

Anorexia: A Parent's Perspective

Trisha Price

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Dealing with a child's eating disorder can be overwhelming, but it is possible to take concrete steps to support your child's recovery. In *Anorexia: A Parent's Perspective*, Trisha Price offers commonsense suggestions collaborating with health care providers to assist recovery. As the mother of a daughter who successfully recovered from anorexia, Price is well-suited to offer insight and advice. And thanks to Price's background in veterinary science, she is able to explain the biochemical and physical consequences of anorexia in understandable terms.

Price's daughter was a healthy thirteen-year-old when she developed anorexia. Although she began her recovery within a year of onset, she took another year and a half to catch up with her expected growth level. During her illness, the family coped with her inability to retain body heat, her fragile health, the constant vigilance necessary to ensure she did not go into cardiac arrest, and temper tantrums caused by hypoglycemic reactions.

Drawing on her own experiences, Price has compiled a list of twenty-five steps parents can take, with the approval of the health care team, to support recovery. Each step begins with an explanation of the action to take and why it is important, followed by what the Prices did to support their daughter's recovery. Each chapter ends with a discussion of what actions parents can take to help their own child.

Steps run the gamut from the biochemical ("Supply Electrolytes") to the physical ("Compensate for the Loss of Body Insulation") to the emotional ("Refocus Your Child's Attention") all delivered in a straightforward, comprehensible style. Chapters about nutrition and biochemistry describe the role of each type of nutrient in the body, as well as the methods the Prices used to supplement their child's diet. These chapters are especially useful, written as they are with minimal use of medical jargon.

Price states repeatedly that she is not a physician and that the steps in this book should only be taken with the input and approval of the child's physician. But, she says, she learned little of this information—with the exception of the diagnosis, standard treatment options, and a basic discussion of nutrition recommendations—from healthcare providers. The rest she put together from an impressive array of sources from the medical literature, all of which are thoroughly documented. This reassuring handbook for parents is a valuable supplement to the advice of medical professionals—from a mother who has been through the struggle herself.

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