



Eating Disorder Intervention Services

If you are concerned about yourself or someone else, ask the **following questions** and they may assist your decision to seek help:

- Do you make yourself 'sick' because you feel uncomfortably full?
- Do you worry you have lost control over how much you eat?
- Have you recently lost more than 6kgs in a 3 month period?
- Do you believe yourself to be 'fat' when others say you are 'too thin'?
- Would you say that food dominates your life?

If you answered **'yes'** to any of those questions or if you have any concerns about your eating or weight, please **contact us**.

About our service

Our Eating Disorders Service helps you to:

1. find the courage to take the first step to recovery.
2. develop personalised strategies to overcome ED mind.
3. free yourself from the burden of ED.
4. restore balance to your thoughts, moods, and appetite.

We stand for excellence of care in a safe, nurturing environment that enhances recovery. Early intervention through talk therapy, developing strategies, creating personalised plan / structure, and unconditional support for your recovery journey.

Contact

Call us: 0413 236 077

Email us: giselle@kitchencures.com.au

Instagram: [kitchen.cures](https://www.instagram.com/kitchen.cures)

Facebook: Kitchen Cures

Address: Miller Clinic

Suite 19. 19-23 Norton Street, NSW 2040

Visit us at [kitchencures.com.au](https://www.kitchencures.com.au)

We provide:

- Nutrition counselling
- Individual / Family counselling
- Day programs specifically about body image, unhealthy dietary practices and disordered eating



People with eating disorders may:

- Be unable to stop thinking about food and dieting
- Be unable to stop dieting
- Feel very worried about their body shape and are afraid of gaining weight
- Regularly skip meals
- Feel guilt or shame about eating
- Binge eat when alone, experience guilt and shame
- Make frequent visits to the bathroom during or straight after meals.
- Follow a strict exercise routine
- Be irritable / angry or depressed
- Experience mood swings
- Experience dizziness and fainting
- Find it difficult to concentrate
- Always be tired
- Have low self-esteem

Our team consists of:

- Dieticians
- Clinical Psychologists

Why seek help early?

ED can not only negatively affect lives, they can also be life-threatening if left untreated.



Eating Disorder Recovery Services- a healthy body for a joyful life

Visit us at kitchencures.com.au