

## **Ana/Mia Tips & Tricks**

*Stop with the "I'll do better tomorrow" do better today.*

**Disclaimer:** I am *not* pro-ana or mia, and most of these are going to be safety tips. I will add disclaimers to most things, and I do not recommend promoting eating disorders. However, as I am talking about bulimia, there will be talks about purging (how to, and how to safely do it, because I know that yall are gonna do it anyways so might as well do it safe.) Stay safe, and love your body!

**Each thing will have a risk scale.**

0 = no risk

1 = barely any

2-3 = slight

4-5 = good chance of a risk

6-8 = high risk

9-10 = BIG RISK.

*Topics that will be scaled*

### **1. Health risk**

- How it will affect your body
- How safe it is for you
- How long you can do it
- Is the affects permanent?

### **2. Social risk**

- Getting caught
- Losing trust
- Losing friends
- Embarrassing

### **3. Other risks**

- Anything else that isn't listed above.

# Ana Tips & Tricks

## Chapters:

1. *Fasting vs restricting, which is better?*
2. *Calculating accurate BMI*
3. *Safety while fasting & fasting tricks*
4. *Stopping binges*
5. *Thinspo, mealspo, fatspo. Let's talk about it*
6. *Body checks*
7. *Accurate calorie counting*
8. *Tips from a book I read.*

## Fasting vs restricting, which is better?

In this chapter I will talk about the difference between fasting and restricting, and when it is best to do each one, and how they will affect you.

Fasting is where you do not consume foods or liquids under certain time frames, while restricting allows you to eat whenever, just under a certain caloric intake.

### Fasting

#### NORMAL FASTING (0-2 days, water allowed)

*Health: 6*

*Social: 8*

#### PROLONGED OR DRY FAST (3+ days or fasts w/out water)

*Health: 10*

*Social: 10*

These ones can be hard, and sometimes unsafe. Dry fasting should *NEVER* be done for longer than a day.

### Restricting

#### 0-100 cal intake

*Health: 10*

*Social: 10*

These should not be done every day, and only occasionally, as these are far from safe.

#### 200-300cal intake

*Health: 9*

*Social: 8*

You are less likely to get caught for this, as it can act as a OMAD of dinner and only eating half of it. You can also use excuses during this one.

#### 400-500cal intake

*Health: 7*

*Social: 7*

This one is ideal for the person who bed rots all day but also needs to do stuff like walk the dog or cook for the family. Just enough to get by.

#### 600-700cal intake

*Health: 5*

*Social: 5*

This one is very easy to hide in my opinion, and has less of a negative impact than the ones listed before. This amount is also less likely to cause a binge.

#### 800-900cal intake

*Health: 3*

*Social: 3*

This intake is ideal for most people. This is a safe one.

#### 1000-1200cal intake

*Health: 1*

*Social: 1*

This one has almost 0 risk factors, and is super effective for people with a high BMI or just starting to get back into restricting. This is also good for a high cal day to reset your body, or for those who do sports or walk to school.

#### 1300+ cal intake

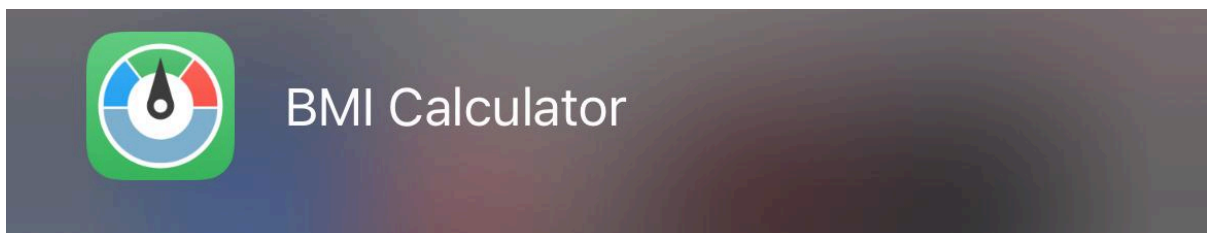
*Health: 0*

*Social: 0*

This one is basically just a diet, and not anorexic unless you're working out a lot. This is not to be used for you big sized girls who only sit in bed and watch movies.

