

MAY

2022

# WILSON NEWS



## Included Articles

**When Does Eating Health  
Become Harmful?**

**Apotheosis , a poem**

**Miscellaneous Notifications**

## When Does Eating Healthy Become Harmful?

**Orthorexia is an eating disorder driven by an obsession with health eating.**

March 26, 2019 / Loma Linda, Calif / Melissa J. Perea

The 14-year-old patient sitting in front of me insisted that her decision to become a vegan was unrelated to being bullied and called “chubby” in elementary school. Instead, she cited reasons related to animal rights and a desire to become “healthier.”

Nothing about the straight-A student with severe muscle wasting, skeletal limbs, and a protruding abdomen heralding liver failure was healthy. She brought to my mind images from global health posters depicting starving children. This local teen was unlike any eating disordered patient I had ever encountered.

That was nearly 10 years ago. Since that time, I have encountered a number of patients at Loma Linda Behavioral Medicine Center’s Eating Disorders Program with orthorexia -- an eating disorder driven by an obsession with healthy eating. The Diagnostic and Statistical Manual doesn’t formally recognize this as a separate eating disorder. By understanding the warning signs, symptoms and health consequences, mental health professionals can better treat patients who present with orthorexia.

The term orthorexia was coined by Stephen Bratman, M.D., in 1996 to better express the obsession with eating healthy. Over time, vigilant focus on proper nutrition evolves into an increasingly restrictive diet. Patients with orthorexia can no longer eat out with others, must rigidly shop for food ingredients, and have ritualized patterns of food preparation and eating. These individuals spend a substantial amount of time researching food, preservatives or additives. Their diet eventually becomes so restrictive that their physical health becomes compromised.

There is significant crossover between orthorexia, anorexia, and obsessive compulsive disorder (OCD). Of patients with anorexia, up to 30 percent simultaneously have OCD. A recent study of patients with orthorexia showed limited abilities to process information and problem solve

(continued) on neuropsychological testing. Additionally, like patients with anorexia and OCD, those with orthorexia struggled with memory, planning, and being able to transfer from one task to another (“set shifting”)....

People who have an obsession with eating healthy are likely to compulsively check the ingredients of each thing they eat, being overly concerned with the health of the ingredients they’re consuming. They avoid eating things they do not deem “healthy” or “pure,” and become visibly distressed when healthy foods aren’t available. Malnutrition is a possibility because those with orthorexia restrict the amount and type of foods consumed.

Warning signs of orthorexia may include rigid eating patterns and extreme inflexibility with diet, serious emotional distress when firm eating rules are broken, and extreme and drastic weight loss. (Continued, next page.)

### Apotheosis

On the day I learn my grandfather will die, I count.  
It’s his hundred-and-first year. In six days, God created  
all the stuff—heavens, earth, plants, animals.  
And God saw that it was good. That’s what Genesis says.

And my grandfather, the carpenter, woodworker, giant,  
at home with sawdust underfoot and hammer in hand, dwelt  
on good things. So, on the day I learn my grandfather will die,  
I remember things *he* thought were good: baseball games

and three holes of golf in the front yard. Lemon drops  
and peppermints in a Cool Whip container in his work truck.  
Croquet games. Snowmen so tall I could barely reach  
the lowest lump of coal, and doubles skating with him.

the way he folded me into him and carried me above the rough river ice.  
I remember how he would turn off his hearing aid  
when everyone sat talking after the Sabbath meal, sly smile  
on his face that told me nothing was going to change his world.

And in the bottom of the tenth month, on the 28th day,  
God took my grandpa back. To me, he had walked on water  
and on stilts, and as the years passed, he slowly shrank  
to human size, his mind becoming as a little child’s.

In the end, the conspiratorial grin was gone. He slipped into sainthood  
more quietly than he had arrived, doing everything  
The Good Book said to do. And I saw that

it was good.

By **Kristen Baum DeBeasi**, a poet, writer, composer, and one of Howard Berger’s granddaughters.  
Published first in: <https://www.muleskinnerjournal.com/apotheosis>

(Orthorexia) Potential health consequences of the disorder include permanent health damage, such as osteoporosis, kidney failure or infertility; a lowered immune system and nutritional deficiencies; and emotional instability and a low sense of self-worth.

I still remember my first orthorexic patient's response to seeing the health consequences of her mental illness. As we reviewed her lab results together, she began to cry. "I never meant for this to happen," she said. "I just wanted to be healthy."....

If you or someone you care about is suffering from a mental illness, visit our behavioral health services (<https://lluh.org/behavioral-health?resource=llubmc/>) website and learn more about how Loma Linda University Behavioral Medicine Center (<http://lluh.org/kicatuiubs/loma-linda-university-behavioral-medicine-center-bmc>) can help.



### MAY

Elijah Boerschinger – 2  
Russell Berger, Sr. -5  
Nancy Messersmith – 10  
Bailey Kleikamp – 12  
Christine Wolf– 14  
Shaun DeGrave – 15  
Alberta Boroughf – 17  
Vivian Preston – 17  
Doug DeGrave – 23  
Jake Zinke – 24  
Lucia Messersmith -27  
Jim Pierce – 27

### Rada Cutlery

A Home & School Fund Raiser  
for the school expansion

<https://radafundraising.com?rfsn=1820058.87e8e7>

**\*S&C DeGrave Family Maple Syrup for sale \$15/gal**

**Call or text Shaun – 906-368-0440**

**Free-range eggs -- \$2-3/dozen**

**Call or text Carrie – 906-368-0445**

### Miscellaneous Notifications

**\*Alaina Walechka** will graduate from GLAA on May 29; ceremony at 10 am. You are invited to a graduation party for Alaina on June 5 from 1- 4 pm at the Gourley Township Hall.

**\*Memorial Service for Dexter Buell** Friday, May 13 at the Holland SDA Church. Visitation at 2 pm, service at 3 pm. Live streaming at the Holland SDA Church website.

**\*Zeb Boerschinger** bakes bread to order-- 906-639-3638

**\*Get eggs from The Hen Den** –Sawyer Pearson  
906-639-2701

**\*Boerschingers** also have eggs to sell.

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### Sagola Events

Summer Camp

July 11-15 - Staff Orientation

July 17-24 – Junior Camp

July 24-31 – Teen Camp

UP Campmeeting

September 9-11

UP Women's Retreat

September 23-25

Marriage Retreat

October 7-9