

Pieces of a Puzzle: The Link between Eating Disorders and ADD

Table of Contents

Foreword

Introduction

Section One: Getting the Correct Diagnosis and the Help You Need

1. Recognize the different types of eating disorders
2. Understand the of symptoms of Attention Deficit Disorder
3. Discover the connection between eating disorders and ADD.
4. Treat your ADD to reduce eating disorder symptoms

Section Two: Finding Motivation to Recover from Your Eating Disorder and your ADD

1. *Why* do I want to recover?
2. How can I develop a plan for change?

Section Three: Nutrition - an Important Part of your Treatment Plan

1. The biology of starvation and binge eating.
2. Recognizing nutritional triggers to your binge eating and brainstorm solutions.
3. Creating a meal plan that is helpful for both eating disorders and ADD.
4. Enhancing the *quality* of your meal plan.
5. Putting it all together by writing it down.

Section Four: Medications and Supplements to Reduce Symptoms of Eating Disorders and ADD

1. Medications that reduce symptoms of ADD and improve eating disorder symptoms.
2. Nutritional supplements for symptoms of ADD and improve your eating disorder.

Section Five: Six Steps to Taking Charge of Your Life

1. Identify and restructure your negative thinking.
2. Focus on what you want, not what you don't want.
3. Develop a realistic body image.
4. Develop structure and routines.
5. Eliminate "self-medication" with food.
6. Incorporate healthy exercise (not obsessive) into your overall treatment plan.

Section Six: Guidelines for Health Care Professionals

1. Assessing the severity of ADD signs and symptoms.
2. Evaluating for possible eating disorders
3. Establishing a comprehensive inpatient and/or outpatient treatment plan.