### **Calculating accurate BMI**

A lot of BMI calculators don't take into consideration the age or gender of a person. My personal fav app that is most accurate is this one:



### **Safety while fasting & fasting tricks**

#### *Safety:*

1. WATER. Drink so much water.
2. Do not do prolonged fasts until you're ready for them.
3. If you feel faint, drink water and eat if needed.
4. Do NOT workout too much while fasting
5. Take vitamins

#### *Tricks:*

1. Chapstick flavors for cravings

2. Brush your teeth
3. Gum
4. Water flavors
5. Drink water until you feel sick
6. Sugar free drinks (if you're allowed!)
7. Walk everywhere, just pace yourself
8. \*Don't smoke under age\* Nicotine is an appetite suppressant
9. Take body checks without sucking in. It's humbling
10. Green tea
11. Stop blaming everyone else. You're the one who ate. No one force fed you.
12. Make a mood board
13. Set realistic expectations.

MORE TIPS:

<https://x.com/vomitveteran/status/1806404419220537534?s=46&t=bhDOn7ekpKF2XrvKTLXgfw>

### Stopping binges

1. Put the food down. Stop with the "I already fucked up today."
2. Write down (in a journal or notes app) how you feel after. Think about why you binged.
3. When you want to binge; look at that list.
4. Go for a walk, or take a cold shower. Cold showers can burn a lot of calories and it's a form of punishment.

### Thinspo, mealspo, fatspo. Let's talk about it

What is Thinspo?

*Thinspo is photos of thin people who you inspire to look like through your ED. They can be anywhere from Averagespo, thinspo, skinnyspo, or bonespo.*

What is Mealspo?

*Mealspo is food inspiration, which is usually food that is low in calories or "tastes like ana"*

What is Fatspo?

*Fatspo is a big diversion between EDTWT users. Many believe it is wrong, while others believe it's not. Some believe that fatspo & thinspo are both inherently bad. Fatspo is the opposite of thinspo. It is where people will look at photos of plus size people, and make fun of them or get grossed out to remind themselves they don't want to become that.*

### Body checks

What is body checking?

*Body checking can be defined as a frequent and repetitive action in which someone looks and feels their physical appearance, including size, weight, shape, bones, or other features of certain body parts. This can take many different forms, including: Pinching or measuring specific areas like your stomach, arms, and thighs, rubbing bones, wrapping hands around body parts, looking in the mirror at different angles, etc.*

How can it help you?

*Body checking can help you stay focusing and aware of your body, helping you to not flake off course and say "I lost enough weight this week let me eat \*blank\*" while you still LOOK fat.*

### Accurate calorie counting

A lot of people fail at calorie counting because of the fact that they don't know how to count them. A lot of people will think the calories on the box is *always* per box, but it's not. It is PER SERVING.

*Make sure that you read if it is per container or*

*per serving, and if it is per serving, how much is it?*

*(Ex is it 2 cookies for 180? if you eat 4 cookies, then it will be 360.)*

### White Chocolate Dipped Macadamia

<b>Nutrition Facts</b>	
Varies servings per container	
<b>Serving size</b>	<b>2 cookies (36g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	▪ Calcium 27mg 2%
Iron 1mg 6%	▪ Potas. 51mg 2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Tips from the book

#### 1. Every Bite Is a Net Gain or Loss

Each bite you take is a small but important choice. Every sip requires another brief choice. If you make a decision that does more good than harm, such as opting for water over soda, it is a net gain. When you pick a side of fries instead of vegetables, it is a net loss. Even seemingly positive choices can turn into a net loss if you are not careful about everything that goes into a particular food or drink.

