

Creating a Safe & Healing Space for Eating Disorder Patients in the Acupuncture Clinic

WEIGHT NEUTRAL STANCE / HEALTH AT EVERY SIZE (HAES)

<https://www.nationaleatingdisorders.org/size-diversity-health-every-size>

<https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-10-9>

<https://www.hindawi.com/journals/job/2014/983495/>

INTUITIVE EATING

<https://www.nationaleatingdisorders.org/blog/what-does-intuitive-eating-mean>

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

- Reject diet mentality
- Honor hunger cues
- Make peace with food
- Moving and eating for pleasure, satisfaction, and respecting the body. This might not lead to weight loss - that's not the goal!

PRACTITIONER “TO DOS”

- Ask for eating disorder history in intake form - hx or active
- Do they have a treatment team
- Current relationship to food and movement
- Relationship to bodywork
- Be on the lookout of “checking out”
- Red flags or safety concerns
- Be careful of TCM terminology, palpation, body parts exposed and treated
- Examine our own weight bias and thin privilege
- Refer out and/or communicate with team

PRACTITIONER “DON'T DOS”

- Offer nutritional advice to anyone with an eating disorder history / don't be part of the noise
- Comment on body shape or looks
- Assume certain body types will be ok with exposing certain body areas or will have issue with certain body areas
- Overstep your scope of practice

HERBS

- Important to be very careful with these patients, and only do so with collaboration with their team

GOING FORWARD / NEXT STEPS

- Add “Active or history of an eating disorder” to intake questionnaire
- Have supplies ready for varieties of different body types
- Begin gathering contacts for referrals and support
 - [Association for Size Diversity and Health](#)
 - [Contemplating Recovery Free Support Group](#)
 - [Liberating Jasper](#)
 - [National Alliance for Eating Disorders](#)
 - [National Eating Disorders Association](#)
 - [Project Heal](#)
- Consider getting patient permission to communicate with members of their treatment team
- Do Continual education regarding HAES and weight stigma
 - Podcasts
 - [Fresh Air interview with Virginia Sole Smith](#)
 - Maintenance Phase
 - The Full Bloom podcast
 - Find Your Food Voice
 - Rebel Eaters Club
 - The Appetite
 - The Recovery Warriors Shows
 - Follow body liberation / neutrality accounts on social media
 - IG: theeverybodyisbeautifulproject
 - IG: haes
 - IG: NEDA
 - Blog posts
 - <https://humanparts.medium.com/7-ways-to-uproot-your-anti-fat-bias-54f01d76ec3b>
 - <https://emilyprogram.com/blog/introduction-to-eating-disorders/>
 - <https://www.health.com/mind-body/when-it-comes-to-health-who-does-body-positivity-help>
 - <https://www.nationaleatingdisorders.org/blog/maternal-mental-health-journey-through-motherhood-and-eating-disorder-recovery>
 - <https://www.nationaleatingdisorders.org/pregnancy-and-eating-disorders>

- Books
 - The Body Liberation Project: How Understanding Racism and Diet Culture Helps Cultivate Joy and Build Collective Freedom by Chrissy King
 - Body of Truth by Harriet Brown
 - Anti-Diet by Christy Harrison
 - Body Respect, *and* Health and Every Size by Lindo Bacon
 - Fearing the Black Body by Sabrina Strings
 - Intuitive Eating by Evelyn Tribole and Elyse Resch
 - The Body is Not an Apology by Sonya Renee Taylor
 - “You Just Need to Lose Weight” and 19 Other Myths About Fat People by Aubrey Gordon