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Standout Practice Offers Eating Disorder Treatment & Healthful Eating Workshops

Cincinnati, Ohio, Feb. 11, 2008 - The newly formed Body Truth Center for Wellness, LLC offers Cincinnati's only intensive outpatient program for eating disorders, providing a healing environment for those struggling with dysfunctional eating while also offering body image workshops and "eating well" classes that teach the importance of proper nutrition and healthful living to children and adults alike.

Defined as a misuse of food to resolve emotional problems, disordered or dysfunctional eating incorporates a wide range of abnormal consumption habits. This includes the behaviors seen in diseases like anorexia nervosa, bulimia nervosa, binge eating, chronic restrained eating and habitual dieting. With eating disorders carrying the highest mortality rate of any mental illness, treatment and prevention of these devastating afflictions is a critical and extremely topical concern for medical professionals around the world.

Launched by registered/licensed dietitians Jennie Wade, MEd, and Amy Bellamah-Daniel, RN, the Body Truth Intensive Outpatient Program for Eating Disorders comprehensively addresses the psychological, physical, spiritual and nutritional aspects of anorexia nervosa, bulimia nervosa, compulsive eating and binge eating disorder. Through its two-phase, multi-week program, the practice focuses on increasing knowledge, developing coping skills and improving self-esteem—empowering each client to find his or her own unique path to wellness.

"Our goal for Body Truth is two-fold," says Wade. "First, as the only outpatient treatment program in Cincinnati, Dayton and Northern Kentucky, we hope to be an important source of recovery for the thousands of local residents who struggle daily with disordered eating." She continued, "Second, we aspire to be arbiters of prevention by offering community-focused programs that concentrate on helping individuals develop healthy eating habits and positive body images, no matter their stage of life."

"Weight is not a measure of health," says Bellamah-Daniel. "This concept is so contrary to the message put forth by today's popular culture, but it's a fundamental principle we resolutely communicate to our clients and the community at large. With an estimated 8-10 million Americans suffering from dysfunctional eating, this is a misconception we must all fight to change."

Leading the Body Truth team of seasoned professionals, Jennie Wade has been in private practice for 10 years, counseling clients with eating disorders and working with a variety of Tri-State health practices; and Amy Bellamah-Daniel has worked in the field for 11 years, with special emphasis on dysfunctional eating. Extremely passionate about their calling, Wade and Bellamah-Daniel have made it their lives' work to empower people of all ages and backgrounds to achieve normalized eating and a balanced lifestyle.

The Body Truth Center for Wellness, LLC is centrally located in Blue Ash, Ohio at the intersection of Ronald Reagan Highway and Kenwood Road. The practice's intensive outpatient program incorporates group therapy, healthy eating education, body-centered therapeutic techniques and more to help clients in their journey of recovery. To learn more about the program or about Body Truth's educational workshops, contact Erin Hooper at 513-289-8354; ehooper@cinci.rr.com.