"I am truly extraordinarily impressed!"
- Professor Susan Paxton, Past President of the Academy for Eating Disorders

the bulimia help method

Your Practical Self-Help Guide For Bulimia Recovery

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How it all began

It’s hard to believe now, but in 2004 I deeply feared for Ali’s life. That was when Ali confessed to me that she was suffering from Bulimia Nervosa. She told me how she had been suffering with bulimia since she was 13 years old and binge/purged up to 8 times a day. She confessed that she found it impossible to hold down even the smallest meal.

I was in shock. I just listened, as it was the only thing I could do. It was so hard to hear Ali say things like “I’m a freak” and “I’m broken” and “I understand if you don’t want to be with me.” I had no idea the woman I deeply loved, my soulmate, was in so much pain and misery. I am still amazed by how well she hid it from me.

To the outsider, bulimia can seem like a mystery. Certainly that’s how I felt when Ali opened up about it. The more I listened, the more things started to fall into place. Ali had so many dental problems over the years. It was her bulimia that caused her to lose all of her top teeth, they eventually had to be replaced with porcelain crowns.

We decided to work on her recovery together. When Ali eventually plucked up the courage to visit her physician, it was a bit of an anticlimax. The doctor
simply recommend antidepressants, which Ali declined. She was also put on a nine month waiting list to see a therapist. Nine months! That was far too long. If there was an option of going private we would have taken it, but we were poor students at the time. Like many, we couldn’t afford to pay the private costs.

I was frustrated, angry and Ali was deeply upset. She felt there was no hope left and doubted she could ever recover. I refused to sit around watching the person I deeply love suffer. So I took action and started doing my own research into how to recover from bulimia and Ali joined me on the mission.

We then began to question everything we knew about bulimia. We spent hours on the internet, read books on bulimia, reviewed scientific research papers. You name it. We absorbed it. We learned about CBT, hypnosis, the 12 steps, one-to-one counseling, nutrition therapy, even random stuff like Anthony Robbins and self-help happy books. We tossed the “bulimia is in the mind” theory straight out the window and began looking for more plausible answers.

It was then we made some remarkable discoveries… We discovered that bulimia has a lot to do with food. The mind-body connection is profound. If you are not feeding your body the nutrition it needs your mind will suffer. Heal the body and you heal the mind!

This knowledge became the foundation of our new approach to recovery “The Bulimia Help Method”. It took us roughly another 12 months to put all
The pieces of the puzzle together, but eventually we had a recovery outline for Ali to test on herself. Ali applied the principles to her life and the results were outstanding. Following our outline she rapidly made a full recovery. Within 12 months she considered herself fully recovered.

Inspired by this success, we decided to share what we had learned with the world. We created our website [www.bulimiahelp.org](http://www.bulimiahelp.org) and I became a Health Coach to help other people recover as well.

Bulimiahelp.org has since grown to become one of the largest bulimia recovery sites online. In 2011 we launched a successful online 1-1 coaching platform where sufferers can work directly with our fully trained Recovery Coaches. Since launch we have had just over 11,000 sufferers of bulimia pass through our recovery programs and the feedback has been remarkable (You can view some of that feedback here: [www.bulimiahelp.org/success-stories](http://www.bulimiahelp.org/success-stories)). Our programs have been recommended by experts, doctors, eating disorder professionals and charities worldwide.

We are surprised, delighted and humbled by the impact our recovery program has had on people’s lives. Everything we have learnt over the past 10 years helping sufferers overcome bulimia has been condensed into this
book. To the best of our knowledge, the approach outlined in this book is the most effective way to overcome bulimia nervosa once and for all. I am honored to serve you and I hope these principles, strategies and steps make a true difference in your life.
Authors Note

Living with bulimia is really tough. You feel compelled to binge on food that you must later purge. You feel ashamed, dirty, and try to hide your secret addiction. It digs into you, creating dark thoughts as it undercuts your self-esteem. Life simply becomes a tiring show, where you constantly put on a happy face to hide your dark secret.