At one restaurant I visit regularly, the most popular entrée is the "harvest salad." Even the name sounds nutritious. Yet by the time this salad meets a fork, it is covered with small

pieces of fried chicken and bacon and coated in a fat-laden ranch dressing. Good intentions, seductive label, wrong outcome

## **2. *What Counts More Than Calories***

Reading a nutritional label and focusing on calories alone will lead you astray. While 9 percent of people read nutritional labels regularly, just 1 percent read beyond the headline of total calories. A coffee shop in my neighborhood recently advertised lattes "under 200 calories." I fell for their clever marketing one morning and used it as an excuse to get a vanilla latte instead of regular coffee. Later on that day, I went to the coffee shop's website and realized that 150-calorie latte also has 28g of carbohydrates and a whopping 27g of sugar.

This choice was not a great way to start the day, despite the relatively low calorie count.

## **3. *Work Faster While You Walk***

Working on this book was an experiment in itself. While I had read a fair amount of research about the downside of sitting, I read most of it ... sitting down. To make things even more difficult, because I have written several books, I know it requires even longer periods sitting at my desk than normal. It's no coincidence my back pain is always at its worst when I am writing and editing.

What's more, a recent study found a strong association between long-term sedentary work and rates of cancer. Given the topic of this book, it was time for a new approach. I decided to build a workstation on my treadmill and set a goal of writing this entire book while walking. So I mounted my computer monitor above my treadmill and built a homemade keyboard tray across the arm rests.

## **4. *Sugar Is the Next Nicotine***

Sugar is a toxin. It fuels diabetes, obesity, heart disease, and cancer. At the current dose we consume, more than 150 pounds per person every year, sugar and its derivatives kill more people than cocaine, heroin, or any other controlled substance.

One report aptly described sugar as "candy for cancer cells." It accelerates aging and inflammation in the body and subsequently fuels tumor growth. It is now clear that if you lower your sugar intake, you reduce the odds of cancer. As additional research emerges, even higher "normal" glucose levels (82 to 110 mg/dL) have an adverse impact on your health over time. Blood sugar levels at the higher end of the normal range have been linked to significant shrinkage of the brain. The more sugar you consume, the greater the levels of inflammation in your body. This leads you to age faster, inside and out. There is simply no good reason to consume any added sugars beyond what you get from whole fruits and vegetables.

People once thought of smoking a cigarette as a pleasant break. It relieved stress, satisfied a craving, and provided a quick high. Sound familiar? Then we learned smoking creates cumulative damage in our bodies, causes cancer, makes us look older, and decreases our energy. People finally started to kick the habit, as hard as it may be.

Much like cigarettes, sugars are addictive. Each time you eat sweets, it causes your brain to light up, produce dopamine, and want more sugar. In the words of one leading neuroscientist, sweets "fire the reward regions in our brain" much like other drugs. Your brain also builds a tolerance to sugar over time, one that mirrors the way people habituate to alcohol or tobacco. As a result, once you consume sugar, your body needs larger quantities over time to mimic the pleasurable sensation. This is why drug companies are now

scrambling to find compounds that reduce the body's normal uptake of sugar. Their goal is to produce pills you can take every day to counteract your cravings for sugar, thus reducing the odds of heart disease, diabetes, and cancer. Yet like a nicotine gum or patch, this is a temporary solution. Over time, you need to wean yourself off added sugars.

### **5. Judge Food by the Color of Its Skin**

The benefit of a diet rich in fruits and vegetables is so well-documented it hardly bears repeating. Eating the right natural foods wards off disease, enables you to live longer, makes you look better, and gives you additional energy. Yet most people fail to eat enough fruits and vegetables but consume large quantities of unnecessary foods.

This problem influences more than just your physical health. A study of 80,000+ people suggests that total intake of fruits and vegetables is a robust predictor of overall happiness. Every additional daily serving of fruits or vegetables, all the way up to seven servings, continues to improve well-being. However, we do not have a quick way to determine what foods are the healthiest. Foods that are green and colorful are usually a better choice than beige ones.

