

Cookie Dough in the Dark

A Journey to Vibrant Health

Introduction

So how does an eating disorder begin? Does it start in your teenage years when you are searching for answers, or trying to control something? Does it start as a form of punishment? Maybe you don't even know you have an eating disorder¹ or disordered² eating until you look back. Perhaps you can pinpoint the exact time that changes in your eating began. Punishment, control, enjoyment; what is it for you?

The issue with eating and having a disorder is that you can't stop eating. Even if your disorder is to starve yourself, you still ultimately need the nourishment, unlike drugs and alcohol.

Do we consciously decide to start an eating disorder, or do we choose to punish ourselves for some reason, and our weapon of choice is food?

My journey with food and living a healthier life may be something you identify with well, or you might think it is downright crazy and can't relate at all. Either way, I trust that it will encourage your own self-awareness and healing wherever you might need it in your own life.

Have you ever wished for a magic pill, something that would reassure you, or make you feel better about yourself, or more confident in dealing with the life challenges we all face? I did, especially when I was younger; but somewhere along the way, I realized the pill, the remedy, is just taking life day-by-day and exploring who I am and where I need to go.

All of us have a journey to fulfill; there isn't a finish line. It's a growing, an experience that we should open ourselves up to, not criticize ourselves for. Wishing your life away is a waste of time; it's a waste of thoughts. Through each experience, I have grown stronger and now accept my challenges with excitement rather than dread. We limit or stunt our growth when we don't learn from our mistakes or cease to stretch and push ourselves forward. It doesn't mean you have to suddenly start to exercise, change your eating habits, and deal with your emotional issues *all at once*. It means that you are ready to take the first step of many.



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¹ Mayo Clinic Staff, Mayo Clinic. "Eating Disorders." mayoclinic.org.

² Eating Disorders Victoria. "Disordered Eating and Dieting." Eatingdisorders.org.au