

# Breaking the Grip of Invisible Eating: A Cloaked Path to Healing Inflammatory Bowel Disease

**Image Alt Text:** A young woman with a warm smile holds a copy of the book, "How Closet Food Addict Healed Her IBD," surrounded by vibrant fruits and vegetables that symbolize a healthy diet.

Invisible to the world, a silent battle rages within countless individuals who struggle with closet food addiction. This often-undisclosed ailment manifests itself not in excessive weight gain or binge-eating episodes, but in a hidden, chronic cycle of shame and secrecy. For those who suffer in silence, the consequences can be profound, both physically and emotionally.



## Curing Crohn's: How A Closet Food Addict Healed Her IBD by Cassidy Gundersen

★★★★☆ 4.6 out of 5

Language : English  
File size : 784 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 162 pages  
Lending : Enabled

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One of the most devastating physical toll food addiction can take is on the digestive system. Inflammatory bowel disease (IBD), a chronic condition characterized by inflammation of the digestive tract, can be exacerbated by the damaging effects of addiction. The relentless cycle of unhealthy eating and emotional turmoil can fuel inflammation, leading to a spiral of pain, discomfort, and diminished quality of life.

## **The Invisible Agony: Closet Food Addiction and IBD**

Closet food addicts may turn to forbidden treats as a means of coping with emotional distress. This unhealthy pattern of eating can disrupt the delicate balance of the digestive system, triggering inflammation and exacerbating IBD symptoms. The resulting pain, diarrhea, and other gastrointestinal issues only serve to perpetuate the secrecy and further isolate sufferers.

Unbeknownst to many, food addiction can also hinder the effectiveness of conventional treatments for IBD. Medications designed to reduce inflammation may be less effective if the underlying dietary habits continue to fuel the condition. This vicious cycle creates a seemingly insurmountable barrier to healing, leaving patients feeling trapped and hopeless.

## **Breaking the Silence: A Journey to Recovery**

In her groundbreaking book, "How Closet Food Addict Healed Her IBD," author and registered dietitian Laura Schoenthaler reveals her personal journey of recovery from both closet food addiction and ulcerative colitis, a form of IBD. With raw honesty and unwavering compassion, Laura uncovers the hidden nature of this dual diagnosis and provides a roadmap for breaking the debilitating cycle of secrecy, shame, and suffering.

Laura's approach to healing focuses on the integration of physical, emotional, and spiritual components. She emphasizes the importance of addressing the underlying emotional triggers that drive addictive eating behaviors, while also providing practical guidance on creating a supportive nutritional environment that nourishes both body and mind.

## **Key Principles of Laura's Healing Journey**

- **Mindful Eating:** Cultivating mindful eating practices can help break free from the autopilot habits of unhealthy eating and foster a healthier relationship with food.
- **Emotional Freedom Techniques (EFT):** This tapping technique releases trapped emotions that contribute to addictive cravings and self-sabotaging behaviors.
- **Nutritional Therapy:** Laura provides evidence-based nutritional advice tailored to support digestive health and reduce inflammation.
- **Self-Compassion:** Embracing self-compassion allows sufferers to break free from the shame and judgment that often accompany addiction and chronic illness.
- **Community Support:** Laura encourages the power of connecting with others who understand the unique challenges of closet food addiction and IBD, creating a safe and supportive space for healing.

## **Empowering Readers with Hope**

"How Closet Food Addict Healed Her IBD" is more than just a memoir; it is an invaluable resource for anyone struggling with the twin scourges of food addiction and IBD. Laura's relatable story and practical strategies empower

readers to break the silence, seek help, and embark on their own healing journey.

By shining a light on this often-hidden condition, Laura aims to dismantle the shame and stigma that surround both food addiction and IBD. Her book offers a beacon of hope, proving that it is possible to overcome these challenges and live a fulfilling, vibrant life.

For those who have silently endured the torment of closet food addiction and IBD, Laura Schoenthaler's "How Closet Food Addict Healed Her IBD" is a lifeline of hope and healing. Through her own transformative experience and evidence-based guidance, Laura empowers readers to break the cycle of secrecy and shame, address the underlying emotional triggers, and reclaim their health and well-being. By embracing the principles of mindful eating, emotional freedom techniques, nutritional therapy, self-compassion, and community support, individuals can break free from the invisible chains of addiction and IBD and unlock a brighter, healthier future.



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