



## **Distorted Images and Anorexia**

According to statistics, 20% of people who do not receive treatment eating disorders die for anorexia. Only a little better than half make a full recovery and only about 20% recover to the point of maintaining a job or a few superficial relationships. Many suffer with potentially fatal medical conditions. Only 1 in 10 people with eating disorders ever receives treatment. That means the numbers could be staggering. The typical in-patient treatment cost for anorexia is \$1000.00 per day and lasts anywhere from 3 to 6 months.

The church must learn to deal with spiritual issues. This class is inevitably one of the most important classes you may take this session. Why? Because distorted images are prevalent in our culture and even in our churches. Distorted images are built upon layers of lies the enemy has fed an individual. Healing begins with discovery. The path to healing and wholeness requires true introspection. Often an individual who has dealt with distorted image issues has accepted in the core of their being, feelings of worthlessness. Every individual ever born has value in the eyes of God. Worthlessness is vicious tool the devil uses to keep as many individuals trapped in this devastating cycle of self-rejection, self-loathing and self-destruction. According to Anorexia Nervosa and Related Eating Disorders, Inc.,

- Anorexia is the third most common chronic illness among adolescents.
- 40 – 60% of high school girls diet.
- 50% of girls between the ages of 13 and 15 believe they are overweight.
- 80% of 13-year-old girls have dieted.
- 40% of 9-year-old girls dieted.

The average onset is 17 and it is rarely diagnosed in women over 40, however, those women may or may not have had interest in treatment so once again, the numbers are very difficult to pinpoint. Anorexics often have a profoundly distorted body image. Often they vehemently reject the opinions of others that they are not over-weight.

With such an astounding number of individuals who are dealing with this issue, the church has a responsibility to become educated on spiritual principle application. The secret to their healing, is to find the lies, replace them with the truth of God's word and then disciple



them with the written scripture to replace the stronghold of lies with which they have been inundated with.