

Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~September 2014 Vol. 3, Issue 2

Obsession with “right” foods

Vegan blogger admits to health troubles

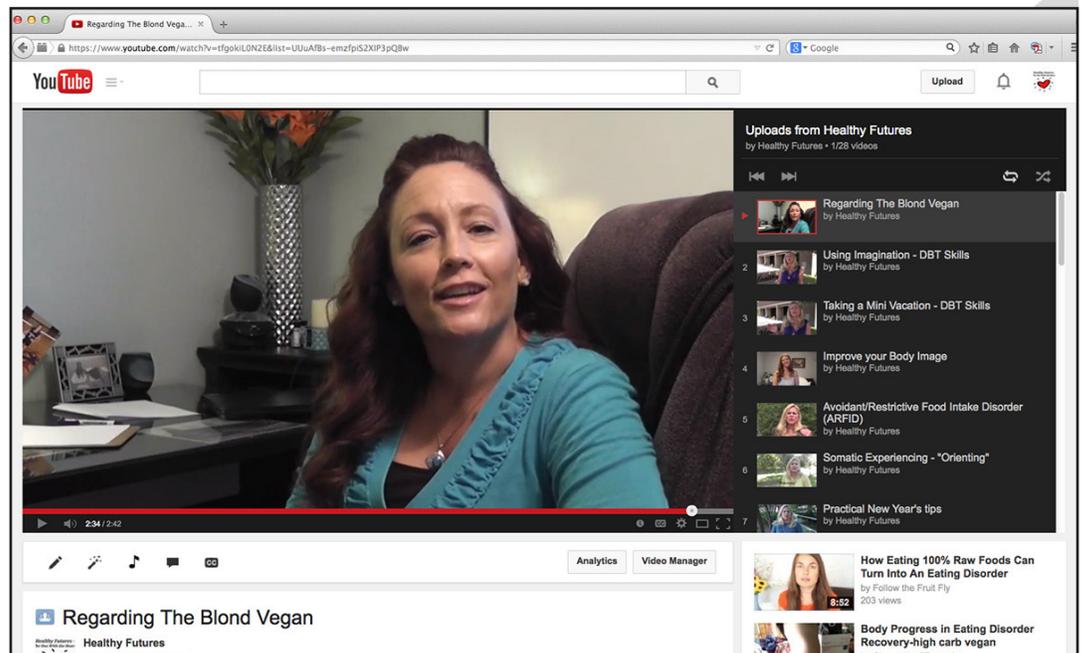
Jordan Younger, known to thousands of her fans as “The Blonde Vegan” recently confessed to readers that her vegan-only diet had led her to develop “orthorexia” – an unhealthy fixation on righteous eating.

Younger told *People* magazine, “I restricted myself from certain foods – even some that fell under the vegan umbrella – because they were not 100 percent clean or 100 percent raw. I was following thousands of rules in my head that were making me sick.”

Healthy Futures team member, and registered dietitian, Kim Guenther, said she was not surprised by Younger’s orthorexia admission.

“Jordan’s response is something we hear fairly often as providers for eating disorder clients,” said Guenther.

The telltale eating disorder signs are part of orthorexia, as well. Such as investing vast amounts of time toward “healthy” eating and having overwhelming emotions about eating “the right”



Kim Guenther, RD, talks about “The Blonde Vegan” on Healthy Futures’ Youtube Channel. You can find this video, and many others, at [Youtube.com/HealthyFuturesAZ](https://www.youtube.com/HealthyFuturesAZ).

foods.

“It takes vast knowledge of foods and their nutritional content in order to make sure the body is getting all the nutrients it needs,” Guenther said. “Jordan seems to have had a good skill set in this area as I doubt she would have had so many followers to her blog. And yet even with this knowledge, she still couldn’t balance her diet.”

“Granted, a big part of the reason for the unbal-

anced diet has a lot to do with all the rules she was following. This is definitely a characteristic of orthorexia. The orthorexic rules typically will want to continue to try to perfect ones diet even to the point of it being unhealthy.”

Guenther continued, “Part of Jordan’s recovery from these rules centered around increasing her variety of foods. She was suffering from low energy, likely because

many of the foods she was eating were low energy dense foods.

“Energy balance becomes crucially important especially after long term restrictive eating and substantial weight loss. Jordan had issues with poor skin and slow healing of wounds likely due to her lack of protein, and vitamins and minerals such as vitamin D, zinc and selenium,” Guenther said.

Please see Kim on page 2

Welcome Ilene and Avi, our 2014-15 interns

Each year Healthy Futures invites mental health students to join its team and gain knowledge and experience in the eating disorder field.

Healthy Futures Director, Mia S. Elwood, began inviting post-graduate interns to Healthy Futures in 2005 and the experience is always rewarding for both parties.

What's more, the internship program allows Healthy Futures to offer reduced-fee counseling services.

In this program, clients attend helpful sessions with an intern. Meanwhile, the counseling students are supervised several hours weekly by an experienced Licensed Clinical Social Worker or a licensed psychologist.

The interns, who are completing post-graduate degrees, work and learn with the Healthy Futures team for a year.

Meet Ilene Smith

Ilene Smith is completing her masters in mental Health counseling at Argosy University in Phoenix.

After many years of working in mortgage banking, she returned to school in order to follow her passion and continued curiosity of the human condition.

Through her own personal journey, she has discovered the benefits of mindfulness training and yoga, and hopes to incorporate these tools into



At left, Ilene Smith, and below, Avi Vieira, are this year's interns at Healthy Futures.



her counseling style Ilene has also studied exercise physiology and received a master's degree from New York University in exercise science.

She has lived in Arizona for 11 years and now considers it her home. In her free time, she loves to travel, collect art and cycle.

Meet Avi Vieira

Avi Vieira, M.A. is a fourth year Psy.D student at the Arizona School of Professional Psychology at Argosy University.

Avi earned his undergraduate degree at the

College of Santa Fe in Santa Fe, New Mexico.

His previous clinical training has been at the Arizona Department of Juvenile Corrections, assessing and treating juvenile sexual offenders; and at Southwest Behavioral Health, Erickson Clinic providing outpatient therapy in a community mental health setting.

His clinical interest is in LGBT and adolescent psychology and therapy,

and is currently working on his dissertation research addressing the impact of gender bias in the MMPI-2 on transgender individuals seeking sex reassignment surgery.

Avi is an active student member of the American Psychological Association and Arizona Psychological Association, and volunteers his time with LGBT youth organizations 1n10 and OUTdoors! Gay Camp.

Kim continued from page 1

"I think the lesson to be learned here is that all foods can fit within the balance of variety and moderation.

"Even the healthiest of foods lack some nutrients that other foods contain so don't limit your food choices. Instead of spending so much time

focusing on what to eat, health can also be found in focusing on how you eat, such as: are you eating what sounds good to your body? Are your meals uninterrupted, and are you present? Focusing on these aspects of eating is likely to bring one to a Healthy Future with food

and their bodies!"

Healthy Futures offers Arizona's longest-running Intensive Outpatient Eating Disorder Program.

It is located at 8065 N. 85th Way in Scottsdale, Arizona. For more information, see HealthyFuturesAZ.com online, or call (480) 451-8500.