

THE BULIMIA HELP METHOD: A REVOLUTIONARY NEW APPROACH THAT WORKS BY RICHARD KERR, ALI KERR



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STOP BINGEING - START LIVING



The
**Bulimia Help
Method**

A **REVOLUTIONARY** NEW
APPROACH THAT WORKS

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- Professor Susan Paxton, President of the Academy for Eating Disorders

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The Bulimia Help Method: A Revolutionary New Approach That Works By Richard Kerr, Ali Kerr. It is the time to improve and freshen your skill, knowledge and also encounter included some enjoyment for you after long period of time with monotone points. Working in the workplace, visiting study, picking up from test and also more tasks may be finished and you need to begin new things. If you feel so worn down, why do not you try brand-new thing? A quite simple point? Checking out The Bulimia Help Method: A Revolutionary New Approach That Works By Richard Kerr, Ali Kerr is just what our company offer to you will certainly know. And guide with the title The Bulimia Help Method: A Revolutionary New Approach That Works By Richard Kerr, Ali Kerr is the reference currently.

Review

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From the Back Cover

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Do you feel ashamed, dirty and try to hide your secret addiction?

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Living with bulimia is really tough, but it doesn't have to be this way. You may have heard that it's impossible to recover from bulimia. I'm telling you right now that this is just not true. It doesn't matter how long you have had bulimia or how intense your bulimia is, you can achieve a full recovery.

Here is just a small sample of actual reader feedback:

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"I am in a position to "graduate" from your recovery program. After over 45 years of disordered eating this is quite incredible! Once more I have a potential to live life, be happy and healthy." - Pat Mary

"I've not purged in over 17 weeks! I've been bulimic for 26 years and have never gotten close to this amount of time away from it. I am also down 27lb and have got my blood pressure under control. I would never have

believed it." - Angela

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You CAN put an end to your suffering.

You CAN start living again.

About the Author

Back in 2004 Nutritional Therapist Ali Kerr confessed to her husband Richard that she suffered from bulimia. Unfortunately inpatient treatment was too expensive and therapy proved ineffective. Out of desperation they began researching and questioning everything they knew about bulimia. From their research they pioneered a straight forward methodology that allowed Ali to make a full and rapid recovery. This knowledge became the foundation of the Bulimia Help Method recovery program. Since 2007 the Bulimia Help Method has help over 13,000 people around the world and is now recommended by experts, doctors and eating disorder charities world wide. To learn more on the Bulimia Help Method and for more on Ali and Richards latest work go to www.bulimiahelp.org.

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PDF

You are not broken, weak or faulty because you binge on food. You are normal and more importantly you can fully recover.

Let me explain... powerful binge cravings are a natural and normal side effect of food restriction. If you have ever restricted your food intake in your past (e.g. a diet, a detox program, cutting out carbs, etc) then you may have triggered a primitive natural survival mechanism we call "primal hunger". This leads to powerful binge urges, an insatiable appetite, food obsession, depression and anxiety. Your body thinks you are in the middle of a famine and it is doing everything it can to make you eat lots of food. By purging your food, you remain malnourished and your body is stuck in "primal hunger" mode.

Keep in mind, this has nothing to do with your upbringing, personality or emotional state. This may come as a surprise but studies show us that many of the symptoms that might have been thought to be specific to bulimia nervosa are actually the results of starvation (Pirke & Ploog, 1987). Chances are, you are perfectly normal and are just experiencing the natural and very normal side effects of a restrictive diet.

We don't ask you to analyze your painful past experiences or to examine any personality 'flaws' that may have lead to your bulimia as there is no scientific evidence supporting the idea that resolving underlying psychological problems leads to recovery (Walsh & Cameron, 2005).

Instead we give you clear, practical steps to remove your primal hunger, stop bingeing and purging, relearn normal eating and overcome bulimia for life.

You can recover. There is a way.

This book will help you:

- Make sense of your bulimia, (because believe it or not, bulimia doesn't have to be confusing!)
- Recover at a pace that suits you by following our step by step guide to recovery.
- Eliminate binge urges and cravings for life by restoring your body's own natural food regulation system.
- Establish a pattern of regular meals and snacks while learning strategies to curb urges to overeat.
- Get back in touch with subtle feelings of hunger and satiety which guide you to relearn what, when and how much you should eat.
- Overcome the barriers that unhelpful negative thoughts and uncomfortable emotions often create.
- Boost your self-esteem and general well-being.
- Effectively deal with relapses and setbacks.
- Have a normal, peaceful and natural relationship with food even if you never remember a time when eating has been this way.

- Recover without your weight spiraling out of control
- Maintain a healthy weight for life, without ever having to diet or watch what you eat again.

- Sales Rank: #154697 in Books
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Most helpful customer reviews

18 of 18 people found the following review helpful.

You are not broken, and you can recover

By Sarah

I love that this book (along with Brain Over Binge) are a viable, helpful alternative to the many books that ask binge eaters & bulimics to spend endless hours in therapy exploring the various reasons for their disorders. This book provides a clear, practical set of steps to recover from binge eating for life, and doesn't ask you to live your entire life feeling like recovery is a battle. It teaches you how to recover completely, but it also doesn't make you think you will do this overnight or that it won't come with its battles. I really liked that each step included FAQs based on their experiences in helping so many people...questions about the bloating, the temporary weight gain, the mental challenges, etc. I was mostly recovered after having read Brain Over Binge, but this took me on the final leg.

