

"Educate yourself about anorexia and bulimia! It is the first step toward preventing it!"

Don't Let Your Loved One Waste Away Because of Anorexia and Bulimia!

Learn about how you can stop your child or loved one from killing themselves as a result of an eating disorder!

Dear Friend,

Raising teenagers in a world where the pressure for the perfect body is flashed at them every day through television commercials, programs and advertisements can be a struggle. How do you tell your child they are beautiful and normal when everything they see around them tells them different? How do you make them understand that by trying to keep up with the unrealistic expectations of the media they could literally be starving themselves to death?

When a parent looks sees that their child has suddenly lost a few pounds or they are exercising, it might give pause to feel pride that they are being responsible about their health. But when the weight loss turns into more than just a few pounds and exercise becomes obsessive, the warning bells should go off. Is your child becoming anorexic or bulimic? It may take a while to discover that your child or loved one is suffering from anorexia or bulimia.

Here are some WARNING signs!

- **Does your loved one constantly think about weight and about food?**
- **Is your loved one always dieting or thinking about losing weight?**
- **Has your loved one recently lost a lot of weight and wants to lose more?**
- **Is your loved one more than 10% below what is considered healthy for their weight based on their body frame, age and height?**
- **Are you or the people around you asking questions about your loved one's weight and worried that they might be losing too much weight?**
- **Does your loved one feel fatigued and drained of energy?**
- **Has your daughter or wife stopped having a menstrual cycle or has their cycle changed either in flow or in frequency?**
- **Do you find your loved one is gorging on food and then feels guilty about it, wanting to throw up to get rid of what they've eaten?**
- **Is your loved one is using laxatives, water pills, herbal agents or fasting as a way to control weight?**
- **Is your loved one exercising obsessively so they won't gain weight?**
- **Is your loved one's preoccupation with food and exercise interfering with their life and relationships?**

It's frightening and all too real. Anorexia and Bulimia can not only affect the person who has the eating disorder, but it can also disrupt the entire family. It can be devastating to watch the person you love deteriorate right before you eyes. While anorexia and bulimia

are predominately diseases that affect young teenage girls, boys can also be affected by the disease, making it much harder to see the signs before it is too late.

But here is the good news. By knowing the facts, what the causes anorexia nervosa and bulimia nervosa and what the warning signs are, you can help prevent the disease from invading your child or loved one's life. Arm yourself with the knowledge to break the disturbing behavior that contributes to anorexia and bulimia before it even starts. If you knew how to keep your child or loved one from ever being at risk of anorexia or bulimia, wouldn't you do it? Of course you would.

Learn How to Stop Your Child or Loved One from Developing an Eating Disorder Before It's Too Late

Research shows that parents who start talking with their children about the dangers of eating disorders and self image at an early age have a better chance of keeping their children from developing an eating disorder. Unfortunately, many parents don't know where to start or how to approach the subject. What are normal eating habits and behaviors and what is just being a teenager? I've created this e-book ***Understanding Anorexia and Bulimia*** as a tool for parents to keep their teenagers from becoming a statistic and for people who fear that they might be anorexic or bulimic.

Only when we fully understand a problem and how to solve it can we move forward and rid ourselves of the fear. The teenage years should be a time when children can exercise their independence as they grow and mature without the fear that plagues parents when they learn their child or loved one has an eating disorder. ***Understanding Anorexia and Bulimia*** has **50 full pages** of facts and solutions that can arm you with the knowledge you need to keep your loved one from becoming seriously ill or even dying!

You wanted the best for your child when they were born. Now give them the best start they can get as they move toward adulthood by keeping them from making bad choices that might last a lifetime or even shorten their life. **Order *Understanding Anorexia and Bulimia*** today!

Sincerely,

Lisa Mondello

P.S. What are you waiting for? Don't wait until your loved one has already become a statistic. **Order *Understanding Anorexia and Bulimia*** today for \$ 18.95 and you'll receive 50 fact packed pages of information on anorexia and bulimia nervosa and how you can help your loved one if they have an eating disorder.