



Eating to Lose: Healing From a Life of Diabulimia

Maryjeanne Hunt

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A hopeful and empowering memoir of one woman's struggle with diabulimia, an eating disorder linked to diabetes.

Diabulimia is the dangerous and often fatal practice in which people with Type 1 diabetes deliberately give themselves less insulin than they need in order to lose weight. Maryjeanne Hunt started limiting her insulin intake at age 14 and spent 22 years abusing her body with sugar highs, excessive exercise, and starvation in an attempt to be skinny and "perfect." In *Eating to Lose*, she shares her journey to health, true healing, and hard-won wisdom:

"Weight management could have been a lot easier and effective if only I'd listened to my body and given it what it really wanted all along. Our bodies want health and energy and life. They crave to be nourished and they crave to move with vigor. When we give our bodies what they really want, they reward us big-time - with wellness, happiness and you guessed it, cooperative and healthy body weight."

Timely and relevant, *Eating to Lose* sheds light on an often ignored and misunderstood condition and offers the possibility of recovery for those battling with diabulimia and the people who love them.

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