

# The Healthy Weigh

June/July '01

Caryn Honig RD LD, Amy Carlson MS RD LD, Jennifer Houghton MS RD LD

“Don't GO through life,  
GROW through life.”

Eric Butterworth

“Happiness cannot  
come from without-it  
must come from  
within.”

Helen Keller

“The best way to pre-  
dict your future is to  
create it.”

Unknown

“If you want a rainbow,  
you gotta put up with  
the rain.”

Dolly Parton

“Everything is okay in  
the end. If it is not  
okay, then it is not the  
end.”

Unknown

“Whatever you find  
hardest to do, do with  
all your heart.”

The Dalai Lama

“Live your dreams.  
Don't wish for them.”

Unknown



The  
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## STARVATION TO STARDOM!

Emily Yarrell 's Struggle With Anorexia Nervosa

By Caryn Honig RD LD

On June 3, 2001, I experienced one of the proudest moments thus far during my career as a dietitian. I watched one of my clients, Emily Yarrell, graduate from Bellaire High School. Emily first came for nutritional counseling on July 21, 1999. At that time, she was on the track team, was involved in the student government, had lead roles in the high school plays, and was a member of the National Honor Society. It appeared as though Emily had her life together. In actuality, she was falling apart. She was suffering from anorexia nervosa. Emily's weight had dropped from 110 lbs. to 94 lbs. and she was determined to lose even more. She was convinced that “smaller was better” and she was determined to be the best (ideal body weight for 5'2” women is approximately 110 lbs.). Emily was counting every calorie and restricted her intake to 1,000 or less per day. To mask her constant hunger pangs, she filled herself up with water and diet soft drinks. She also kept extremely busy to avoid thinking about the severity of her illness. Emily's weight continued to plummet and by February 2000,

she weighed 78 pounds. At that point a decision had to be made. The treatment team consisting of a physician, therapist, and myself (nick-named “Team Emily” by Emily's mother, Ellen Yarrell) decided that Emily needed to go to an inpatient eating disorder treatment center. She would most likely miss the rest of her junior year and would not be able to try out for the Bellaire High School cheerleading squad. “I was so confused,” she said. “When I looked in the mirror, I saw ‘normal’ and didn't think I needed to gain weight.” Emily knew, however, that neither the scale nor her treatment team were lying. She was also experiencing other complications due to anorexia. She became extremely antisocial and withdrawn. She became paranoid and thought that everybody was looking at her. “People treated me like a ghost,” she said. “My peers would stare and whisper about me because I had lost so much weight and looked so differently.” She began losing the hair on her head and growing lanugo (down-like hair that appears during starvation and acts as insulation that is usually supplied by body fat) on her arms and back. “The scariest part for me was the lanugo,” she said. “Plus, I was cold

and ‘numb’ all the time.” Emily agreed to gain weight if she could avoid going to a treatment center and could try out for cheerleader. A deal was struck. Emily made the required weight of 85 lbs. and made the cheerleading squad. That was the beginning of many successes to come. She landed the lead role, Rosie, in Bellaire's musical production Bye-Bye Birdie, she was awarded 2000 Homecoming Queen, and Miss Bellaire of 2001. Recovery has been a slow process for Emily, and she still faces difficulties on a daily basis. “I'm not sure if I will ever be completely free of the eating disorder,” she says. “I just take it one day at a time and do the best I can.” Next fall, Emily will be attending the University of California, Santa Barbara. She is proof that there is hope for those suffering from eating disorders. Her advice to others is to live each day to the fullest. “Fear shouldn't be an option. Seize every opportunity. No dream is out of reach.”

Good luck “EM”

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## The Eating Guidelines

By Geneen Roth

(taken from *Feeding the Hungry Heart -  
The Search for True Nourishment*)

**1) Eat when you are hungry.** This involves the ability (and willingness) to discriminate between kinds of hunger, tolerating your hungers, and actively exploring the hungers beneath the mouth-hunger.

**2) Eat sitting down in a calm environment.** This involves the willingness to allow yourself to feel pleasure, and the many ways that you believe you are not allowed to have/celebrate who you are and what you have.

**3) Eat without distractions** including radio, television, newspapers, books, intense or anxiety producing conversations, and music.

**4) Eat only what you want to eat.** This involves the exploration of the true meaning of freedom. It also involves the understanding that a body constantly fed with chocolate and pizza will not feel well. Eating what you want requires making a distinction between old, childhood wants and the longings of your soul — and making decisions based on which hungers you want to satisfy. This may require some degree of educating yourself about the effects that the basic nutrients (carbohydrates, proteins, and fats) have on your body.

**5) Eat until you are satisfied.** This evokes the question of what it is that you want enough of. It also involves the willingness to explore the subtlety of feeling well. It asks the questions: Why is an embarrassment of riches embarrassing? What feels good about feeling bad?

**6) Eat (with the intention of being) in full view of others** This brings up the questions about hiding, lying, and truth-telling. It brings us face-to-face with our willingness to be who we are and to lead a big, magnificent life.

**7) Eat with enjoyment, gusto & pleasure.**

## RONDA ELSENBROOK RD LD JOINS THE HEALTHY WEIGH

Ronda Elsenbrook has joined The Healthy Weigh as a part-time dietitian. Ronda has had much experience in the nutrition and dietetics field. She received a Bachelors of Science Degree in Nutrition from the University of Texas Health Science Health Center in 1992. She was the Chief Clinical Dietitian at The Institute for Rehabilitation and Research (TIRR) from 1992-1997. Since 1997, Ronda has went to Texas Children's Hospital where she is currently the Nutrition and Exercise Coordinator for the Texas Children's Hospital Wellness Center .

Ronda and her husband ,Tim, have two daughters, Hannah (3) and Rachel (7 months).