### **6. Measuring Makes You Move More**

In 2008, I ordered a small gadget called a Fitbit to measure my daily steps and activity. The device is about the size of a tube of lip balm. All I have to do is clip it to my waist or put it in my pocket. Whenever I walk past a wireless sensor, the device uploads my data to a website. It also shows my total steps on a small digital display so I can check my progress throughout the day. At the time, this was a revolutionary way to track steps, miles walked, and what percentage of my day was active.

When I started tracking my progress, I was walking only two miles a day. After tracking this metric for more than four years, I now walk at least five miles, even on a slow day. If I had not started measuring my daily steps and miles, there is no way I would be as active today. One little secret of medicine and social sciences is how measurement itself creates improvement. When researchers study the effect of a given intervention, simply asking people to track a specific outcome makes it more likely to improve. While this is a limitation for scientific experiments, you can use this to your advantage.

If you want to increase your activity, measure how much you move. When people are assigned to wear a pedometer as part of randomized controlled trials, they walk at least one extra mile per day on average. Overall activity levels go up by 27 percent. Body Mass Index (BMI) decreases, and blood pressure goes down. In addition to basic pedometers, which cost as little as \$5, more sophisticated tools are available today. There are now hundreds of devices that can measure your activity all day long. They come in the form of wristbands, neck-laces, GPS watches, and other clip-on or in-pocket devices. Some of these tools even monitor the duration and quality of your sleep. Others track your heart rate and alert.

### **7. Family Style Is Making Us Fat**

When food is served "family style" from large plates, bowls, or platters placed in arms' reach, people simply eat more. One study found that women eat about 10 percent more. Men move even faster through their first helping and eat an additional 29 percent if the dish is on the table instead of on the counter. Family style starts out with good intentions. When you prepare a meal for a group of people, you fix more food to make sure there is enough for everyone. But the large serving plates moving around the table create peer pressure. Everyone feels obligated to take a sample of each item to avoid offending the chef. Then,

everyone sits around with more food within reach, making it far too easy to grab seconds or even thirds.

### **8. *Burn Calories After Your Workout***

While a few hours of activity a day sounds like a daunting challenge, it is not when you reverse the equation. If someone told you to avoid 23 hours of inactivity per day, I assume you would agree with this advice wholeheartedly. Yet without some deliberate effort, it is easy to spend 23 hours a day sitting, sleeping, and moving slowly. A few years ago, I began tracking the percentage of time I was active in a given day. I always considered myself to be someone who leads an active lifestyle. But it turned out nearly 20 hours of my day was occupied by sleeping, sitting, and being lightly active. Then about three hours was just fairly active, or the equivalent of walking. That left well under an hour of very active time, when I was getting real cardiovascular activity. As I studied these patterns, I realized how important it was to first move as much time as possible away from the completely sedentary category. Then I increased my amount of very active time by walking briskly, running, and biking. Study your distribution of activity for one of your typical days. Start with the easy math and add up how much time you spend sitting each day. Do everything possible to reduce that number. Then focus on doing anything that gets your heart beating a little faster than normal. Any workout will burn calories. However, as your level of intensity increases, you continue burning calories for many hours after your workout ends.

### **9. *Empty Stomach, Bad Choices***

The hungrier you are, the harder it is to resist unhealthy foods. When your stomach is empty, your blood sugar levels drop. This increases your desire for foods like burgers, pizza, brownies, and ice cream. When researchers used functional MRI brain scans to study why this happens, they discovered that the body focuses on feeding itself high-calorie foods to get blood sugar levels back to normal. An empty stomach also makes you more likely to start your meal with the wrong foods, even when you have a variety of choices. One experiment found that students who were asked to fast from dinner until lunch the next day were more than two times as likely to start their meal with bad food.

### **10. *Prioritize Your Protein***

Most of us need to consume more plant-based protein and fewer carbohydrates. Research suggests protein stimulates the cells that keep us thin and alert. Yet it can be difficult to figure out how to get enough protein from the right sources.

