



mail box



Would you like to provide some feedback on an article you read, tell how a story has helped you make a positive change in your life or comment on the look of the magazine? It's easy. Email wletters@universalmagazines.com.au or address your letters to **WellBeing Mailbox, Locked Bag 154, North Ryde, NSW 1670**, and check here to see if it was printed. Letters are submitted on the understanding that they may be edited for length, style or grammatical reasons before being published. We regret that we cannot respond to letters individually.

Star letter

SPECIAL REPORT / EATING DISORDERS



DISORDERED EATING

JUDGING BY THE PROLIFERATION OF DIET-RELATED BUSINESSES, TELEVISION SHOWS, BOOKS AND BRANDS, THERE'S SOMETHING SHIMMERING FOR A LOT OF US IN OUR RELATIONSHIP WITH WHAT WE EAT — AND IT'S NOT POSITIVE. READ ON FOR THE LOWDOWN ON THE GROWING SOCIAL PROBLEM OF EATING DISORDERS.

It's not a diet of 100 calories a day, or a diet of 1000 calories a day. It's a diet of 1000 calories a day, or a diet of 100 calories a day. It's a diet of 1000 calories a day, or a diet of 100 calories a day. It's a diet of 1000 calories a day, or a diet of 100 calories a day.

DEFINING EATING

Let's start by defining what exactly we mean by "eating disorder". It's not a diet of 100 calories a day, or a diet of 1000 calories a day. It's a diet of 1000 calories a day, or a diet of 100 calories a day. It's a diet of 1000 calories a day, or a diet of 100 calories a day.

DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL HEALTH DISORDERS FOR EATING DISORDERS

- Anorexia nervosa
Bulimia nervosa
Binge eating disorder

Eating disorders are often accompanied by anxiety, depression, obsessive-compulsive features, social withdrawal, irritability, insomnia and self-harm, and are incredibly debilitating to a person's work and social life.

Binge eating disorder

According to the Diagnostic and Statistical Manual of Mental Health Disorders (DSM-5), binge eating disorder is characterized by recurrent episodes of eating unusually large amounts of food, often to the point of discomfort, and a sense of loss of control during these episodes.

"An informative and sensitively written article."

Dear WellBeing,

I want to sincerely thank you for publishing such an insightful and well-researched Special Report on eating disorders in issue 129. Today's media rarely portrays eating disorders in their true light, instead attaching a stigma of doom and gloom to what is already a life-threatening epidemic, making it more difficult for society to acknowledge and address. Having suffered from an eating disorder myself, I know what it's like to have outsiders stare at my diminishing figure and whisper and joke behind my back because it would make them so uncomfortable — which, in turn, would only make things worse. I can't tell you how refreshing it is to finally read such an informative and sensitively written piece that provides a resource and raises positive awareness; I related to every word. It's stories like these that have the potential to change lives.

C Fletcher, Hornsby, NSW

THE MYSTERY OF MUSIC

Dear WellBeing,

I have been in love with music since I was a young boy. I excelled in music class at school and now teach music to children in schools myself. When I made music my job, however, I began to feel uninspired. My energy and motivation levels dropped and I found myself feeling depressed. After reading *Good Vibrations* in issue 130, I realised I was trying too hard to define the mystery of music in absolute terms, which is what I was trying to teach to my class of 10-year-olds. I am now appreciating it once more for the liberal, liberating, infinite artform of creative expression it is. As a result, my students haven't stopped raving about their love for my class and the way it makes them "so happy". I tell them that it's not the class but the music that is bringing all of us joy! Thank you for freeing all of our creative spirits!

M Jones, Berwick, Vic

FOOD FOR THOUGHT

Dear WellBeing,

Bravo! Your article on eating disorders in the October issue (WB 129) was sensational. I have a friend whose teenage daughter has recently been through the terrible experience of anorexia. I saw what happened to that girl and what it has done to the whole family. It was absolutely heart wrenching to watch helplessly. Your article does not put forward easy answers, because there are none, but it gives me hope that if I ever come across this terrible condition then I may be able to do something. Thank you so much for tackling such a difficult topic.

Angela, Qld

HOLIDAY HEALING

Dear WellBeing,

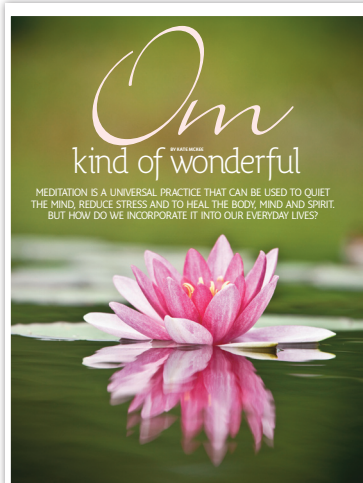
With a year of non-stop work behind me and a four-week holiday approaching, I found issue 129 — and three articles in particular (*Om Kind of Wonderful*, *The Business of Burnout* and *The Big Turn-off*) — the perfect wake-up call/prelude to taking time off. My job demands that I am in front of a computer screen for 9 to 12 hours a day, juggling multiple forms of communication at the same time. Needless to say, I have noticed my mind, over the years, becoming jittery and my concentration haphazard. Meditation is definitely the key to counteracting the impact of technology and overwork, and I do practise it when I can, but the difficult thing is prioritising this small moment of peace over the million other jobs that need to get done. Thank you for reminding me to be mindful and to re-evaluate my priorities. Now, for that holiday ...

J McLeod, NSW



Win! Thanks to L'ITYA, we have a 125ml pack of Pearl & Peppermint Skin Refining Lotion to give to this issue's best letter winner. **Mother-of-pearl — or *Pinctada maxima*** — is the latest ingredient to grace the enriching and moisturising formulations of L'ITYA. The lustre of mother-of-pearl blended with the cooling benefits of native peppermint are essential to Pearl and Peppermint Refining Body Lotion's renewing and revitalising effects. Your skin will feel smooth and renewed.

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WISD... A timely reminder to be mindful.
KEVIN HUI: MINDA MEDI...
WHAT CAN IT DO FOR YOU?
Meditation is a universal practice that can be used to quiet the mind, reduce stress and to heal the body, mind and spirit. But how do we incorporate it into our everyday lives?