



## **Eating Disorders in Adult Women**

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### **Information about the unfortunate phenomenon of anorexia, bulimia, binge and overeating in women over 25**

Eating disorders are not only for wealthy teenaged girls. The stereotype has been proven wrong year after year as children, adults, seniors and men are diagnosed with anorexia, bulimia, binge and overeating disorders.

One of the recent phenomenon is the discovery that adult women are still struggling with these issues. Those who had suffered in their teen years were still effected, but could not be diagnosed with an eating disorder because they fell under the radar for specific symptoms.

There is also a huge jump in women who develop eating disorders later in life, usually due to the many changes and stressors that present themselves as their children grow up, they go through deaths, possible divorces, pregnancy, and age changes their perspectives and bodies.

Not many studies have been done, though, on adult women who suffer from full blown eating disorders and especially those who are suffering but are not quite diagnosable.

In Trisha Gura's new book, *Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women*, she diligently explores this hidden epidemic that is ruining millions of people's lives. Chock full of scientific research, personal stories and the author's own experience, the read is both a fascinating and shattering one.

The book doesn't stop there, though. Trisha also provides answers to difficult questions about eating disorders in adult women's lives, as well as inspiration for those dealing with these issues.

What happens when girls with eating disorders grow up into adults? We hear from them in direct stories about their struggles and how aging has effected their latent eating disorders.

Women she interviews range in age and experience, but all share the growing battle with disordered eating. One woman is 92 years old and developed anorexia in her senior years because “there was just too much she wanted to do in her later years” (*Lying in Weight*, Harper Collins, 2007).

Trisha Gura is not only someone who empathises with the subject matter, she is a scientist herself and has spent 15 years as a medical journalist. She holds a doctorate in molecular biology and has written extensively in such publications as *Science*, *Nature*, *Scientific American*, *the Chicago Tribune*, *the Boston Globe*, *Child*, *the Yoga Journal* and *Health*, to name a few.

Above all, she offers hope to those suffering or who know someone who is suffering. Mixed in with her scientific research are the women’s stories themselves who have shared their own experience in order to shed light on their age group.

*Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women* is available from [AMAZON](#) and is a great read for laypeople and professionals alike.