



May 19th, 12:00 PM - 3:00 PM

A Reflection on Developing and Healing from Bulimia in College

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Keller, Libby, "A Reflection on Developing and Healing from Bulimia in College" (2016). *Scholars Week*. 24.
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Until I met Adam: Recovering from an Eating Disorder Relapse

“Until I met Adam I never felt bad about purging.

Until I met Adam, throwing up three or four times a day was no big deal.

Until I met Adam, I had no idea how painful bulimia was.”



Health Consequences of Bulimia Include:

- Electrolyte imbalances which can lead to irregular heartbeats, heart failure and death.
- Gastric rupture
- Inflammation and potential ruptured of the esophagus due to frequent vomiting.
- Tooth decay and staining.
- Chronic irregular bowel movements and constipation due to laxative abuse.

“The aches went away, the sores on the back of my throat healed but I’ll never forget what I went through that quarter. It made me stronger and I never want to go back.

Until I met Adam I was on track to destroy my body and my life.

But I’m not done living.”