

# SICK ENOUGH

A Guide to the Medical  
Complications of Eating Disorders

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Patients with eating disorders frequently believe that they aren't "ill enough" to merit treatment, in spite of medical problems that are both measurable and unmeasurable. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible overview of the medical conditions that arise from eating disorders by bringing relatable case presentations and a scientifically accurate, engaging style to this issue. They may struggle to accept rest, nutrition, and a team to greatly help them move towards recovery. Caudiani aims to improve medical analysis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting tradition. Using metaphor and patient-centered language, Dr.



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Every ed therapist and internist must have this book Best medical book away there for eating disorders For individuals suffering from an feeding on disorder, their families, and providers of most disciplines With grace and wisdom Dr. Gaudiani manuals us through the physical influence of consuming disorders in the body. Even if you're acquainted with the medical complications associated with eating disorders, reading this book will provide you with brand-new perspective and understanding. As an ED psychologist I found it highly relevant to my work therefore current (and I discovered so much)! It can be read by professionals who want to find out about medical problems. Gaudiani provides many types of how sufferers with eating disorders frequently usually do not feel "sick plenty of" to merit treatment, while also showing us that there are ways companies and loved ones can help dismantle this deadly and set belief. Medical companies, as well as other professionals, individuals and families, will benefit from this easily-read text since it contains superb case illustrations illustrating the medical issues patients and loved ones face every day. Gaudiani presents as highly knowledgable, a gentle and caring doctor, and a high quality teacher. Not only is her understanding of medical issues first rate, but she is ready to undertake hard topics, consuming disorder myths, and neurological and sociable impacts and complications. Not only is Ill Enough beautifully written in a compelling and thought-provoking way, but it also explains every symptom that someone with an consuming disorder is experiencing, with all of the scientific information to back again it up. I've hope as one who is treated respectfully with accurate knowledge and information I can make use of this in my own recovery process. This is one of the best books of medical complications of ED I've read. Wonderful resource! This publication will help you understand eating disorders. I love how Dr. Readable regardless of what your history! I also like her usage of inclusive language. A Unique Blend of Expert Understanding, Wisdom, and Compassion - A Must Read! Drawing on years of knowledge treating all kinds of people with all sorts of consuming disorders, Dr. And it is also read by individuals and families who want a better knowledge of eating disorders and their effects. Dr. This is such a gift to the ED community! Dr. Sick Enough can be an incomparable contribution to a literature starving for an embracing, cultural justice-informed perspective about the medical management of those with feeding on disorders. Gaudiani exposes and debunks the many myths associated with consuming disorders which fuel the individual connection with not being sick more than enough for treatment. She also shares the metaphors, analogies, and parables she uses with her individuals to help the reader grasp in a holistic way the physical and mental adjustments patients experience. Must-read for all specialists in the field - regardless of discipline In my opinion, this is THE new resource for those affected by or dealing with ED. This publication is a must read. This book contains information that will save lifes. Lauren Muhlheim, Psy. This book will be a game changer in eating disorder treatment. So glad to have it as a reference. Gaudiani has written exactly what will become the go-to source on the medical problems of consuming disorders. Throughout her book, Dr. Impeccably and accessibly composed, accentuated by case studies, metaphors and parables, this publication validates patients' diversity and lived encounters and comprehensively addresses the vagaries of medical complications associated with disordered eating. Dr. Dr. I beg every doctor to place this publication on a needed reading list. Throughout her publication, Sick Enough, Dr. Gaudiani doesn't simply give information, she inspires wish and paves a pathway to recovery. Bottom level line-this book will save lives. Internal medicine doctors and pediatricians should read this book As a sufferer of anorexia purge type for 35 years but still seeking solace despite treatment i am comforted by this non therapy fact based book. Gaudiani provides crafted a resource that is likely to turn into a

classic which will inform everyone in the Eating Disorder community. G's passionate and effective capacity for sharing the depth and range of her clinical acumen ensures sufferers and professionals will similarly benefit. I believe that revolutionary book isn't just an asset but an essential for all health professionals. A much needed lifeline Sick More than enough turns the lights about for anyone caught at night and frightening world of feeding on disorders- both those struggling and the loved ones and specialists hoping to help them. The most important book to own if you are treating people with eating disorders. Jennifer Gaudiani is the authority on the medical complications of feeding on disorders. Written in a specialist yet conversational style, using both case research and the most up to date research, Dr. G writes with kindness and understanding and is usually inspiring. Go-To Resource about the Medical Complications of Eating Disorders Dr. A must read for all those on all sides of the therapeutic couch or examination table! In her compassionate bedside manner, she demystifies these confusing disorders and distills right into a single supply everything that patients, family members, and eating disorder providers will want to know. I'm excited to have the ability to reference and share her wisdom. A rigorous medical guide to treating eating disorders, artfully weaving in the sociopolitical underpinnings, and mainly because compassionate since it is captivating, Ill Enough is essential reading for individuals suffering from eating disorders, their clinicians and households.D., FAED, CEDS-S, Psychologist and Eating Disorder Specialist Compassionate and thoughtful! Gaudiani clarifies one of the most complicated medical information concerning consuming disorders in ways just about anyone can understand. It's also very accessible and so I feel excellent about posting excerpts with clients and their families. This book can be an incredible source for families caring for a loved one with an ED and professionals alike. Thank you, Dr G. Gaudiani can be gifted in her capability to use language that's down-to-earth, non-pathologizing and inviting to the reader, while also clarifying the numerous bodily changes, medical problems, and treatment interventions associated with eating disorders. Buy this book. A game changer! With super easy to comprehend language for professionals, individuals or carers, Dr. Gaudiani gives state of the art information of clinical problems of eating disorders that are among the best additions to the literature I experienced read. It should be essential in the bookshelf of all who are interested in this field. Most of all, Sick Enough conveys our attempts to activate patients in treatment will fall short unless they are executed within a framework of compassion, appreciation for individual and relative lived experience, AND understanding of eating disorders. A very Important and Wonderful Book That is a terrific book. Dr Gaudiani will an amazing job of wearing down the medical complexities of Feeding on Disorders in a thoughtful and easy to read style. It's obvious the author is committed to the development of the field, including the method patient-care is delivered over the spectrum.



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