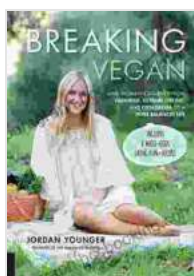


One Woman's Journey From Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life

In the depths of my eating disorder, I was a shell of my former self. I was consumed by thoughts of food and weight, and my life revolved around my next meal. I restricted my food intake to the point of starvation, and I exercised excessively to burn off any calories I did consume. I was constantly anxious and depressed, and I had no self-esteem.



Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life by Jordan Younger

★★★★☆ 4.3 out of 5

Language : English
File size : 33967 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 208 pages



My eating disorder started innocently enough. I was a young woman who was trying to lose weight, and I thought that veganism was a healthy way to do it. I quickly became obsessed with veganism, and I started to restrict my food intake to only vegan foods. As time went on, my eating became more and more restrictive, and I began to cut out entire food

groups. I was constantly hungry, but I told myself that it was just a part of the vegan diet.

Eventually, my vegan diet turned into an obsession with weight loss. I started to exercise excessively, and I would often skip meals to save calories. I became so thin that my friends and family were worried about me, but I didn't see anything wrong with my appearance. I thought I was finally in control of my weight, and I was proud of my self-discipline.

But my eating disorder was slowly destroying me. I was losing my hair, my skin was dull, and I was always tired. I was constantly getting sick, and my immune system was so weak that I could barely fight off a cold. I was also becoming increasingly isolated from my friends and family, because I was too embarrassed to let them see how sick I was.

One day, I collapsed at work. I was rushed to the hospital, and the doctors told me that I was suffering from malnutrition. I was so close to death that I could have died if I hadn't gotten help when I did.

That day, I finally realized that I had a problem. I sought help from a therapist, and I started to learn about eating disorders. I learned that my eating disorder was a mental illness, and that it was not my fault. I also learned that recovery was possible.

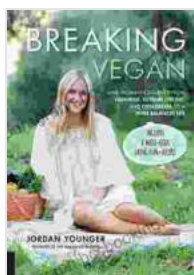
The road to recovery was not easy, but it was worth it. I had to learn to accept my body, and I had to learn to love myself. I had to learn to eat normally again, and I had to learn to let go of my obsession with weight loss.

Today, I am in recovery from my eating disFree Download. I am not perfect, but I am so much better than I was when I was sick. I eat healthily, and I exercise regularly, but I no longer obsess over food and weight. I have a healthy body image, and I am able to enjoy my life without being consumed by my eating disFree Download.

If you are struggling with an eating disFree Download, I want you to know that there is hope. Recovery is possible. You are not alone.

Here are some resources that can help you get started on your recovery journey:

- The National Eating DisFree Downloads Association (NEDA): <https://www.nationaleatingdisFree Downloads.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The Association for Size Diversity and Health (ASDAH): <https://asdah.org/>

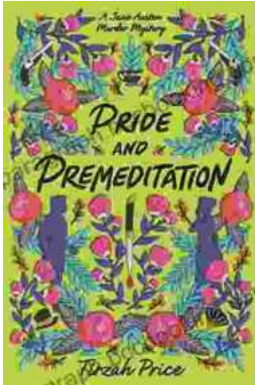


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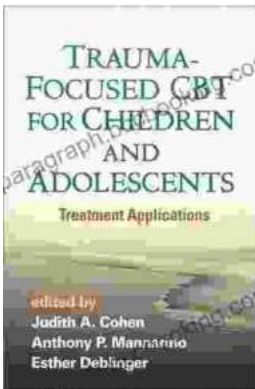
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