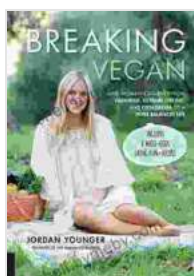


One Woman's Journey From Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life

In the depths of my eating disorder, I was a shell of the person I once was. I was consumed by thoughts of food and weight, and I was constantly restricting my intake. I was vegan, and I followed a strict diet that eliminated all processed foods, gluten, and dairy. I exercised excessively, and I spent hours every day obsessing over my body.



Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life by Jordan Younger

★★★★☆ 4.3 out of 5

Language : English
File size : 33967 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 208 pages



My eating disorder started innocently enough. I was a teenager, and I was struggling with my weight. I tried a few different diets, but nothing seemed to work. Then, I discovered veganism. I was drawn to the ethical and environmental benefits of veganism, and I believed that it would help me lose weight.

At first, veganism did help me lose weight. But as time went on, I became more and more restrictive. I started to eliminate entire food groups, and I began to exercise more and more. I became obsessed with my weight, and I was constantly checking my body in the mirror.

My eating disFree Download spiraled out of control. I was losing weight rapidly, and I was starting to experience health problems. I was also becoming increasingly isolated from my friends and family. I was ashamed of my eating disFree Download, and I didn't want anyone to know what was going on.

One day, I collapsed at school. I was taken to the hospital, where I was diagnosed with orthorexia nervosa. Orthorexia is an eating disFree Download that is characterized by an obsession with healthy eating. People with orthorexia restrict their food intake to the point of malnutrition, and they may also exercise excessively.

I was admitted to an eating disFree Download treatment center, where I began the long road to recovery. It was a difficult process, but I was determined to get better. I learned about the importance of nutrition, and I started to challenge my negative body image. I also learned how to cope with my emotions in a healthy way.

After several months of treatment, I was discharged from the eating disFree Download center. I was still struggling with my eating disFree Download, but I was making progress. I continued to see a therapist, and I attended support groups. I also started to eat more intuitively, and I began to exercise in a more balanced way.

It has been a long and difficult journey, but I am now in recovery from my eating disFree Download. I am no longer vegan, and I no longer follow a strict diet. I eat a balanced diet that includes all food groups, and I exercise in a moderate way. I am also much more accepting of my body, and I am no longer obsessed with my weight.

I am sharing my story in the hope of inspiring others who are struggling with eating disFree Downloads. I want to let you know that you are not alone, and that there is hope for recovery. If you are struggling with an eating disFree Download, please reach out for help. There are many resources available, and you do not have to go through this alone.

Here are some tips for recovering from an eating disFree Download:

- Seek professional help. A therapist can help you understand your eating disFree Download and develop a plan for recovery.
- Join a support group. Support groups can provide you with a safe and supportive environment where you can share your experiences and learn from others.
- Eat a balanced diet. Eating a balanced diet that includes all food groups is essential for recovery from an eating disFree Download.
- Exercise in a moderate way. Exercise can be a helpful part of recovery, but it is important to avoid excessive exercise.
- Challenge your negative body image. Negative body image is a common symptom of eating disFree Downloads. It is important to challenge your negative thoughts about your body and to focus on your positive qualities.

- Be patient. Recovery from an eating disorder takes time and effort. Be patient with yourself, and don't give up.

If you are struggling with an eating disorder, please know that you are not alone. There is hope for recovery. With the right help and support, you can overcome your eating disorder and live a healthy and fulfilling life.

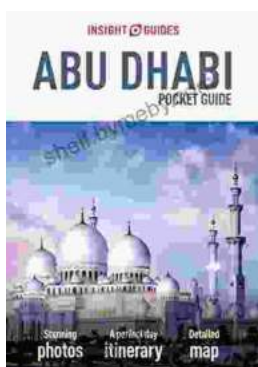


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