

RE-NOURISH

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RHIANNON LAMBERT
Harley Street Nutritionist

A Simple
Way to
Eat Well



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About Us

- Rhiannon Lambert BSc, MSc, ANutr and Master Practitioner in Eating Disorders & Obesity
- @rhitrition

- Sophie Bertrand BSc, MSc Clinical Nutrition and Eating Disorders
- @sophieshealthykitchen

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What are Eating Disorders

- Involves having an unhealthy attitude towards food, which can take over your life...
- Has detrimental effects on ones physical and psychological wellbeing.
- Can involve eating too much or too little, becoming obsessed with weight and body shape.
- Can lead to chaotic dieting and becoming psychologically 'trapped' in a restrictive and binge and purge cycle.
- Men and women of any age can get an eating disorder, but they most commonly affect young women aged 13 to 17 years old.



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Types of Eating Disorders

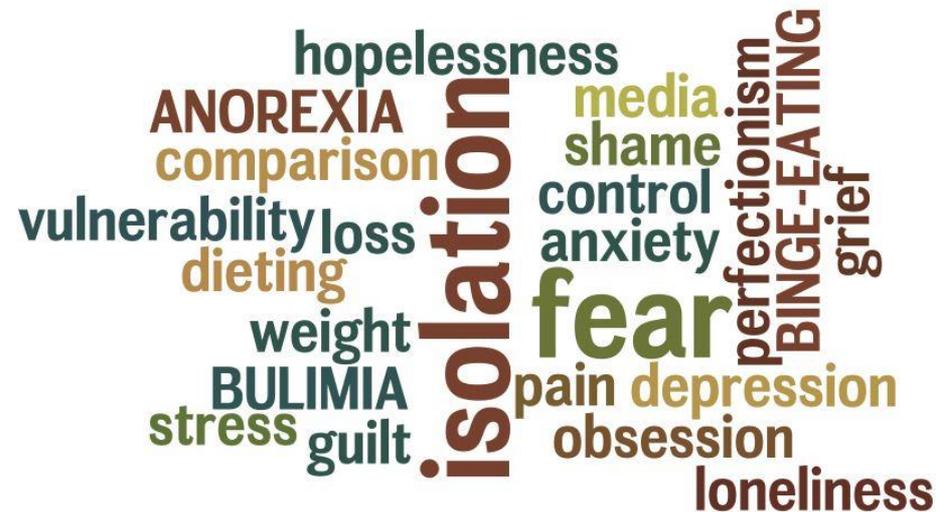
- **Anorexia Nervosa (AN)** – Trying to keep your weight as low as possible by not eating enough food, exercising too much, or both. Can be extremely isolating.
- **Bulimia Nervosa (BN)**– Loss of control, binge/ purge behaviour. Very secretive disorder and sometimes difficult to identify as these sufferers are often a normal weight.
- **Binge Eating Disorder (BED)** – Regularly lose control of eating, eat large portions of food all at once until you feel uncomfortably full, and are then often upset or guilty.
- **Other specified feeding or eating disorder (OSFED)** – When symptoms don't exactly match those of anorexia, bulimia or binge eating disorder, but it doesn't mean it's a less serious illness.

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Understanding Eating Disorders

- Complex illnesses that should not be overlooked, regardless of the individuals weight.
- Psychologically challenging and will only get worse the longer they are left.
- Physical symptoms
- Psychological symptoms
- Other symptoms



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Eating Disorder Statistics

- Approximately 1.25 million people in the UK have an ED.
- The National Institute of Health and Clinical Excellence estimates around 11% of those affected by an ED are male.
- Anorexia has the highest mortality rate of any psychiatric disorder, from medical complications associated with the illness as well as suicide.
- Research has found that 20% of AN sufferers will die prematurely from their illness. BN is also associated with severe medical complications, and BED sufferers often experience the medical complications associated with obesity.

Stats from BEAT eating disorder charity <https://www.beateatingdisorders.org.uk/media-centre/eating-disorder-statistics>

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Early Intervention

- We believe early intervention and treatment from the right professionals can help with the prognosis of an eating disorder.
- We need to be mindful of the fact that the entire family is effected negatively when a loved one is suffering with this illness.



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Anorexia Nervosa: A recent onset. A qualitative study of patients with less than 8 years of anorexia

- **Background**
- This study aimed to identify specific areas of severity in regards to AN sufferers' lives that have been negatively affected as a result of their illness.
- **Methodology**
- A qualitative study interviewed a small sample of 4 patients suffering with AN for less than 8 years. The study identified 6 realms: relationships, social life, psychological, physical, occupation/education and treatment.
- Research compared to a similar study that was published by Dr Paul Robinson, who looked at eating disorder patients who had been suffering for more than 20 years.

