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# ON THE HORIZON

## JULY - AUGUST 2011

*Welcome to the Blue Horizon Eating Disorder Services Newsletter! We will continue publishing this letter bi-monthly to keep our clients and colleagues up-to-date as to what is On the Horizon in our practice.*

### Note of Inspiration

"Like water, be gentle and strong. Be gentle enough to follow the natural paths of the earth, and strong enough to rise up and reshape the world."

Brenda Peterson



### UPCOMING EVENTS

Tuesday July 19, 2011 Family & Friends Workshop 7:00-8:30 p.m.

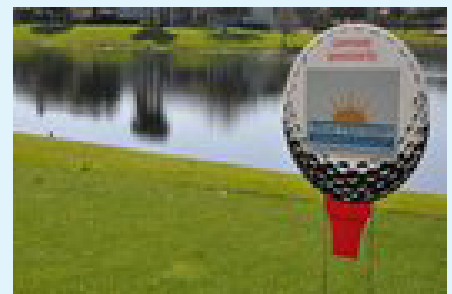
Tuesday August 9, 2011 Eating Disorders in Kids: What Parents Can Do 7:00-8:30p.m.

Tuesday August 16, 2011 Family & Friends Workshop 7:00-8:30p.m.

### SPOTLIGHT

For this edition, Blue Horizon would like to spotlight the family members and friends of those who suffer with an eating disorder and those who have attended our workshops with genuine care and concern. Your willingness to devote time and attention to becoming educated in your supportive role is an integral part of successful treatment. We applaud and appreciate you!

Blue Horizon sponsored a hole at the 2011 Golf for H.O.P.E. Tournament supporting the Get R.E.A.L. Program held at Keene's Pointe Golden Bear Club.



## THE CUTTING EDGE

*A recent article in the New York Times highlighted the prevalence of eating disorders among Orthodox Jews. According to the article, rabbis in various communities are reporting eating disorders among teenagers as a growing problem.*

*The contribution of religious culture to the prevalence of eating disorders in this community is multifaceted. Family time, including holidays, centers around food with multiple occasions involving elaborate meals and still others requiring a fast. Young girls feel pressure to maintain a slim body frame to be more desirable during the matchmaking process which occurs at a young age.*

*In addition to these pressures, treatment for an eating disorder is increasingly difficult due to the stigma surrounding mental illness. This stigma not only follows the individual suffering from the illness but may be attached to the entire family influencing potential marital partners. Further, the recommendations regarding food consumption made by the treatment team frequently come into direct conflict with the religious practice of fasting. Many individuals suffering from eating disorders seek advice from their rabbi regarding how to follow through with recovery without going against their religious beliefs. As one rabbi explained, "The Jewish laws are things God wanted us to live by, not die by, and that saving a life takes precedence over all of them."*

*Some studies are beginning to compare incidence rates among various religions. However, more research is needed into the rigors of religious practice and influence on body image, eating attitudes, and disordered eating patterns.*

*Article provided by Michelle Moore, MA, LMHC  
Edited by Holly Pudwill, MS, RD, LD/N*

## TOWN HALL

*The administrators of Blue Horizon Eating Disorder Services, LLC, have developed a medical advisory board to provide the highest level of quality assurance to our program. We are excited to welcome Dr. Pamela Trout, M.D. and Dr. Joan Coupland, M.D., P.A. as members of our board.*

*The Intensive Outpatient Program has expanded and now serves those whose schedules require participating in treatment during the day time hours. This is an adult program in which clients will meet on Monday from 10:30 am to 2:00 pm, Wednesday from 10:30 am to 12:30 pm and Thursday from 10:30 am to 2:00 pm. The group will begin meeting on Monday June 27, 2011. Please call Blue Horizon with any questions or to schedule an assessment to participate in this program.*

## About Blue Horizon Eating Disorder Services

Blue Horizon is exclusively committed to the professional treatment of those suffering with eating disorders and moving them towards full recovery. Blue Horizon is dedicated to the treatment of patients with an Intensive Outpatient Program as well as case management services to coordinate care options. Professional in-service training and community workshops bring cutting edge research to caregivers of those suffering with the illness. Please visit [bluehorizoned.com](http://bluehorizoned.com) for more information or call (407) 719-6294.