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If you have a question concerning your health, weight loss, or the appropriateness or application of the program described in the book, consult your health-care professional.
A special thanks...

A special thanks to our contributors who offered up their free time to provide feedback, insights and contributions to the program. Please note all contributors have recovered from bulimia using the Bulimia Help Method.

Eileen L  “Take it one step at a time and you will get there!”
Rachel K  “Never EVER Give up”
Renee Smith  “This program works!!”
Amy L  “Have faith”
Jessica  “We can do this!”
Kathryn  “Everyday is an opportunity to advance further in recovery”
Jess  “Where there’s a will, there’s a way. Where there’s not, there’s an excuse!”
Annri  "Overcoming bulimia is simply a chance to prove to yourself how strong and capable you really are. Never doubt recovery. You CAN do it!"
Una  “Take action NOW”
Olga B  “Believe in yourself. You are wonderful, unique and resourceful.”
Mary  “This program truly works. Over 20 years of hell to freedom. If you believe........ you CAN :-) You’re worth it!!!”
Katherine  “Who will you be once you're recovered? If you don't stick this out, you'll never get to know!”
How to use this program

It doesn't matter how long you have had bulimia nervosa - this book WILL help you.

Read it carefully and let it motivate and guide you through your recovery.

Some of these concepts may seem new to you, so you will need to rethink a good deal of what you believe is true about eating and weight management. I recommend you reread this book a few times and always keep it nearby during your recovery for reference.

It's best to read through the whole guide once before you start your recovery. This will help give you a good overview of what recovery is all about. It's also a great idea to have a notepad and pen ready, so you can jot down key points and pages.
Recovery one step at a time

We have broken the recovery process into small steps. Each step will take you a little closer to being fully recovered. Please take each step one at a time and once you feel comfortable with that step, take the next one and do a little more.

If you are feeling overwhelmed or if you find a particular step too difficult, it's perfectly OK to go back a few steps and wait until you feel more confident before moving forward again. Some aspects of the program will resonate more with you than others and that's OK.

I encourage you to discover what works best for you in recovery and to run with it. It's good to keep in mind that everyone's recovery journey is unique. There is no right or wrong way to approach recovery. As long as you are committed to the recovery process that's all that matters.

Don't worry if you are nervous, scared, anxious or concerned about the program. It's perfectly normal to feel this way right now.

It's okay if you don't feel strong right now, that strength will build as you continue on your journey. You have already shown your inner strength by taking the steps to start recovery.

Regardless of whether you are afraid of failing, changing, being vulnerable or not being able to cope, fear can be the best indicator that you are about to grow, learn and experience something that you thought was completely beyond you before now.

Just stick with us, go at your own pace, and let us guide you along the way.
Chapter 1: 
Introducing The Bulimia Help Method

You can recover

Living with bulimia is really tough. We feel compelled to binge on food that we must later purge. We feel ashamed, dirty and try to hide our secret addiction. It digs into us, creating dark thoughts, and undercutting our self esteem.

Life simply becomes a tiring show, where we constantly put on a happy face to hide our dark secret. We feel weak, broken, confused, lost and hopeless. It's really no wonder that at times we feel like we are going crazy.

But it doesn’t have to be like this.
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.
You can be 100% totally cured.
It CAN happen to YOU.

There is such a thing as TOTAL RECOVERY FOR LIFE.

And I am not talking about, “watch out, be careful, bulimia might come back to haunt you any day” type of recovery.

I am talking about a 100%, complete freedom, food becomes just food, type recovery!
We have witnessed this first hand, time and time again. My wife Ali had full blown bulimia for 10 years. She followed the program and now Ali is not just in recovery, she is FULLY recovered.

And it's all here. All the information you need for recovery is here in The Bulimia Help Method®.

No time wasting, no unnecessary content and no nonsense. Just easy to follow the steps and techniques in a system that works.

Let's get started shall we?
Let me ask you a question...

What’s the difference between a person with bulimia and a non-bulimic person?
Well, obviously one binges and purges and the other doesn't.

But, wouldn’t that mean that you are not bulimic ‘in-between’ bingeing and purging?
Do you FEEL like a non-bulimic in between binges?
For many the answer is certainly NO.

So what’s the real difference?
The difference is: A non-bulimic no longer CRAVES, DESIRES or WANTS to binge.
A non-bulimic is completely FREE from the URGE to binge.
In fact, you could say that the only difference between a bulimic and a non-bulimic is that a bulimic person will experience an URGE to binge.

The difference is the URGE to binge.

This is what makes a bulimic person bulimic.
Let's think about this a little:
No matter what the trigger may be;
No matter what the situation is;
No matter what your thinking is;
Before every single binge you will experience an URGE to binge.
This is the one, universal constant before every binge.