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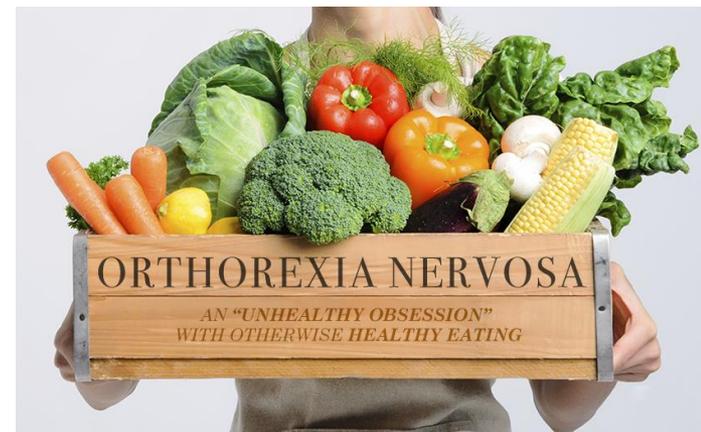
- **Results**
- Psychological disturbances were present and difficulties with family relationships were reported. There was also a lack of intimate relationships in participants' lives.
- Participants who had endured the illness for over 20 years → affected to a more severe degree, particularly in regards to their social life.
- Sufferers of over 20 years reported more positive attributes associated with their AN → sufferers of less than 8 years were more optimistic in regards to their recovery and the future.
- **Discussion**
- Duration of the illness and BMI status both have a role to play in determining what level of severity patients' lives have been affected.

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Orthorexia

- Although not yet in the DSM-5, Orthorexia is becoming more and more recognised in regards to eating disorder behaviour.
- Orthorexia is the term for a condition that includes symptoms of obsessive behaviour in pursuit of a healthy diet.
- Sufferers often display signs and symptoms of anxiety disorders that frequently co-occur with anorexia.
- He or she will fixate on eating foods that give her a feeling of being pure and healthy.



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First point of call...

- Asking for help when suffering with an eating disorder is a HUGE step for someone and their first point of call is usually their GP.
- Unfortunately, GPs receive very little training with regards to eating disorder treatment therefore it is imperative in which they know who to refer sufferers to.
- It is important to remember that ones weight does not always determine the severity in which they're suffering. As mentioned, it can be psychologically draining to live with an eating disorder- this is more than just a physical illness.



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Importance of Qualified Advice

- **Sainsbury's, 2017**
 - 21% of young people refer to social media, YouTube stars and bloggers for healthy eating advice
 - 44% of young people believe cutting out a whole food group is healthy e.g. gluten
 - Those susceptible to eating disorders can be very impressionable therefore, it is our job as professionals, to ensure they receive the best, most qualified advice.

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Who to Refer to?

- GPs have the option to refer their patients suffering with eating disorders to other professionals.
- Referrals may be made to psychologists, psychotherapists, counsellors, dieticians and nutritionist or charities such as BEAT.

An Eating Disorder Requires Treatment From:



A Doctor



A Therapist



A Nutritionist

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Our Role as Nutritionists

• RHITRITION PHILOSOPHY

- Nutrients not numbers
- Listen to your body – 4 R's → Respect, Refuel, Rehydrate, Recover
- Build a healthy relationship with food
- Step off the scales
- Evidence-based advice

OUR MISSION

- Share a basic nutritional education
- Fight the fads
- Build healthy relationships with food
- Remind everyone our bodies are unique as our personalities

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Why is Nutrition is important?

- Those who have an extremely restrictive diet, often lack protein, essential fats, vitamins and minerals that are imperative to maintaining good health.
- Lack of nutrition often leads to many health complications.
- Eating disorder sufferers are often at risk of being deficient in vitamin B12, calcium, vitamin D, omega 3, iron, potassium and more.



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Eating Disorder Awareness week

- In 2018, Eating Disorders Awareness Week (EDAW) will take place from 26 February to 4 March.
- Eating Disorders Awareness Week is an international awareness week, that focuses on issues that matter to people affected by eating disorders. Past awareness weeks have focused on self-esteem, eating disorders in the workplace, and the importance of good understanding of eating disorders among GPs and other health professionals.
- We also hope that through our supportive and positive messages using social media platforms, we can encourage those who need help, to speak out and feel supported.

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Keep in touch!



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