

## Eloise, 24

### Influencer, avid traveller and eating disorders coach who has waged an almost-life-long battle with binge eating disorder, PERTH

Social media influencer, avid traveller and eating disorders coach, Eloise, 24, Perth, has waged an almost life-long battle with binge eating disorder.

Exhibiting disordered eating behaviour during her childhood, Eloise continued in this way for years until, perplexed by her eating habits, she chose to go in search of the cause.

After researching the topic, Eloise believed she was living with binge eating disorder, for which she required urgent help and support.



Eloise spent countless hours reading and researching her disorder. She sought help from eating disorder coaches, support groups and podcasts. She gained further insights into her disorder from the advice and guidance of others who had undergone a similar experience.

Now a passionate advocate for those living with eating disorders, Eloise established her own eating disorders coaching business in 2019, to provide much-needed support for this community.

#### This is Eloise's story.

Growing up, Eloise waged an ongoing battle with her weight. She spent years not considering the underlying reasons why she would binge eat even when she wasn't hungry. But at 20 years of age, Eloise finally confronted her dangerous addiction to food and her abnormal eating behaviours.

In 2016, having battled disordered eating throughout most of her childhood and teens, Eloise says her illness eventually took complete control of her.

"I was both physically and emotionally unstable at the time. My muscles and bones were in pain, and I had no idea where to turn for help. I felt as though I had nothing to live for," said Eloise.

"I had been going through cycles of dieting and restricting for years, and there was no in-between. I was either eating 500 or 5,000 calories a day.

"I was so exhausted and I hated myself. I would often cry myself to sleep," Eloise said.

Once Eloise discovered she was 'binge eating', she felt motivated to seek help. Despite having next-to-no understanding of how to overcome her disorder, she explored many different avenues, and faced many triumphs and failures.

"When I realised I had binge eating disorder, I became more proactive about seeking help.

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"At times my road to recovery was quite frustrating, and I made many mistakes. I even gave up a few times, but luckily got back up on my feet and kept going," said Eloise.

Over the past three years, Eloise has worked very hard to overcome her binge eating disorder, and to mount a positive journey toward recovery.

Today, armed with ongoing help and support from binge eating coaches, Eloise has improved her health and wellbeing, and is learning a lot more about her illness.

She is now living life to the fullest in Perth as a social media influencer, and is helping others to navigate the challenging waters of their respective eating disorders.

"I am 100 per cent recovered now. I think I just made the decision to do whatever it took to recover.

"Overcoming an eating disorder is like training a muscle. It requires consistent effort. I've had to work constantly on my illness in order to control and maintain my binge eating behaviours," Eloise said.

"All areas of my life have now improved, especially my mental wellbeing and physical energy levels. Nothing feels better than food freedom."

Eloise suspects there are other members of her family who too, have experienced disordered eating, despite having never received a medical diagnosis.

Eloise is excited to be contributing to the Eating Disorders Genetics Initiative (EDGI) – the world's largest genetic investigation of eating disorders ever performed. The study is aiming to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"Finding the genes that influence a person's risk of developing an eating disorder should benefit many Australians currently living with, or at risk of developing these devastating mental illnesses," said Eloise.

**Should you suspect that you, or a loved one, may be living with an eating disorder, speak to your local healthcare professional without delay, or head to [www.insideoutinstitute.org.au](http://www.insideoutinstitute.org.au) to complete their screener and assessment, and to access more information and professional support.**

**Australian professional patient support services offering 24/7 helpline services include:**

- **Beyond Blue: 1300 22 4636**
- **Lifeline: 13 11 14**
- **Men's Line Australia: 1300 78 99 78**
- **Kids Help Line: 1800 55 1800.**

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