

## Valiant Recovery Helps Recognize and Treat Food Addiction and Disorders

Written by Australian Business

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( [PRLEAP.COM](http://PRLEAP.COM) ) Kelowna, BC, Canada – [Valiant Recovery](http://Valiant Recovery) , a leading alcohol abuse treatment center in British Columbia, also helps families identify and treat eating disorders their loved ones may be suffering. Men and women both can suffer from eating disorders and while food addiction and eating disorders can be more challenging to notice than drug or alcohol addictions, they can be just as devastating on a person's health. Not recognizing the disorder early can mean the difference between recovery and poor health or even death in severe cases.

According to the specialists at Valiant Recovery, a binge eating disorder is characterized by a number of signs and symptoms that may not always be obvious, especially in the beginning. But as the disorder grows so do the symptoms that may be seen. One of these is evidence of an episode of binge eating, such as missing food or large amounts of containers and wrappers for food that suddenly appear in the garbage. Hoarding food is another sign of a binge eating disorder. Binge eating disorder typically leads to a weight gain and often causes obesity.

The warning signs of Anorexia Nervosa can range from mild to severe, but there are some symptoms that parents and family members should watch for and recognize. Some of the most common warning signs of Anorexia Nervosa include obsessive calorie counting, weight loss that is rapid and dramatic, hiding weight loss by wearing clothing that is very loose fitting or bulky. Also, failing to eat at meals, planning and making elaborate dishes that the person does not eat, and avoiding mealtimes spent with others are all typical warning signs of Anorexia Nervosa.

Family members who may recognize any of these signs in their loved one should address this problem as they would any other debilitating addiction. Valiant Recovery offers the tools and assistance necessary to help begin the recovery process. From intervention to in-patient, holistic therapy, Valiant Recovery can offer a path to recovery and healthy living for those suffering from these traumatic disorders.

About Valiant Recovery Valiant Recovery can help patients make their dream of sobriety a reality. Drugs and alcohol do not have to control your life, as you can put this part of your life behind you for good when you choose the right program for your substance abuse treatment. A wide variety of options concerning therapy is essential, and Valiant Recovery offers many treatment options. Valiant Recovery is nothing like the usual substance abuse treatment facilities. An elegant and luxurious atmosphere, and a large professional staff that actually cares, also set this rehab far above most. You will get the personal attention and help that you deserve, so you can get back to your life and the really important things like family. To learn more about spotting the signs of eating addition and disorders and to seek help, visit [www.valiantrecovery.com](http://www.valiantrecovery.com)

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