

Letter of Advice

Jang Yeji

4A (4)

Dear Mr. and Mrs. Cho,

I'm writing this letter because I'm a little concerned about Jenny. She has recently lost a lot of weight and gets tired very easily. She also keeps talking about how overweight she is and how she needs to lose more weight. I am really concerned that Jenny may have an eating disorder.

Eating disorders are when teens or adults (mostly girls), don't eat because they think they are overweight or not skinny enough. Some people binge eat because they are starving but, afterwards, they force themselves to puke out everything. Most people with eating disorders also work out too much. They get weaker and weaker if they have no food in their body. They will lose muscle and they will start to feel faint. In serious circumstances, they could get sent to hospital or even die. Eating disorders are very serious conditions and need to be treated right away.

Jenny's condition might not be serious, but if we don't help her soon, she might get very ill. First, you can try talking to her, parent to daughter. This might help her think that her parents are there for her. If she doesn't seem to be comfortable telling you, try to get a psychologist for eating disorders for her, but do ask her first. Try giving her food little by little, something that won't make her gain too much weight for now. Something like bread, yoghurt, protein bars etc. Try to make her stop over exercising because if she's too weak, she might faint.

Jenny might be really sensitive about her appearance because most people with eating disorders are. They are very insecure about how they look and they only point out their flaws they perceive. Try to be gentle with Jenny. Don't speak much about looks and try to make her happy. Don't force her to eat because that will make the situation worse. I know you must be very worried about her, but helping someone overcome an eating disorder takes time but, eventually, she will get better. I will also try my best to help you both.

Best regards,

Chris Wong