

Weight Loss and the Abused Woman Syndrome

By Ron Petit

When you don't feel cared about, when you feel used and disrespected, much less physically and emotionally violated, there's a strong tendency to turn to food for comfort when you see no other way out. Unfortunately many women do experience disrespect and domestic violence on a daily basis in Sawyer County. Is it any wonder then that the refrigerator would beckon to them when they are struggling with hurt that seems to have no solution.

Healing begins when we risk coming out of isolation and getting with people we can trust. Although sometimes risky, as any move in the direction of independence is often seen by the perpetrator as a threat, the positive pay-offs can be enormous.

We believe you deserve better. We're not perfect (Thank God) but we do know how to listen and we can empathize because we've been there too. Check us out. Weight loss and recuperating your self-respect and emotional health can be within your reach.

For more information call 266-2444 .