

Coaching ADD with Sharon

Newsletter #26

ADD and Eating Disorders

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Dear Friend,

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

Did you know that binge eating is considered an eating disorder and is more prevalent than anorexia or bulimia? I attended a workshop at the CHADD conference last week and learned a great deal about binge eating and its prevalence among ADD woman and girls.



ADD and Eating Disorders

Binge eating is defined as recurrent episodes of consuming large amounts of food without the regular use of inappropriate compensatory behaviors seen in bulimia. It is characterized by consumption of excessive quantities of food in a discrete period of time and is typically impulsive, secretive and creates feelings of loss of control and shame.



Bulimia (recurrent binge eating followed by intentional purging) is 4 times more common in women with ADD.

Eating disorders can co-exist with certain conditions, like depression, anxiety, obsessive-compulsive disorder and substance abuse; the same way they do with ADD.

Eating disorders and ADD share some important characteristics. Among these are impulsivity (lack of impulse control), low self-esteem and depression. Women and girls with ADD who binge eat do so because they feel out of control, stressed, bored or have a lack of awareness of how much or why they are eating.

If you are dealing with this issue, it is important to treat the ADD symptoms first because most stimulant medication used in the treatment of ADD will decrease

impulsivity and suppress appetite. They can also decrease distractibility and improve attention span thereby reducing the binge eating episodes. By decreasing the impulsivity, you decrease binge eating, improve food choices and decrease self-medication with food.

"Don't Let What You Can't Do Get In The Way Of What You Can"

Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

If you have missed any of my newsletters or want to refer back to them, they are on my website.

Taming the Family Circus



I am excited to announce that a new CD, Taming the Family Circus, that I have produced with my fellow coach, Jennifer Koretsky, is now available for sale! If you are looking for ideas on how to control the chaos in your ADD home, click here to learn more - [Taming the Family Circus](#). This CD gives you my 3 basic steps for turning chaos into calm.

Sharon Howell

Sharon Howell

Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

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