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Isabelle Plasmeijer

ISA POWER, The Netherlands

Eating disorders and causes, symptoms and treatment possibilities. When are you recovered, and what does recover really means?

Statement of the Problem: Anorexia Nervosa is one the far most deadly psychiatric illnesses there are. About 10% of all patients suffering die because of medical conditions or because they commit suicide. There are many forms of eating disorders. Most know is Anorexia Nervosa, but also Bulimia, Binge Eating Disorder and OSFED (Other Specified Feeding and Eating Disorders). Although anorexia and bulimia tend to get the attention, OSFED actually makes up 70 percent of all 24 million eating disorder diagnoses in the United States. A person with OSFED may be diagnosed as such because she does not fully meet the criteria for anorexia or bulimia. A person with OSFED may have some symptoms of both disorders, but not severely enough to warrant a diagnosis. Reason people develop an eating disorder can vary from bullying, violence at home, post-

traumatic stress disorder (PTSD) and alcohol dependency. Many researchers have investigated the cause, it's cure, treatment options and aftercare. Sadly enough there has not been found a cure yet. Over the course of 5 years Isabelle has written 3 books. The last book she wrote focusses on the limiting beliefs a person with an eating disorder has. It reveals the beliefs, excuses and fears that people suffer from such as "I am not sick enough to get help", "If I recover now, everyone will think I dramatized all the time", "I can't live without my eating disorder. I need it to get by". The main characteristics of people suffering from an eating disorder are that they are; caring, pleasers, perfectionist, insecure, low self-esteem, over achievers. In therapy Isabelle beliefs helping a person to eat are simply not enough. Eating disorders are not about food or eating.

Biography

After she recovered from her own eating disorder she wrote her first book "When are you fed up?" and Set up ISA POWER in 2013. Her second book "The wolf in sheep's clothing" offers an insightful guide for those who want to help their loved one suffering. Over the course of years ISA Power has earned a Reputation for helping both local and international clientele achieve full and lasting recovery from a wide range of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Ed-Nos. The multi-disciplinary team includes professional coaches and therapists; NLP coaches, Life coaches, Counselors, dieticians, PMT therapist, EMDR therapist, psychologist, drama therapist and Hypnotherapists. The coaches have all fully recovered from their eating disorder. They are the living Proof that recovery is possible. Isabelle Plasmeijer has a personal passion to help people in becoming the best version of themselves.

info@isapower.nl

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