You may have heard that it’s impossible to recover from bulimia. You may have heard that you will have bulimia for the rest of your life. I’m telling you right now that this is just not true.

It doesn’t matter how long you have had bulimia, or how intense your bulimia is, you can achieve a full recovery. There is such a thing as total recovery for life. I am not talking about “watch out, be careful, bulimia might come back to haunt you any day” type recovery. I am talking about a recovery that comes with 100% complete freedom from bulimia and food issues. Food can become just food. You can get your life back completely free from bulimia.

My coaching team and I have witnessed recovery first hand, time and time again. We have had the pleasure and fortune to serve thousands of other sufferers just like you, on their road to recovery. We had one sufferer who was 63 years old when she recovered, another recovered after living with bulimia for 45 years. Her eating disorder began at three years old!

All these people considered themselves lost cases when they came to us, yet now their symptoms have gone. They are not just managing their bulimia,
they are fully recovered. Their lives have been transformed and the way they think and feel about themselves has dramatically improved.

I am telling you this because I want you to know that recovery is possible. I want you to be one of our success stories. I want you to start living the life you truly deserve.

Here is just a small sample of the feedback we regularly receive on the Bulimia Help Method:

“**The Bulimia Help Method has saved my life. I don’t say that lightly. I have been bulimic for 10 years and I have been full of despair. I thought I would never recover and this sad sham of a life was what mine would be. I have been to doctors, therapy, and read every self-help book; this was the first time anything worked. I finally have hope again!!!**” - Nadine

“**I am in a position to "graduate" from your recovery program. After over 45 years of disordered eating this is quite incredible! I would like to express my profound gratitude to you for compiling a system that works. Once more I have a potential to live life, be happy, healthy and help others along the way.**” - Pat Mary

“**I’ve not purged in over 17 weeks! I’ve been bulimic for 26 years and have never gotten close to this amount of time away from it. Maybe a few weeks here and there, but I’ve never gone 17 weeks. I am also down 27lb and have got my blood pressure under control. I would never have believed it.**” - Angela
In this book I will show you exactly what you need to do to recover. I will give you solid, tried and tested practical steps that work for recovery. No time wasting, no unnecessary content and no nonsense.

Of course this program is no quick fix. Recovery is a journey and change happens gradually with plenty of ups and downs along the way. Recovery requires a sustained effort and a lot of perseverance, but ultimately it will lead you to a life you never even dreamed would be possible.

I am certain the secret to your success lies within you. You will come to realize in your recovery, you have more power, more inner strength, and more motivation within you than you thought possible. It’s okay if you don’t feel this strength right now. This strength will grow as you continue on your journey toward recovery.

If you don’t feel quite ready to start recovery, that is okay too. I think one of the most important things to understand right now is that you’re never really going to feel 100% ready for recovery, no one does. So many times we convince ourselves that we should wait for the right moment, a time when we are less stressed or when life is less hectic to start recovery, but when you think like that you can end up putting off recovery forever. There will always be a reason to wait until next week or next month or next year.
Little by little, you’re going to discover for yourself, just how amazing life can be when you’re no longer a slave to bulimia. Recovery is so worth it, but I also want you to know that you are worth it. Give yourself a chance, make the commitment to start recovery now, today if possible. Your future self will definitely thank you for not putting this off any longer.

It’s ok to be feeling a little skeptical right now. There is no harm in having a little bit of healthy skepticism to any recovery program. Although, I really want you come to the program with an open mind. Completely remove, or at least set aside any preconceived ideas that you have about bulimia and about your recovery. This program is different. Some of these concepts may be new to you, you may need to rethink a good deal of what you believe is true about eating and weight management. Please read through the book and if the information provided feels like the truth, then you can be fairly confident that this approach will work and is right for you. When something is true for you it will resonate with you at a deeper level. In your gut you will know it to be true.

This book will get you started on the road to a new you, free from bingeing and purging. All you have to do is make the decision to commit to your recovery. Go at your own pace, but stick with us and let the process be revealed to you step-by-step.

