey about your experience today. Oh, we just have something come through. Let's see. Here we go. There's a question for you. Great.

154 "Meredith Starr" (593935104)

00:53:20.390 --> 00:53:40.260

Alright, I'll read this aloud here. So at what point do you seek medical advice? Fatigue, brain fog, et cetera, are usually attributed to menopause from a PCP. What type of dr. would be best to see? What a great question. And I wish I had like a clear cut answer for you.

155 "Meredith Starr" (593935104)

00:53:40.260 --> 00:53:56.820

I think being able to understand are some of the symptoms happening in context of not eating enough? Like that would really be my 1st indicator. So if we're able to just rule out from the start.

156 "Meredith Starr" (593935104)

00:53:56.820 --> 00:54:16.820

Nope, I know I have fully adequate nutrition, then we can absolutely



look towards other, potential explanations of some of these symptoms that we're experiencing and be able to find, recommendations from providers around what might help alleviate some of these symptoms. If we understand that my fatigue can.

157 "Meredith Starr" (593935104)

00:54:16.820 --> 00:54:37.650

Are happening in the context of inadequate nutrition. I do think really talking with somebody who specializes in assessing adequate nutrition, so a dietician would be really the best type of person to seek that initial consult with. And then when it comes to.

158 "Meredith Starr" (593935104)

00:54:37.650 --> 00:54:55.020

When to seek some sort of medical advice. My like personal criteria would be, is this significantly impacting your life? So especially in the context of eating, there's NO one right way to eat. We don't have a perfect.

159 "Meredith Starr" (593935104)

00:54:55.020 --> 00:55:13.440

As much as we have certain diagnostic criteria for eating disorders, they don't capture everyone. They're really, really limited. So rather than, oh, well, I don't need this, really narrow diagnostic criteria, being able to just ask.

160 "Meredith Starr" (593935104)

00:55:13.440 --> 00:55:33.440

Really vulnerably to ourself, is this significantly detracting for my life? And if the answer to that is yes, then I would strongly encourage seeking help for that. So I hope that that helps to answer that question from the perspective of, again, nutrition restoration if these are happening in the context of.

161 "Meredith Starr" (593935104)

00:55:33.440 --> 00:55:50.395

Not eating enough. I would really start by trying to, resolve the potential underlying cause of that, which would be the inadequate nutritia, and then I think that would start with talking with the dietician actually.

162 "Harvey, Melissa" (770860800)

00:55:50.395 --> 00:55:58.290

Okay, thank you. Of course. Any other questions?

163 "Harvey, Melissa" (770860800)

00:55:58.290 --> 00:56:14.790

Okay. Well, nothing else at the moment. So as I was saying, please make sure to do the.

164 "Harvey, Melissa" (770860800)

00:56:14.790 --> 00:56:40.473

Survey before you log out today, and then please mark your calendars to join us on 22 October when we will be discussing demystifying the eating disorder, understanding risks, symptoms, and treatment with Bridget C Shirtser of the Ren through center. Alright, thank you everyone. Thanks Meredith.

165 "Meredith Starr" (593935104)

00:56:40.473 --> 00:56:43.676

For having me, everyone have a great day.

166 "Harvey, Melissa" (770860800)

00:56:43.676 --> 00:56:48.012

You too. Thank you.