The reason I give this four stars instead of five is that it has an emphasis, in the latter half of recovery, on Intuitive Eating. I am well versed on intuitive and mindful eating, and have read many books and tried it many times. For me I found it more of a burden than a help to pay so much attention to what I wanted, how full I was, etc. That isn't to say that I have to have a super structured diet or anything. I just think that there are many, many 'normal' eaters who don't eat mindfully or intuitively (which the author says himself at one point). Sometimes you just eat because food tastes good. Sometimes you eat past fullness. Sometimes food is just fuel. And many times you can't have what you want. The normal eaters I know don't actually ask themselves what they really, really want, nor do they think too much about hunger and fullness. I also think our modern food environment is not conducive for intuitive eating, but that's a subject of another book.

So, with the caveat that I followed this and recovered without the help of intuitive eating, I do highly, highly recommend this book. I would also recommend reading it along with/in addition to Brain Over Binge. Both are especially helpful for those of you who have tried recovery in several different ways but it has never worked for you. I'd say this book has a more 'self-help' feel than Brain Over Binge, but I think that's okay because it means that similar messages can get out to different audiences who will be more or less open to one or the other. I am less open to the self help vibe, but I was more open to the messages in this book because I read Brain Over Binge first. This book also has a stronger emphasis on nourishing your body - meaning eating enough food - as an essential condition for recovery. The binge urges will not subside unless you're eating properly, and "properly" means enough calories. Both books tell you that you aren't broken, and don't treat you like you have a disease. For me, that was just what I needed.

12 of 12 people found the following review helpful.

An absolute lifesaver!

By eag_85

I first encountered the Bulimia Help Method website in 2009 when I was at the peak of my bulimia. I had suffered for over six years and was purging up to 8 times a day and running until I could not stand. At the time I had completely lost control over my body. I had tried everything from sheer willpower to in-patient treatment at the top eating disorder clinic in America and still...nothing. Recovery eluded me. Then I found BHM and it literally saved my life.

I must admit, I read the BHM book as a fully recovered person but all the principles in the book are exactly

what you will find on the website (the main difference between the book and the website is that the site has a support network of other sufferers). It is truly ironic that the main way out of the bulimia hole is to EAT but it is this common sense practicality of the program that makes BHM so helpful.

Though the concept of food was fraught with fear, the BHM structured eating principle set up a completely doable and practical way to develop a normal relationship with food. When I first began structured eating I was very skeptical of its effectiveness but the scientific and systematic approach to recovery really sold me on the program. Though I am sure aspects of bulimia are psychological (otherwise, why do some dieters become bulimic and some simply do not), I liked that this book did not ask me to probe the deep corners of my mind to discover why I was hurting myself. I never had to ask myself what I was feeling prior to and after an episode. I never had to "identify" my trigger. For me, bulimia was my default mode. It was a fact of life. Nothing in particular triggered me; I just had the uncontrollable urge. The BHM demystified my bulimia and offered a methodical, concrete path forward.

I know the first chapter of the book sounds like a self-help infomercial. I know the claims of 100% recovery seem far-fetched and the reviews fake. But, I can say with complete confidence that if it were not for the BHM, I would still be desperately and hopelessly battling my eating disorder. This program changed my life. I will say it again, the Bulimia Help Method CHANGED MY LIFE. If you are suffering from bulimia, this will be the best money you will ever spend.

5 of 5 people found the following review helpful.

Finally free!!!

By 41yr old mother of 3

I have suffered from Bulimia since I was 16 years old. I am now in my 41 and thanks to Bulimia Help Method, I'm finally free. An overachiever with a Masters degree from a top university, 3 beautiful children and a seemingly perfect life, I was dying inside and felt like a fraud with my dirty little secret. I attempted medication and cognitive behavioral therapy in my 20s but was never able to completely rid myself of these urges. Even pregnant, I struggled. I thank god every day that my children are healthy and thriving because I binged and purged even then. Bulimia was always lurking in the shadows, always my crutch, my dirty little secret. Not a week went by when I didn't binge and purge. Sometimes it was all day, every day, sometimes I could go days with it under control. I lost a lot of weight with weight watchers which I thought was going to help me kick it but again, when I felt out of control, I went right back to bingeing and purging. I lost 100lbs in my 30s but felt empty. Like a fraud. Once I turned 40, I knew something had to change. Binging daily, I was exhausted, moody and barely keeping my head above water. No one would ever suspect because I always put on a happy face, have a "perfect life" and I'm overweight. Not the face of an eating disorder that one would expect. I knew I was not being the mother or wife I knew I could be because I was trapped by my illness. I finally hit rock bottom, made an appointment to see a psychiatrist, and told my husband. It was a cleansing moment for me but I still struggled to find the proper professional support that I could fit into my busy life. And having been in therapy in the past, I knew rehashing my life wasn't the answer. I looked for anything I could find online to support me. Podcasts, blogs, webcasts...I was desperate for help and I don't know how I stumbled upon Bulimia Help Method but I thank my lucky stars every single day that I did. This book is a God send and was finally the answer for me! I wouldn't believe it unless I lived it. How could a book transform your life? Well I'm here to you that it's possible. 23 years since bulimia sunk its claws into my brain and my life, I can honestly and truly say I am on my way to a full recovery and I have more energy, self love and focus than I ever have, even when I was 100lbs lighter. I am finally living the life and being the person and mother I was meant to be. I cannot thank the Kerrs enough for their straightforward, insightful, spot on, wonderful book. I initially listened to it as an audio book and then purchased the hard copy so I can flip through as needed and keep it as my bible. It saved me from myself. If you are as desperate as I was for help, please, give it a shot. You have nothing to lose and only your happiness, well being and peace of mind

to gain. Thank you. From the bottom of my heart, thank you for helping me get my life back "

See all 97 customer reviews...

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