

Measuring Health From The Inside: Nutrition, Metabolism Body Composition

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MEASURING HEALTH FROM THE INSIDE

Nutrition, Metabolism
& Body Composition



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Carolyn Hodges Chaffee, MS Annika Kahm : Measuring Health From The Inside: Nutrition, Metabolism Body Composition before purchasing it in order to gage whether or not it would be worth my time, and all praised Measuring Health From The Inside: Nutrition, Metabolism Body Composition:

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chemistry of eating ...By L Pruyn, LCPC Annika and Carolyn provide a clarifying perspective on comprehensive assessment and treatment of disordered eating. This book is quite a bit more than a collection of excellent techniques; it addresses the brain chemistry of eating disorders to underpin a healthy lifestyle. The book is well written and well organized for both professionals and patients. I was especially inspired by the examples and stories from real patients. The two authors seem to have about 60 years of experience between them, and yet their presentation is fresh and exciting! 2 of 2 people found the following review helpful. I was blown away by this book. It was ...By Customer I was blown away by this book. It was so informative. I couldn't put it down. I am a registered dietitian specializing in eating disorders. The book gave me so much to be able to help my clients. I do believe this book will help many people overcome their struggles with any type of eating disorder. Every therapist, dietitian or individual struggling with an eating disorder should read.

"Carolyn and Annika bring decades of expertise in the care of patients with Anorexia, Bulimia, Binge Eating Disorder, and the many related atypical and subsyndromal variants. Their clinical wisdom, understanding of the experience of sufferers and those who love them, and understanding of these illnesses and the recovery process infuse these pages." - Diane Mickley, MD, Director, Wilkins Center for Eating Disorders The ever changing field of eating disorder treatment needs innovative new techniques and approaches. As the number of people with these challenging disorders increases at an alarming rate, treatment has not kept pace. The death rate for Anorexia Nervosa in the U.S. is twelve times higher than all other leading causes of death combined for the 15-to-24 age group. Measuring Health from the Inside is a major step forward in treating patients with eating disorders. This important book explains how two simple measurement techniques-Metabolic Testing and Body Composition Analysis-can help patients make rapid progress in understanding their condition and tracking their progress toward recovery. Thousands of patients have been successfully diagnosed and treated by this technology at Carolyn's clinic and Annika's private practice. In Measuring Health from the Inside, they explain how the information from the tests can be used to help treat patients not only for their underlying eating disorder but also for the malnutrition that almost always accompanies-and worsens-the condition. Based on their extensive experience, they offer practical guidance for therapists, patients, and loved ones on the often overlooked importance of nutrition in treating eating disorders.