## EATING DISORDERS SUPPORT GROUP *NEW MEETING TIME!*

**Who:** Those suffering from an eating disorder are encouraged to come for help and support.

**When:** WEDNESDAYS AT 5:30 p.m.

**Where:** 3701 W. Alabama, Suite #230

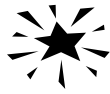
**Call:** Caryn or Amy @ 713-622-6422.

**Cost:** Free

## AMY CARLSON IS BACK!

After taking time off for maternity leave, Amy Carlson is back seeing clients at The Healthy Weigh. She can be reached at 713-622-6422 or by pager 713-978-1713.

WELCOME BACK AMY!



# Summertime Recipes



## TROPICAL CAKE

### INGREDIENTS

- 1 package low fat yellow cake mix
- 1/2 cup applesauce
- 1 cup Egg Beaters
- 1 small can mandarin oranges, in juice
- 1 large can crushed pineapple, chilled
- 1 large vanilla pudding mix (instant, fat free, sugar free)
- 1 large container Cool Whip Lite, thawed



### DIRECTIONS

1. Mix first 4 ingredients in medium sized bowl.
2. Bake in 13" X 9" pan that has been sprayed with Pam.
3. Bake for 35-45 minutes or until cake tests done.
4. Place chilled pineapple (do not drain) in a large bowl. Add pudding mix and mix thoroughly.
5. Fold in Cool Whip.
6. Frost top and sides of cake.

## EGGPLANT PIZZA

### INGREDIENTS

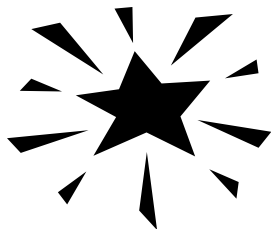
- 5 tablespoons *plus* 1/4 cup olive oil
- 1/2 cup finely chopped onion
- 5-6 medium size tomatoes
- 2 cloves garlic, finely chopped
- 1 bay leaf
- 3 medium size eggplants (3 lbs. total, sliced 1/2" thick)
- 1 tsp. dried Italian seasoning
- 1/2 cup grated parmesan cheese



### DIRECTIONS

1. Heat 2 tablespoons oil over medium heat. Add onion, sauté until softened.
  2. Add tomatoes, garlic, bay leaf, thyme. Simmer partially covered for 30 minutes or until thickened.
  3. Divide eggplant slices among 3 paper towel-lined baking sheets. Sprinkle both sides of eggplant slices with salt. Let the eggplant slices stand at room temperature for 30 minutes.
  4. Pat eggplant slices with paper towels to remove salt and excess moisture.
  5. Heat oven to 400 degrees.
  6. Pour 1/4 cup olive oil into measuring cup.
  7. Brush 3 baking sheets with oil. Place eggplant slices in single layer on oiled baking sheets. Keep remaining oil in glass measure .
  8. Sprinkle eggplant with Italian seasoning.
  9. Cover with foil.
  10. Bake in 400 for 20 minutes until tender. Remove from oven.
  11. Increase the oven temperature to broil.
  12. Remove the bay leaf from tomato sauce and discard. Divide the tomato sauce over the eggplant slices, about 1 tablespoon each.
  13. Sprinkle with Parmesan Cheese. Drizzle with a bit of oil. Broil 4-5 minutes or until pizzas are lightly browned.
- Serve with a green salad and you have a perfectly delicious, healthy, and easy meal.  
Happy & Healthy Eating!  
Makes 6 Servings

**HAPPY  
4th OF JULY**



# The Healthy Weigh

3701 West Alabama, Suite #230  
Houston, Texas 77027

The Healthy Weigh

## etceteras



**BIRTHDAY WISHES TO SAMANTHA SCHEPPS, CARYN HONIG, MICHELLE SEELEY, DAVID SEELEY, RYAN SEELEY, JIM MOORE, VAEDRA BRAGG, & AMY**

**CARLSON.**

**CONGRATULATIONS LISA BUTLER FOR MAKING PALS** (Peer Assistant Leadership Skills) for Clements High School.

**CONGRATULATIONS EMILY YARRELL for graduating from Bellaire High School.** Emily will be attending University of California, Santa Barbara.

**CONGRATULATIONS ERICA LIPIZZI for graduating from Clements High School.** Erica will be attending American University.

**CONGRATULATIONS MITZI GONZALES** for winning the 2001 Memorial High School Agnes Scott Book Award for writing leadership and camaraderie.

**CONGRATULATIONS FLEET FEET'S "LIGHTENING LEGS" running team for placing 3rd at the Beach to Bay relay on Saturday, May 19 in Corpus Christi, Texas. The team's time for the 26.2 mile race was 3:17. In running order was:**

Caryn Honig  
Suzy Seeley  
Lisa Korsten  
Mikki Hebble  
Judy Wolf  
Angela Callaway



**CONGRATULATIONS SUZY SEELEY** for placing second overall female at the Shiprock New Mexico Marathon. Suzy was also the first overall female masters runner at the Dallas Trails Marathon.

### 105th BOSTON MARATHON RESULTS:

**(Monday, April 16, 2001)**

Jim Moore 3:33:55  
Charles Katz 3:25:21  
Lisa Korsten 3:38:49  
Scott Schepps 3:39:06  
Caryn Honig 3:39:06  
Anne Anderson 3:45:29  
Joe Chorley 3:56:58

**THANK YOU NANCY CALLES RN AND MARK KLINE MD FOR MAKING A DIFFERENCE!** The two from the Baylor Pediatric AIDS Initiative successfully opened the Romanian American Children's Center in Constanta, Romania. The clinic treats HIV- infected Romanian children, most of whom are orphans.

