



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

# A Reflection on Developing and Healing from Bulimia in College

Libby Keller

*Western Washington University*

Follow this and additional works at: <https://cedar.wvu.edu/scholwk>

 Part of the [Journalism Studies Commons](#)

---

Keller, Libby, "A Reflection on Developing and Healing from Bulimia in College" (2016). *Scholars Week*. 24.  
[https://cedar.wvu.edu/scholwk/2016/Day\\_one/24](https://cedar.wvu.edu/scholwk/2016/Day_one/24)

This Event is brought to you for free and open access by the Conferences and Events at Western CEDAR. It has been accepted for inclusion in Scholars Week by an authorized administrator of Western CEDAR. For more information, please contact [westerncedar@wwu.edu](mailto:westerncedar@wwu.edu).



# 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.”



Eating Disorders  
aren't black & white

## 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.”**