

My Eating Disorder is not....

*It's not a diet nor a lifestyle or a senseless teenage phase
It's not stupid it's not silly nor the latest weight loss craze*

*It's not a passion, not a hobby and it is not some twisted game
It's fatal, yes it's DEADLY, it's an illness of the brain*

*It's not fun and it's not funny, not intentional not a choice
It kills you slowly everyday and overtakes your voice*

*It's not my fault it's not intentional, not some spiteful slight of hand
It's an anxiety driven fear based disease that too few understand*

*It's not a joke and it's not selfish, it is the FURTHEST thing from vain
It's a drastic telltale of no self-esteem and unparalleled burning shame.*

*It's not malicious nor dismissive, not distinct to middle class white girls
It's a disease like any other, ensnaring EVERY age, class, and race 'round the world*

*It's not uncommon, it's not weird it dates back CENTURIES, nothing new
It's the single most fatal mental illness, which all statistics prove to be true.*

*Telling an anorexic to "JUST EAT" is like expecting a deaf person to JUST TALK
Telling a binge eater to "JUST STOP"
Is like demanding a paraplegic to JUST WALK*

*Telling a bulimic to "just eat normally" is cruel, ignorant and frustrating
Telling an exercise addict to "just sit down" is like telling schizophrenics
just STOP hallucinating*

*This illness is biological, and genetic, it's like cancer of mind and thought
It doesn't come from nowhere, you are either born susceptible or not.*

*If you think this is a ridiculous phase or that we'd be fine if we "just tried"
Then explain to me the shocking rate of sufferers committing suicide*

*If E.D.'s were just a stupid choice or you think that we're just lying
Then why are millions desperate for help while millions more are dying?*