

# REEL STORIES. REAL PEOPLE.



"AT LEAST EVERY 62 MINUTES  
SOMEONE DIES FROM SUFFERING  
FROM AN EATING DISORDER."  
- EATING DISORDERS COALITION

## Lend a Hand to Help **CHANGE** the Outcome

Eating disorders have the highest mortality rate of any mental illness, yet they are treatable. For those suffering, their eating disorder is their best friend and their worst enemy. It provides them with the comfort to control, restrict, or gorge on food, while ignoring the emotional and insidious pain that overrules their thoughts. The eating disorder helps them cope by giving them a way to handle their emotions. Their bodies say what they cannot. They simply use food as a way to "stuff" their feelings and fears, instead of expressing them in ways that bring healing and comfort. If not properly treated, this mental illness may consume and kill our loved ones. Eating disorders are running rampant in our society. By offering help, you can show those suffering how to once again love themselves.



"MY WEIGHT TALKS."



BODY LOATHING & SELF-HATRED



"DEFECTIVE PERSON, BODY"



# Different Types of Eating Disorders

Eating disorders don't discriminate; it doesn't matter if you're a girl or boy, young or old, black or white. Instead of hating our bodies we should learn to celebrate every body.

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**AT LEAST 30 MILLION AMERICANS SUFFER FROM AN EATING DISORDER.**  
~EATING DISORDER COALITION

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## A **FILM** starts the conversation

Learning never ends – a film about eating disorders will expose people to a topic that's typically taboo. There's a stigma attached to mental illness, however, the only way to fight this belief is to educate with valuable knowledge.

This short film will introduce students to three eating disorders that are plaguing our country. Educating people in a dynamic, visually appealing way that includes strong storytelling which allows people to develop a "well-rounded" base of information on this topic.

We're here to challenge, encourage, and expose viewers to this mental illness so they have the tools necessary to combat an illness that claims thousands of lives annually.



## ANOREXIA NERVOSA

Anorexia nervosa is characterized by weight loss, an intense fear of weight gain, food restriction, inappropriate eating habits, and obsessing over a thin figure.

People suffering have the inability to see what their body truly looks like because they have a distorted body image. As the person becomes more emaciated, their image of themselves becomes more distorted.



## BULIMIA NERVOSA

Bulimia nervosa is episodes of binge and purging. A person will binge by consuming a large amount of calories in a restricted period of time almost always carried out in secret.

The person is also afraid of weight gain, so they undo the binge by purging. Most common is self-induced vomiting, meanwhile others are overdosing on laxatives and excessive exercise.



## BINGE EATING

Binge eating is an eating disorder in which a person consumes an abnormally large amount of food in a short period of time.

During the binge, the person also feels a loss of control and is not able to stop eating. In this instance, they don't undo the binge by purging. Afterwards, they typically feel disgusted, depressed, and guilty.

# Correction of Perfection

Kaitlyn Chana was a perfectionist. The drive to be perfect led her down a path of exploiting her insecurities. She felt she was not smart enough. Not pretty enough. She always wanted to be the 'perfect' child, student, and athlete; she felt unsafe at her natural weight and felt more secure with herself the thinner she became.

In middle school, she struggled with anorexia nervosa; it consumed her. She had this intense fear of becoming obese, and even when she was emaciated she saw herself as fat. She saw food as poison. She'd make excuses, lie, and hide food to make sure it didn't touch her lips. Nothing stopped her from this obsession to be thin; death didn't scare her nor did the idea of her soon-to-be failing organs. She felt invincible - by controlling what she didn't eat made her feel like she had leverage to take on the world.

As her recovery treatment evolved, her feelings of control were reflected from one eating disorder to the next. In high school, she transferred eating disorders to bulimia nervosa as a way to cope with her feelings.

When she binged, she'd essentially 'stuffed' her feeling and fears instead of expressing them. It's a pain so deep and insidious that it can be paralyzing even to begin to feel.

She would restrict for days and then binge on an exorbitant amount of calories and then undo by purging on laxatives. It started as a few pills,

then a dozen until she was taking hundreds a week.

From an outside perspective, Kaitlyn appeared to be doing fine, but she was depressed, suicidal, and emotionally unavailable. She kept everyone at a distance so no one would find out about her need to take these pills. The laxatives were her lifelines to cope and survive from what was happening personally in her life.

Her weight talked. In college, as she learned to 'feel' she developed binge eating disorder. Her body and actions said all the things, she couldn't say verbally.

Language is a huge component of eating disorders. Words have power; they can validate your insecurities and feed on your self-doubts.

For Kaitlyn, part of her treatment was focused on learning to feel again. She was so detached from her emotions she didn't understand what feelings actually were. For years she went without crying. She felt empty inside. She was lost.

Let me break it down for you — If you know Kaitlyn, she always appeared happy, but what are the indicators of happiness? When someone asked how she was doing, she'd say fine. Fine isn't a feeling. Kaitlyn had to understand what it felt like to be happy, sad, angry, or scared. Not only did she have to 'learn' by sitting with the emotions she had to recognize it's okay to express those feelings.

It took Kaitlyn ten years to develop a healthy relationship with food. Recovery from an eating disorder is not a linear process. It wasn't until she realized she couldn't live a dual life that included her eating disorders and wanting to pursue her dreams. She had to pick one. You get two choices with eating disorders: live or die. Kaitlyn chose to live and go after her aspirations.

Recovery helped her learn to appreciate being imperfectly perfect. The transformation process allowed her to learn how to get through a day without worrying about what to eat, so she could learn to appreciate the person she saw in the mirror.

It took time to let food stay in her body and understand the feeling of fullness. In order to heal, Kaitlyn had to listen to her needs, wants, and desires. Recovery isn't an easy process, however, Kaitlyn believes getting your life back is worth the roller coaster ride. Kaitlyn Chana is completely free of her eating disorders — and her life is filled with passion, enjoyment, and acceptance.



LOST & NEEDING HELP



# YOUR FINANCIAL SUPPORT **WILL** SAVE LIVES!

**Empower. Encourage.  
Educate. Engage.**

Eating disorders are a community issue; the only way to solve this problem is by having people take a stand and be informed about the symptoms, behaviors, and recovery methods.

Our efforts to educate those about this debilitating mental illness **can't** take effect unless we have the support of everyone in our neighborhoods. We're asking for your financial support as

**"RECOVERY IS KNOWING  
WHO YOU ARE, WHAT YOU  
WANT, AND BEING ABLE TO  
COMMUNICATE THOSE  
DESIRES."**

we work to raise \$200,000 to produce a movie that captures viewers' attention about this deadly illness.

People in our communities who we've known for years are secretly suffering from this internal battle. If we don't face the realities, we may lose them. To stop it, we have to act now and do something immediately. Your donation will assist in material content, writing, producing, casting, shooting, editing, and the distribution of this educational film.

Together, we can tackle an issue and lead those suffering to a path full of physical, nutritional, psychological, and emotional restoration.

## RECOVERY



FREEDOM



SERVICE



FRIENDSHIPS



SUCCESS