I am very excited that you decided to join us in this life changing program. To your fantastic, amazing, adventurous, enlightening recovery!

[Signature]
Some FAQs before we get started

How do I follow the book?
To get the most out of this book, you should read it from start to finish, take notes, and apply what you’re learning as you go. Read over the book carefully, give yourself some time for the ideas to sink in, and remember to refer back to it regularly.

We have broken the recovery process into small steps. Please take one step at a time. If you are feeling overwhelmed or if you find a particular step too difficult, it’s perfectly okay to go back a few steps and wait until you feel more confident before moving forward again.

How long does recovery take?
Although everyone is different, in general it takes around 6 months for the binge urges to disappear and a further 6 months to rebuild your confidence around food. Many of our members feel as though they are fully recovered around the 12-18 month mark. If this sounds like a long time, please do not feel disheartened: What we are aiming for here is total recovery for life and you will start to notice the benefits of recovery almost immediately.

Should I see a doctor?
It is strongly recommend that you see a doctor before undertaking any self-help treatments. This program is meant as general advice only. It’s not a professional opinion. If you have a very low body weight or are underweight, have any deficiencies, intolerances or injuries that may affect your diet in any way then you should make an appointment with your doctor. If you are vomiting frequently or taking large quantities of laxatives (especially if you
are also underweight) you should have your fluid and electrolyte balance assessed.

Similarly, if you encounter complications with structured eating, such as oedema (swelling of extremities), chest pains, palpitations, aches, or severe gastric upset, and so on go to your doctor immediately. Complications are unlikely, but it’s always best to get checked.

**If my bulimia doesn’t fit the formal definition, will this still work?**

It doesn’t really matter if you only binge a few times a month or if your binges are relatively small. If you are experiencing bingeing and purging behaviors in any way then this program is for you.

**I have anorexia, will this program help?**

Anorexia and bulimia are remarkably similar and many of the strategies outlined in this program would be beneficial for someone suffering from anorexia. However, the concern is that anorexia is much more life threatening of an illness than bulimia. Therefore, someone suffering from anorexia needs urgent medical intervention, not self-help.

**What if I don’t have to binge to want to purge?**

For some, eating even the smallest amount of food can lead to purging. Don’t worry, we also offer practical advice on how to address this issue throughout the program.

**How will I know when I am recovered?**
You will know when you are recovered from bulimia when you no longer crave or desire to binge or purge on food.

**Do I need a therapist to use this program?**

It is your personal preference. Throughout this book we will avoid in-depth personal assessments and analysis (we find it’s not really required for recovery). In saying that, this book can work as a great companion piece if you are currently working with a therapist.

**Can I use this program with a health professional?**

Yes, this program can work as a companion piece with a health professional. Please inform your health professional that you intend to follow this program. Perhaps give them a copy of the book for them to consult.

**Where can I get more information on your approach to recovery?**

You can get support and advice about all of the concepts I’ve laid out in this book at bulimiahelp.org.
Getting Ready for Recovery

Before we start taking action towards recovery, I want to take some time to mentally prepare you for the journey ahead. It would be unwise to dive straight in without getting a lay of the land and a better understanding of what you can expect to happen in the coming months.

In this section I want to give you a fresh perspective on your bulimia. A perspective that I believe is much more empowering, encouraging and hopeful than the traditional view of bulimia.

To begin with lets explore the relationship between bulimia nervosa and food. You may have heard the phrase ‘bulimia is NOT about food’. Well, I disagree. I believe bulimia has a lot to do with food (after all, it is called an “eating” disorder). I believe that by neglecting the core issues of food and nutrition many bulimics fail to recover.

Lets look at some scientific evidence for further explanation…..

The Ancel Keys Semi Starvation Study

This is the only large scale, long-term scientific study to ever explore the effects of semi-starvation on humans. For obvious ethical reasons it wouldn’t
Want to read the rest?

Go here to buy the book:

Amazon

Thanks for reading!