

# Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues

September 2015

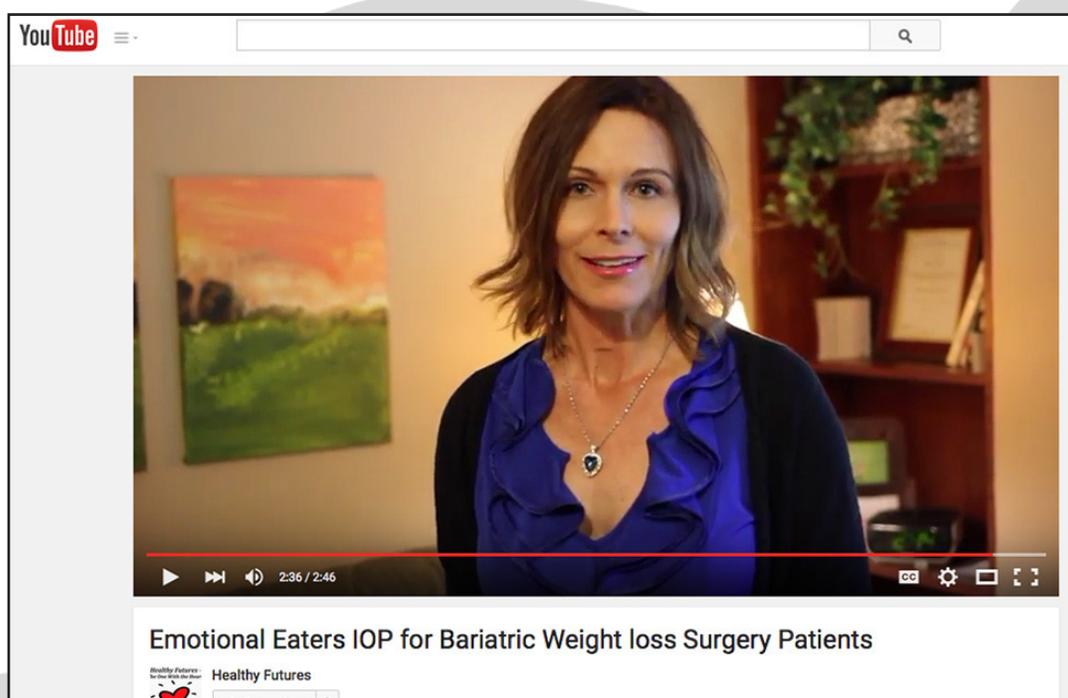
## Emotional Eaters Program can be ideal for weight-loss surgery patients

Healthy Futures Founder and Director, Mia Elwood, has a unique perspective on weight-loss surgery.

She is a proponent, mostly.

That might seem surprising, considering surgery is a drastic way alter body weight, which is a red flag in the eating disorder field, but Elwood is also a professional consultant for HonorHealth Scottsdale (formerly Scottsdale Healthcare Shea hospital) and has played a role in countless success stories.

“I find the surgery a helpful way to get large amounts of weight off, especially when there are medical issues, or functionality issues, such as with people’s knees or orthopedic issues,” she said. “And so I think weight loss surgery can be essential, but without doing the emotional work, I think it’s a tool that only goes so far.”



Healthy Futures Director, Mia Elwood, speaks about her clinic’s Emotional Eaters program, and how it benefits bariatric weight-loss patients, as well as anyone wanting a healthy relationship with food. See the video on Healthy Futures’ YouTube channel at [Youtube.com/HealthyFuturesAZ](https://www.youtube.com/HealthyFuturesAZ).

The emotional work is key and her years as an eating disorder specialist helps her guide surgery patients before and after undergoing the operation to have a “healthy future” with food.

Witnessing firsthand the benefits people were experiencing by re-de-

fining their relationship with food, Elwood four years ago developed Healthy Futures’ Emotional Eaters IOP (EE-IOP).

Not only for bariatric surgery candidates, the EE-IOP, “is designed for the person who is struggling with having a healthy relationship

with food, body, weight and also maybe struggling with taking off some weight and doing that successfully and healthfully at the same time,” Elwood said.

“The program looks at the emotional barriers to losing weight. We look at what things

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# Dangers of “emotional cancer” from yo-yo dieting

A new study by researchers at the American Cancer Society has revealed that “weight cycling” (also known as yo-yo dieting) is not likely to increase a person’s risk of getting cancer.

On the surface, this seems like good news, but as Healthy Futures team member Ilene Smith explains, a lifetime cycle of losing weight and gaining it back still can do serious harm.

It’s what she calls “emotional cancer.”

“Emotional cancer’ is the shame, depression, sense of failure, sense of loss, sense of hopelessness that comes along with yo-yo dieting,” Smith said.

Healthy Futures’ “Emotional Eaters Program” is designed to help people who seem to get stuck in the cycle of losing weight, only to gain it back (usually adding pounds that weren’t there before).

“Yo-yo dieting changes a person’s relationship with food,” she said. “Often people become obsessed with food, and over focused on food and their body, and we work to undo that relationship, or re-organize it, so food can be a part of a person’s life and not be lover, best friend, or a way to escape living in

Healthy Futures team member Ilene Smith, right, talks about the “emotional cancer” of yo-yo dieting.

See her video at [Youtube.com/HealthyFuturesAZ](http://Youtube.com/HealthyFuturesAZ).



the world.”

Fad diets come and go, but establishing a healthy relationship with food is a proven way to kick the diets for good. And that’s good news – because fad diets always fail.

“Diets don’t work. The statistics tell us that,” Smith said. “If you don’t resolve the underlying emotional issues that cause you to overeat and binge eat, you can’t live your life successfully. If you can’t love who you are, and you can’t love the body you have, you’re setting yourself up for failure.

The Emotional Eaters Program at Healthy Futures helps people learn skills to help manage the emotions that normally drive them to overeat. The program teaches emotion regulation work, distress tolerance skills, mindful eating, as well as nutrition education, movement skills

and talk therapy.

“And we teach about connecting - connecting with others versus connecting with your food,” Smith said. “A combination of all these things often lead our clients to find their inner voice and find ways to speak their truth rather than using food as a voice.”

For those who have been through Healthy

Futures Emotional Eaters Program, the results can be simply amazing. “We see people living their life more whole heartedly, living a fuller life and living a life that’s not focused on food,” Smith said.

To learn more about the programs at Healthy Futures, call (480) 451-8500 or go online to [HealthyFuturesAZ.com](http://HealthyFuturesAZ.com).

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are necessary to manage weight successfully and have a healthy relationship with food, body and weight,” she said.

Elwood admits some people are cynical about bariatric weight-loss surgery. “(Doubters) say, ‘That won’t work. I know such-and-such and they gained all the weight back,’” she said. “And I have known those people and the people I see succeed are those who went to a counselor, or did a pro-

gram such as ours, or continued in support groups, and I’ve found those people are really successful and successful most of the time. So I’m encouraging people to do that underlying emotional work because it is helpful to ensure success.

*Healthy Futures is at 8065 N. 85th Way in Scottsdale, Arizona.*

*Learn more at [www.HealthyFuturesAZ.com](http://www.HealthyFuturesAZ.com) or call (480) 451-8500.*