In the early 2000s, like millions of other people, I jumped on the bandwagon of diets focused on added protein from any source. I found myself eating substantially more red meat and cheese. At the time, grilling meat each evening was easy and appealing, until I had my cholesterol checked and it had soared to a new high.

### **11. *Stop Buying Junk for Friends***

In the grocery store, I find it easy to rationalize buying cookies by telling myself I am "getting them for friends" or to serve at an event. So I am essentially acknowledging that a food is not healthy enough for me but still okay for others. At some point, it will end up being eaten by you.

### **12. *Be Cold in Bed***



It is easier to sleep in a dark, cool room than in a warm room. You have a natural body clock that regulates your core temperature, and fluctuations tell you when to sleep and when to wake. If a room is too warm, your body clock will think it is time to wake up, regardless of the time. This explains why you can fall asleep easier and sleep longer in a cool room. Experts advise keeping your thermostat two to four degrees cooler at night. This is not ideal if you live where the climate makes cooling an entire home to this range less energy efficient. Some things you can do to help include: opening and closing vents to keep your bedroom cooler than the rest of the house, installing a secondary thermostat to maintain a cooler temperature in the bedroom, using lighter or fewer blankets, running a fan at night, or adding a gel-based mattress topper to keep your bed cool at night. Try to sleep in a room that is a few degrees cooler than the temperature you are accustomed to during the day. This mild drop in temperature induces sleep. As part of one experiment, researchers had insomniacs wear "cooling caps" and found that this alternative was three times as effective at helping them sleep as sleeping pills. Other research goes as far as to suggest that rising indoor temperatures could be contributing to obesity. Turning the thermostat down could even help you shed a few pounds.

### ***13. Small Plates, Smaller Waistline***

Portion sizes in most homes and restaurants today are larger than necessary. Unfortunately, we often rely on a visual scan of our plates, instead of our stomach, to determine when we are full. Studies show that when we have a larger portion size, we eat substantially more food. A set of experiments revealed how poorly the internal fuel gauge on your stomach functions. When you are given an extra-large container of popcorn, you eat 45 percent more. You pour 37 percent more liquid in short and wide cups compared with tall and skinny cups. The effect was even worse for kids, who served themselves twice as much cereal if given a 16-ounce bowl instead of an 8-ounce bowl.

### ***14. Don't Be Fooled by the Decoy***

Restaurants know how to lure us in. They have sophisticated research showing how placing salads and other healthy options on the menu — even if we don't buy them — allows us to justify going there in the first place. We are more likely to visit a less healthy restaurant when a healthy option is available compared with when no healthy options are available. It is hard to believe how well this works. A less healthy restaurant plants a healthy decoy, and it gives us an excuse to dine there.

I fell into this trap myself recently. While driving and growing increasingly hungry, I noticed a national burger chain that had been running ad campaigns touting their new "garden salads." To justify pulling off the road, only to end up eating crap.

### ***15. Organic Does Not Equal Healthy***

Don't confuse organic with healthy. An "organic" label on a product simply means it was grown naturally, free of pesticides, fertilizers, solvents, and chemical additives.

### ***16. Go Public With a Goal***

To achieve a goal, share it with someone who cares. Over the last few years, I have watched several good friends use this strategy to their advantage. One friend emailed a group of her closest friends to tell them she was planning to run a half-marathon. She announced it six months in advance, which helped her to stay on track with her training. She knew that once she put it out there, she would follow through. It worked. Another friend posted his goal of

completing a triathlon on Facebook. That worked as well. What's more, both of them inspired others to join in their respective efforts. A study published in the journal Obesity revealed just how contagious success is when trying to lose weight. The study found that people who were on teams with more people, lost more weight themselves.

