



# *Bulimia Nervosa*

---

Understanding the signs,  
effects, and paths to recovery.

*Recover*

[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# *What Is Bulimia Nervosa?*

- Bulimia is an eating disorder characterized by a cycle of binge eating followed by compensatory behaviors like vomiting, excessive exercise, laxative use or fasting.
- It's often secretive and rooted in deep emotional pain or body image struggles.

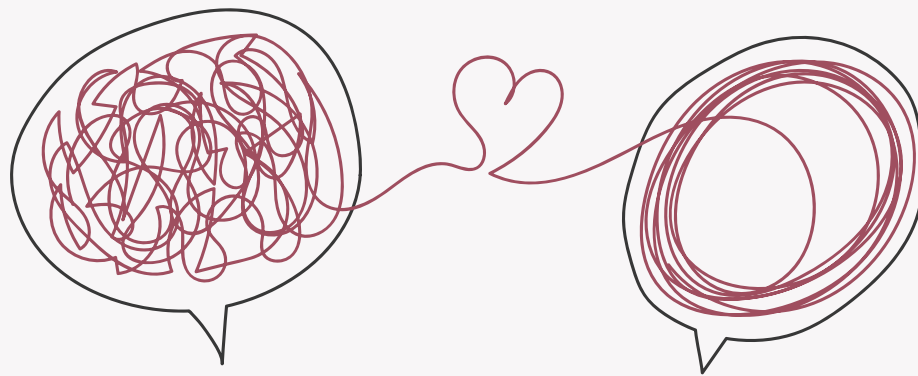


[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# *Common Signs & Behaviors*

- Frequent trips to the bathroom after meals
- Preoccupation with food, weight, and body shape
- Bingeing on large amounts of food in short time
- Using laxatives or diuretics
- Excessive exercise routines



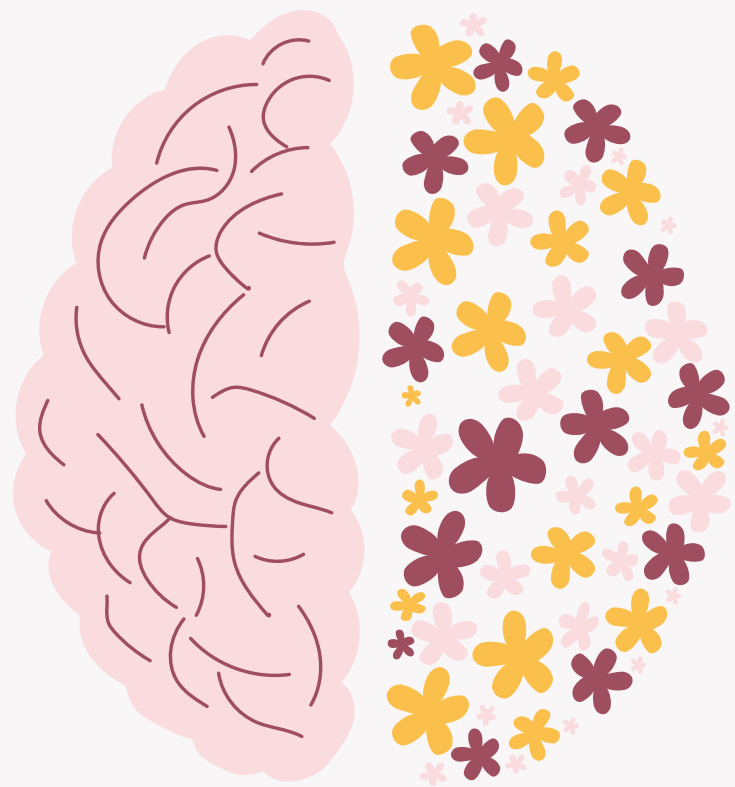
Many struggle silently — signs may be hard to detect.

[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# *Emotional & Psychological Signs*

- Anxiety or depression
- Low self-worth
- Guilt and shame around eating
- Feeling out of control



Emotional distress often drives the cycle of bulimia.

[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# *Physical Effects on the Body*



- Electrolyte imbalances (which can be life-threatening)
- Digestive issues, acid reflux
- Tooth erosion & mouth sores
- Heart problems
- Hormonal imbalances

Bulimia has serious health consequences even if weight appears "normal."

[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# Myths vs. Facts

- MYTH: You can tell someone has bulimia by looking at them.
- FACT: People with bulimia can be any shape or size.
- MYTH: Bulimia is a choice.
- FACT: It's a complex mental health condition that needs support and care.



[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# Why People Develop Bulimia

It often stems from a mix of:

- Trauma
- Low self-esteem
- Societal pressure
- Perfectionism
- Co-occurring mental health disorders



It's not just about food — it's about emotional survival.

[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# *The Path to Healing*

Recovery is possible. It often includes:

- Nutritional support
- Therapy (CBT, DBT, trauma-informed care)
- Group support
- A compassionate, individualized approach



You don't have to go through this  
alone.

[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



# What You Can Do (or Say)

- Offer empathy, not judgment
- Use non-triggering language
- Encourage professional help
- Say: “I’m here for you,” “You’re not alone”

Recovery starts with one safe, supportive step.



[www.recovernewportbeach.com](http://www.recovernewportbeach.com)



*You deserve peace with  
food, body, and self.*

♥ We're here to help.

☎ 949-992-3585

✉ hello@recovernewportbeach.com

🌐 www.recovernewportbeach.com



Let's walk the journey of recovery together.