



The Bulimia Help Method: A Revolutionary New Approach That Works

By Richard Kerr, Ali Kerr

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You are not broken, weak or faulty because you binge on food. You are normal and more importantly you can fully recover.

Let me explain... powerful binge cravings are a natural and normal side effect of food restriction. If you have ever restricted your food intake in your past (e.g. a diet, a detox program, cutting out carbs, etc) then you may have triggered a primitive natural survival mechanism we call "primal hunger". This leads to powerful binge urges, an insatiable appetite, food obsession, depression and anxiety. Your body thinks you are in the middle of a famine and it is doing everything it can to make you eat lots of food. By purging your food, you remain malnourished and your body is stuck in "primal hunger" mode.

Keep in mind, this has nothing to do with your upbringing, personality or emotional state. This may come as a surprise but studies show us that many of the symptoms that might have been thought to be specific to bulimia nervosa are actually the results of starvation (Pirke & Ploog, 1987). Chances are, you are perfectly normal and are just experiencing the natural and very normal side effects of a restrictive diet.

We don't ask you to analyze your painful past experiences or to examine any personality 'flaws' that may have lead to your bulimia as there is no scientific evidence supporting the idea that resolving underlying psychological problems leads to recovery (Walsh & Cameron, 2005).

Instead we give you clear, practical steps to remove your primal hunger, stop bingeing and purging, relearn normal eating and overcome bulimia for life.

You can recover. There is a way.

This book will help you:

- Make sense of your bulimia, (because believe it or not, bulimia doesn't have to

be confusing!)

- Recover at a pace that suits you by following our step by step guide to recovery.
- Eliminate binge urges and cravings for life by restoring your body's own natural food regulation system.
- Establish a pattern of regular meals and snacks while learning strategies to curb urges to overeat.
- Get back in touch with subtle feelings of hunger and satiety which guide you to relearn what, when and how much you should eat.
- Overcome the barriers that unhelpful negative thoughts and uncomfortable emotions often create.
- Boost your self-esteem and general well-being.
- Effectively deal with relapses and setbacks.
- Have a normal, peaceful and natural relationship with food even if you never remember a time when eating has been this way.
- Recover without your weight spiraling out of control
- Maintain a healthy weight for life, without ever having to diet or watch what you eat again.

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Editorial Review

Review

"I am truly extraordinarily impressed with the Bulimia Help Method. It is really impressive and very approachable" - **Susan Paxton, Past President of the Academy for Eating Disorders & Professor at La Trobe University**

"There is much helpful, practical, and inspirational advice in this program, which is all backed by thorough research and the experience of thousands of recovered bulimics." - **Kathryn Hansen, Author of Brain over Binge**

"Their program is a useful, innovative system to overcome bulimia." - **Dr Robert Leslie BA (Hons.) PHD - University of Ulster**

From the Back Cover

Do you feel compelled to binge on food that you must later purge?

Do you feel ashamed, dirty and try to hide your secret addiction?

Do you fear that you are doomed to suffer for the rest of your life?

Living with bulimia is really tough, but it doesn't have to be this way. You may have heard that it's impossible to recover from bulimia. I'm telling you right now that this is just not true. It doesn't matter how long you have had bulimia or how intense your bulimia is, you can achieve a full recovery.

Here is just a small sample of actual reader feedback:

"The Bulimia Help Method has saved my life. I don't say that lightly. I have been bulimic for 10 years and I have been full of despair. I have been to doctors, therapy and read every self-help book; this was the first time anything worked. I finally have hope again!!!" - Nadine

"I am in a position to "graduate" from your recovery program. After over 45 years of disordered eating this is quite incredible! Once more I have a potential to live life, be happy and healthy." - Pat Mary

"I've not purged in over 17 weeks! I've been bulimic for 26 years and have never gotten close to this amount of time away from it. I am also down 27lb and have got my blood pressure under control. I would never have believed it." - Angela

Endorsed by university professors, eating disorders specialists and doctors, The Bulimia Help Method is a five-step process that teach those seeking recovery how to stop bingeing, relearn normal eating and overcome bulimia for life.

You CAN put an end to your suffering.

You CAN start living again.

About the Author

Back in 2004 Nutritional Therapist Ali Kerr confessed to her husband Richard that she suffered from bulimia. Unfortunately inpatient treatment was too expensive and therapy proved ineffective. Out of desperation they began researching and questioning everything they knew about bulimia. From their research they pioneered a straight forward methodology that allowed Ali to make a full and rapid recovery. This knowledge became the foundation of the Bulimia Help Method recovery program. Since 2007 the Bulimia Help Method has help over 13,000 people around the world and is now recommended by experts, doctors and eating disorder charities world wide. To learn more on the Bulimia Help Method and for more on Ali and Richards latest work go to www.bulimiahelp.org.

Users Review

From reader reviews:

Donna Jennings:

The book *The Bulimia Help Method: A Revolutionary New Approach That Works* can give more knowledge and also the precise product information about everything you want. So why must we leave the best thing like a book *The Bulimia Help Method: A Revolutionary New Approach That Works*? Some of you have a different opinion about guide. But one aim that will book can give many facts for us. It is absolutely appropriate. Right now, try to closer together with your book. Knowledge or facts that you take for that, it is possible to give for each other; it is possible to share all of these. Book *The Bulimia Help Method: A Revolutionary New Approach That Works* has simple shape but you know: it has great and massive function for you. You can seem the enormous world by open and read a e-book. So it is very wonderful.

David Stephenson:

Reading a book tends to be new life style in this era globalization. With examining you can get a lot of information which will give you benefit in your life. Along with book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. Many author can inspire their own reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some study before they write to the book. One of them is this *The Bulimia Help Method: A Revolutionary New Approach That Works*.

David Wood:

The reason why? Because this *The Bulimia Help Method: A Revolutionary New Approach That Works* is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret that inside. Reading this book alongside it was fantastic author who all write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your skill and your critical thinking way. So , still want to postpone having that book? If I have been you I will go to the reserve store hurriedly.

Deborah Knight:

The book untitled *The Bulimia Help Method: A Revolutionary New Approach That Works* contain a lot of information on the item. The writer explains the girl idea with easy means. The language is very simple to implement all the people, so do not worry, you can easy to read that. The book was published by famous author. The author provides you in the new era of literary works. It is possible to read this book because you can please read on your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order

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