Let's look at it this way...
Imagine you’re alone in the house.
You’re bored;
You’re feeling down;
You've had a stressful day;
There is food in the cupboard;
But strangely you have absolutely NO urge or desire to binge on food.
Then would you binge?
I am guessing not.
That would be like drinking 5 gallons of water even though you had no thirst or urge to do so.

The point here is this:
If you didn't experience an URGE to binge.
You wouldn't binge.
And therefore you would not be bulimic.
It's the **URGE to binge that makes us bulimic.**
If the urge to binge is making us bulimic;

Then in order to recover from bulimia we need to remove the URGE to binge.
Let me repeat that.

**To recover from bulimia we need to remove the urge to binge.**
That’s it.
That is your new goal for recovery.

Recovery no longer has to feel like an insurmountable and vague impossible dream. Now it can be summed up in one powerful, easy to understand sentence:
Removing the urge to binge is your key to recovery.

This is your new path to living free.

Once the URGE to binge is gone; your bulimia is gone.
Changing the definition of bulimia

Bulimia is defined as episodic binge eating usually followed by purging such as self-induced vomiting, laxative abuse, excessive exercise, or fasting (I am sure you already know this).

I think this definition could be improved on:

For me a better definition of bulimia would be- regular urges to binge on food, which can be followed by an episode of bingeing and purging.

The key difference is the phrase “regular urges to binge on food”.

For some reason, everyone seems to forget about this really important aspect of bulimia.
**The two reasons you feel compelled to binge.**

We now know that we need to remove any binge urges in order to recover. That’s good to know, but if we don’t know HOW to remove the binge urges then that information doesn’t really help us much.

So the next big question to ask is: **What causes the urge that leads to bingeing (“the binge urge”)?**

To answer this question we must first understand the different types of binge urges: The Body Binge Urge and the Mind Binge Urge. Let’s learn a little more about them.

**1. The Body Binge Urge.**

This is the BIG one. All people with bulimia will experience this type of binge urge and it probably accounts for most of your binge urges. For some, curing this binge urge alone is enough for a full recovery.

You may experience this binge urge because your body is malnourished and dehydrated. Purging, restricting and not eating enough food keeps you in a malnourished state. Being malnourished creates EXTREMELY powerful binge urges.

This can sound a bit crazy considering bulimics tend to eat a LOT of food.

But it’s true. As a bulimic you purge either through fasting, excessive exercise, laxatives, or vomiting which is certain to ensure that your body remains malnourished.
In this state, the hormones leptin and ghrelin (associated with fullness and hunger) are not functioning properly due to starvation.

The resulting "strive to survive" makes you want to binge... which shouldn't really come as a surprise. When you are hungry, you experience gentle hunger pangs, and when you are excessively hungry and malnourished you experience MASSIVE hunger pangs or urges to binge.

This is quite natural. There is nothing strange about it. Your body thinks that you are in the middle of a famine and it is doing everything it can to ensure you are eating enough food.

To stop these massive hunger pangs, we simply need to teach our body that the famine is over. We do this by following a structured eating plan. And it's the single most powerful thing you can do to recover fully.

2. The Mind Binge Urge.
For some, solving the Body Binge Urge is enough to cure their bulimia, but for others recovery can be a little more complicated.

If you have had bulimia for a long time, you may be relying on bulimia for psychological support and this can lead to Mind Binge Urges. The Mind Binge Urge starts above the neck and is usually triggered by an uncomfortable feeling or emotion (such as stress or anxiety).
It is generally associated with avoidance, whether it is something tangible (such as work obligations) or something intangible (like emotions). There is a strong desire to eat food to dull thought processes and numb emotional pain.

Put simply, we binge on food to quiet the mind or to eliminate uncomfortable feelings.
What’s in the program?

The rest of the Bulimia Help Method® is dedicated to showing you exactly how you can completely remove the two binge urges. To begin, we explore your bulimia and help you understand it in a new light. After that, the program is split up into stages.

Stage 1

Stage 1 of the program is called “Rebalancing Your Body.”

In this stage, we provide you with lots of practical information on how to remove the Body Binge Urge.

Stage 2

Stage 2 is called “Diffusing the Mind Binge Urge.”

In this stage, we will explore the role your thoughts and emotions play in your bulimia. Here we will provide you with practical steps to remove the Mind Binge Urge. Once we remove the binge urges you will no longer feel compelled to binge.

If you have NO urge to do something, you won’t do it.
If you don’t binge then you won’t purge.
If you aren’t bingeing and purging you are no longer bulimic.
And then you are recovered.
Stage 3

But that's not all:

Some of you may have been struggling with weight/food issues for years prior to the onset of bulimia. Some of you may never have had a “normal” relationship with food. Perhaps you fear going back to your old eating habits, as you know they caused you the trouble in the first place.

