Restrictive eating creates overwhelming cravings and feelings of loss of self control.

Unrealistic body ideals are provoked by media and external environment.

Binge, guilt, shame, low self-esteem, and possible weight gain.

Desire to feel well, physically and mentally.

Eating any and all sorts of food with balance, eating when hungry and stopping when full.

Positive relationship with food and yourself = positive mental and physical changes.