



## **iQuestions Faculty, Dr. David Eckman**

---

Question:

*What is the first step that I should take in dealing with dieting or eating disorder?*

Answer:

The first step a person should take when they want to address an eating disorder, or the issue of dieting or being overweight, anorexia, bulimia, is to talk to somebody.

Because, what happens is people not only feed off of food, they feed off of illusions—illusions that they suffer in isolation. When we step into the sunlight, when we step into relationships, that's when the illusions begin to dissipate.

Pick out somebody who you think will be a sympathetic listener, and start sharing your struggles with that individual. Get yourself into a small group. Get yourself into a weight-reduction class. But don't stay in isolation in this struggle.

Share your life with others, because you'll have an amazing experience. You'll find that many, many others are going through what you are going through.