This is where Stage 3: “Intuitive Training” will really help you.

You will learn how to stop relying on calories, food plans and food rules to dictate how you should eat and instead you will rely on your intuition. This is an extremely powerful and simple way to eat food that will allow you to maintain a healthy weight for life without any pain, suffering, rules or plans.

This stage will show you exactly how to have a lifelong healthy relationship with food.

I believe this stage to be the secret key to lifelong recovery from bulimia.

Don't worry if this all sounds a little unfamiliar at this point. Right now I just want to give you a simple brief outline. We will explore these concepts in more detail throughout the program.

Just stick with us and it will become very clear.

I guarantee by the end of this program you will look at bulimia in a completely new light.
Self improvement without you having to think about it!

Our program doesn't focus on self improvement.
We don't ask you to build your confidence or improve your self-esteem.
Our focus is on removing the binge urge.
One of the reasons for this is because studies show that there is no scientific evidence that resolving underlying psychological problems leads to recovery (Walsh and Cameron, If Your Adolescent Has an Eating Disorder, 77).

We focus on removing the urge to binge.

And this is where the magic happens.

Nourishing your body, stopping bingeing and regaining your life free from bulimia are the best things you can do to rebuild your confidence and improve your self-esteem.

The best part is that it all happens naturally over time without you having to think about it!

The Bulimia Help Method® has helped thousands overcome bulimia and many of them say they can't believe the difference in their mental well-being after recovery. They feel so much more confident and positive.

It is as if you slowly remember the person you used to be before your eating disorder took over - except now you are a little wiser and more mature.
So do NOT think “I need to improve my self-esteem before I can recover!” or that you “have too many issues and can't recover from bulimia!”

The belief that you need to resolve all your other issues before you can recover is NOT true. It is the other way round: FIRST recover from bulimia by removing the urge to binge, THEN watch as your well-being is naturally restored!

"Will my weight spiral out of control?"

I know this is a big concern to many, so let me stress - by following this program I assure you that your weight will not spiral out of control.

Research shows that most people with bulimia, in the healthy weight range, who adopt regular eating habits and don't purge, end up within 1kg of where they started, and some even lose weight.

A new study, led by a researcher from Drexel University, suggests that bulimia leads to weight gain. And the longer you battle bulimia, the more your weight will escalate.

We will go into much more detail about this later, but for now, please rest assured your weight will NOT spiral out of control.

"How will I know when I am recovered?"

Put simply, you will know when you are recovered from bulimia because you will no longer crave or desire to binge on food.
“But I purge if I eat anything... I don’t have to binge to want to purge”

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

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 feels like a long time, please do not feel disheartened: What we are aiming for here is total recovery for LIFE. You will start to notice the benefits of recovery almost immediately.

Recovery will be an amazing adventure of discovery.

Look at recovery as a challenging adventure of discovery. Only you are not exploring a lost civilisation, or forgotten land instead you are discovering the amazing person you are without the shackles of bulimia.

If you have had bulimia for a long time you may not be sure who you are without bulimia.
Like a superhero discovering his powers for the first time so too will you discover all you can be once you are free from the kryptonite that is bulimia.

Your journey will bring thousands of discoveries, with new ones arriving each day.

You will discover what **calm** feels like,
what **balance** feels like,
what **contentment** feels like.

You will discover that you can easily engage in activities that previously struck fear into the deepest recesses of your heart.

You will discover what it feels like to have an abundance of energy and a lightness of spirit.
You will discover new interests and new passions.
You will discover your inner strength and self reliance.

You will discover all the amazing fantastic things that make you the truly wonderful, caring, loving, soulful person you already are.
And this is an important point.
This is who you already are.
This ISN’T a NEW you.
You aren’t changing.
Bulimia was holding you back, robbing you of your life and draining your soul...
You were always made to fly

( but bulimia had you shackled to the ground )
Recovery from bulimia is a reward not an ordeal.

Yes at times recovery may be challenging but the benefits FAR OUTWEIGH any effort required.
It's like having to climb a mountain to reach your dream holiday destination. Sure the mountain climb was a challenge, but that is the last thing you will be thinking about when you are enjoying your dream holiday.

But this undersells recovery.

Recovery is much better than that.

Recovery will vastly improve EVERY aspect of your life. It's like winning the lottery, every day for the rest of your life...
only better.
Life will feel like a reward, a victory lap, a second chance.

Everyday will feel like you have won.

Recovery will be the best gift you will ever give yourself in your life.
Thank you

Thank you for reading the first chapter of the Bulimia Help Method.

Here are the next steps:

1. If you haven’t done it yet, try out the free 7-part Bulimia Help Introductory Course.

2. Want to know more about our bulimia recovery program, check out the Bulimia Help Method Home Treatment Program >>