## From:

## 4 Essential Steps that Led to my Recovery from Anorexia

By Mark Warren, M.D.

I was inspired to work as an eating disorder professional because I had anorexia growing up. I am so glad to be able to be a professional who has recovered from this experience and, of course, this impacts what I believe about recovery and living a life free from anorexia.

For me, there are 4 steps to full recovery from anorexia.

* The first important step of recovery from anorexia is getting fed. The core question is who will feed me? If you have anorexia, you cannot feed yourself as that is the essence of the illness. Will a friend, family member, or treatment team feed you?
* Next, you must find a safe community. Where can I talk and truly be myself? Where can I accept this illness that I have in a safe and secure environment? Again, no one gets better from anorexia by himself. They must get fed and have a safe, supportive community to help them.
* The third part is getting good treatment. We are so fortunate now that there’s good treatment compared to when I was ill. Growing up in a time before evidence-based care it was much more difficult to get better.
* The last step is letting go of the secrets, shame, negative thoughts, and feelings, and moving forward in your life with honesty and fullness. For me, anorexia is an illness of disconnection. There is a biological link that is broken between the body and the brain; thoughts and feelings; self and others; self and self. To be fully recovered is to reconnect all of these things.