### **17. Eat the Healthiest Food First**

My four-year-old daughter loves pasta, which is not the healthiest food. I noticed she was eating and filling up on the pasta first then leaving most of the vegetables on her plate. So instead of being a militant parent and taking away pasta altogether, I told her she could have it after she finished her vegetables. While she might not enjoy broccoli as much as macaroni, she now finishes her vegetables every time and leaves some Pasta behind.

## **Mia Tips & Tricks**

### **Chapters:**

1. *Types of purging + How to safely use each form*
2. *Other advice*

*Before we go into the Bulimia section of this document, I want to make it clear once more that this is NOT me trying to promote it. Bulimia is more deadly than anorexia.*

*I will not teach how to purge, but how to safely act on the types of purging, as I understand that many will do it nonetheless so I want them do at least do it safely.*

***Before you start purging, please consider the side affects. Anything with a {\*} means that I have experienced it myself. I personally have been hospitalized for it and heart problems caused.***

1. \*Burning in the chest
2. \*Over eating
3. \*Compulsive behavior
4. \*Impulsivity
5. Vomiting after eating even when not wanting
6. \*Dehydration
7. \*Fatigue
8. Food aversion,
9. \*Hunger, or water-electrolyte imbalance
10. \*Anxiety, general discontent, guilt, or mood swings
11. \*Bad breath
12. \*Dental cavities (I had nine of my teeth rotted because of it.), or dryness
13. Absence of menstruation or irregular menstruation
14. \*Constipation or inflamed esophagus
15. \*Off sense of taste, or sore throat

## **Types of purging**

### **1. Vomit**

Purging via vomit is the most commonly known form of bulimia. It is one of the most dangerous form of purging. If you decide to purge via this form, please be aware of how to do it safely.

- Trim your nails
- Never use anything other than your fingers to avoid choking
- Drink a lot of water
- Dont brush your teeth for at least 30min

### **2. Lax**

Laxative purging is a lesser known form of purging! It is when a person takes an excessive amount of laxatives, usually to the point of discomfort, diarrhea and nausea.

If you decide to do this form, please be aware of how to do it safely.

- Drink SO MUCH fucking water. Please.
- For the love of God please do not do it if you have anywhere to be. You're gonna shit yourself at school.
- Take ones that are more gentle on the body, and try to not over do it.
- Try to avoid doing it more than 1-2 times a week.

### **3. Chew & Spit**

A lot of people don't know that c/s is a form of purging. This is one of the 'safest' form of purging methods. This is where a person will chew up food and then spit it out. Some more expansive cases of this can also include rinsing their mouth or even brushing their teeth after every bite. This is to avoid consuming calories while still enjoying food.

Again, here are the safety tips:

- Don't do foods that are easy to choke on
- Don't do sticky foods, like taffy.
- Don't brush your teeth after each bite, it's so bad for your enamel.
- And of course, drink water!

### **4. Workout**

This is a slightly common form of purging, however is the easiest one to hide, and usually the safest, unless it's done excessively to the point of passing out. This form of purging is pretty self explanatory, it is when a person works out to burn the amount of calories they consumed, or until the point of unconscious as a form of self harm and punishment.

Once againnnn, here's how to be safe while doing this form of purging.

- Drinking water.
- For the love of GOD do not over do this. Please do not be passing out, especially if you're working out at a gym or running in public. There are weirdos and (unfortunately) the majority of people on EDTWT are women & minors, and sadly weirdos pray on that.
- Take breaks.
- Do it with a friend or tell someone, even if an EDTWT friend, so you can confirm you're ok after.

#### **Other advice**

1. Eectrolytes are your best friend. They are LITERALLY a life saver. (Not being dramatic, they can help.)
2. If you are having chest pains after purging, please please please see a medical professional. This is not a joke, this is very serious.
3. If you can not get yourself to throw up, please do NOT start using objects or drinking stuff such as bleach or vinegar to attempt to. Just stop, and maybe take a run instead.
4. Again, just don't start purging if you can help it. No ED is safe, but purging is so fucking bad for you, and it kills.