Food: To Love or To Hate?

Even though food is a friend that healthy people fully embrace, food is also a hated enemy to those suffering from an eating disorder. The mind of a healthy person can look in the mirror and see truth and beauty. Those haunted by an eating disorder look in the mirror and see a false image filled with ugliness and lies.

The spacious country kitchen, with children romping and playing wildly with giggles and laughter, is filled with the aroma of freshly baked cookies. The children run into the kitchen and asked, “Mom, can we have a spoonful of cookie dough?” She smiles down at her children with love and gives them their hearts’ desire. As they licked their spoons clean, Mom promises freshly baked cookies. As the children finish their cookies, they’re off running and playing again. Mom is thankful that her children love food and easily eat from the four food groups during breakfast, lunch, and dinner. Even though adolescence is evident in each of their bodies, nothing is said about the excess weight, which will soon disappear as their bodies mature.

Also, healthy people, with a healthy attitude towards food, are fortunate to live in peace with their bodies as they eat three meals a day. Some may even be able to snack between meals as they listen to their internal voices, which say, “I’m hungry.” As they eat, their fear of food is non-existent. In their minds, they know normal eating promotes health and wellness. Eating is the purpose of health, energy, and pleasure.

Healthy individuals with healthy attitudes toward food are able to mix their social life by eating in restaurants. Excitement fills their beings as they dress up to meet family or friends for a relaxing peaceful meal. Talk and laughter fill the air as friends and
spouses eat their meal: from main courses to dessert. Thoughts of food only occupy a small portion of a healthy individual’s day. After feeling satisfied with their meals, they’re able to leisurely enjoy the company of each other.

A healthy individual is blessed to have strong bones, clear thinking, and a positive attitude. Beautiful skin adorns their body. Joy flows in their expressions, as they know life is precious and concern for their health is an important factor in everyday life.

On the contrary, to those who feel food is an enemy and each bite is a struggle, thoughts of food are life consuming. Each day minute-by-minute thoughts of food invade their minds. The only hunger they feel is for love, understanding, and patience from family. Each bite of encouragement they’re fed, is nourishment for their starved-looking body and broken heart. Consequently, eating disorders require a hard fight to overcome. Each day is a new day and a new beginning for the prisoner of an eating disorder. If they’re successful in their recovery, they’re set free.

Excitement fills a redheaded little girl as she shops with her mom for her one and only school dress. As she walks from the dressing room during her adolescent stage of life, she is proud she has found a beautiful dress. Her mom looks in horror as she sees the tight fit and the few bulges that are not accepted. She says, “You’re so fat; I hate you, and I wish you were dead.” Death is instant in the little girl’s heart, and she promises to herself that she would never be fat. As she matures and starts high school, the memory of that comment made by her mom still haunts her.

A best friend of this now mature redheaded girl introduces her to bingeing and purging in high school. Practicing that method of weight control seems so easy. Already having a bad body image, she is terrified of becoming fat.