

to prevent purging and hours of cajoling at the dinner table" (Schindehette et al., 2003, p. 136).

An example of how involved the parents are in this treatment is seen in Abbie's story. Abbie, at her low point, weighed only 68 pounds at 17 years old. Usually dinner was a struggle for the entire family as Abbie tried almost anything to avoid food. She would literally squeeze butter out of toast and wipe it on her hands like lotion, all so she could keep away from putting anything with caloric content into her mouth. Then Abbie's parents learned of the Maudsley Method and started her in it. Shortly after starting the program, her parents had her wearing white gloves to dinner. The objective was that the food went in its entirety into her mouth not on or under the table or massaged into her skin. The gloves were to be clean at the end of the meal. Her parents said, "If she slopped some milk on the table, she'd lick it up. She knew that, no matter what, she had to eat it all" (Schindehette et al., 2003, p. 136). Overall, in this family based therapy program the Maudsley Method, the parents are empowered to use food as medicine and many studies report significantly greater success with family based therapy. People magazine (2003) reports that while the mortality rates for AN still average around 5 to 20 percent, the Maudsley Method is reporting success rates as high as 90 percent five years after treatment was initially sought. Other studies agree that family therapy is one of the best treatments for young adolescents and those with early-onset AN (Robin et al., 1999; Geist et al., 2000).

#### **Nutritional Therapy**

While individual and family therapy are two of the more traditional methods of treating AN, nutritional therapy, which is called psychoeducational therapy, is also

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