



Measuring Health From The Inside: Nutrition, Metabolism & Body Composition

Carolyn Hodges Chaffee, MS Annika Kahm

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"Carolyn and Annika bring decades of expertise in the care of patients with Anorexia, Bulimia, Binge Eating Disorder, and the many related atypical and subsyndromal variants. Their clinical wisdom, understanding of the experience of sufferers and those who love them, and understanding of these illnesses and the recovery process infuse these pages." -Diane Mickley, MD, Director, Wilkins Center for Eating Disorders

The ever changing field of eating disorder treatment needs innovative new techniques and approaches. As the number of people with these challenging disorders increases at an alarming rate, treatment has not kept pace. The death rate for Anorexia Nervosa in the U.S. is twelve times higher than all other leading causes of death combined for the 15-to-24 age group. Measuring Health from the Inside is a major step forward in treating patients with eating disorders. This important book explains how two simple measurement techniques- Metabolic Testing and Body Composition Analysis-can help patients make rapid progress in understanding their condition and tracking their progress toward recovery. Thousands of patients have been successfully diagnosed and treated by this technology at Carolyn's clinic and Annika's private practice. In Measuring Health from the Inside, they explain how the information from the tests can be used to help treat patients not only for their underlying eating disorder but also for the malnutrition that almost always accompanies-and worsens-the condition. Based on their extensive experience, they offer practical guidance for therapists, patients, and loved ones on the often overlooked importance of nutrition in treating eating disorders.

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Marion Driskell:

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