

# EATING DISORDERS

## Information Guide

### WEBSITES

**ALLIANCE FOR EATING DISORDERS AWARENESS**  
[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

**MEDLINEPLUS**  
[www.nlm.nih.gov/medlineplus/eatingdisorders.html](http://www.nlm.nih.gov/medlineplus/eatingdisorders.html)

**NATIONAL EATING DISORDER INFORMATION CENTRE**  
[www.nedic.ca](http://www.nedic.ca)

**NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS**  
[www.anad.org](http://www.anad.org)

**PUBMED HEALTH**  
[Anorexia Nervosa](#)  
[Bulimia](#)

### NEED MORE INFO?

PHONE: (519) 743-7502  
EMAIL: [askus@kpl.org](mailto:askus@kpl.org)  
WEBSITE: [www.kpl.org/ref/healthlink.html](http://www.kpl.org/ref/healthlink.html)  
IN PERSON: at any KPL location

### COMMUNITY CONTACTS

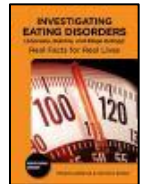
**Eating Disorders Awareness Coalition of Waterloo Region**  
67 King St. E.,  
Kitchener, ON N2G 2K4  
Phone: (519) 745-4875  
Website: [www.edacwr.com](http://www.edacwr.com)



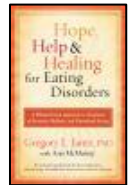
[www.kpl.org](http://www.kpl.org)

### BOOKS

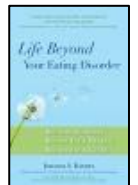
**Investigating eating disorders**  
Marylou Ambrose  
**2011**  
[616.85262 Ambro](#)



**Hope, help & healing for eating disorders: A whole-person approach to treatment of anorexia, bulimia and disordered eating**  
Gregory Jantz  
**2010**  
[616.8526 Jantz 2010](#)



**Life beyond your eating disorder: Reclaim yourself, regain your health, recover for good**  
Johanna Kandel  
**2010**  
[616.8526 Kande](#)



**Bulimia: A guide to recovery**  
Lindsey Hall  
**2011**  
[616.85263 Hall 2011](#)



**Surviving an eating disorder : Strategies for family and friends**  
Michele Siegel  
**2009**  
[616.8526 Siege 2009](#)

