

Monte Nido's Statement in Response to the Horrifying "K-E Brides Diet"

What is happening to us when doctors are prescribing, the media is advertising, and women are buying into... a nasogastric tube feeding diet in order to "fit into that perfect dress." The new and horrific Ketogenic Enteral Nutrition (K-E) diet is now being offered for upcoming Bride's to lose those "extra few pounds" just days before their wedding.

This rapid weight loss diet was created by Florida-based, Dr Oliver Di Pietro, who claims the procedure is "perfectly safe" and "has been available in Europe for years". He also claims that the procedure has only "minimal side effects" such as "bad breath and possible dizziness." Really? Let's consider the side effects of what are promoting altogether: The idea that for your wedding day you, have to lose weight and be thinner than you are -- or thinner than you will be right after the wedding and the tube feeding is over? Have you ever looked up the success rates of dieting, particularly diets that result in rapid weight loss? Our cultural mentoring for young women continues to preach...." what you look like is more important than who you are." And next thing you know girls will be signing up for this before the high school prom, senior pictures or summer!

I am an eating disorder and body image specialist and I am sad. I spend my life teaching my clients that old cliché... it's what's inside that counts. And my work is getting harder and harder. When will we wake up?

I have seen many patients with anorexia who have had to be tube fed to save their lives...not something I can imagine someone doing by choice. My eating disorder clients in recovery, or those recovered, like me, are stunned by this new weight loss procedure, outraged by it. But really are we all that surprised? Those suffering with eating disorders are getting new ideas..."Well, if the doctor thinks this 800 calorie a day diet is safe, why is everyone worried about me?" I have a client who said aloud, "I wonder if I can go in and say I am getting married?"

The cultural pressure to be thin does not alone cause an eating disorder but dieting catches in its net those who are susceptible to these illnesses. It is a huge risk factor. I have never met a person with an eating disorder who did not have a history of dieting. But many more are caught in dieting nets as well. There are the millions of girls and women who will not get full blown diagnosable eating disorders but will forever be haunted by their weight, teased by others and lead to believe they are unworthy, unattractive or do not measure up, because our culture is obsessed with thinness. The new K-E diet is just another moneymaking scheme preying on vulnerable females in a world where there is not enough alternative mentoring leading them in another direction.

About Carolyn Costin

Ms Costin, recovered from anorexia in the early seventies, and has specialized in treating eating disorders since 1977. A pioneer in the field, Costin, her books and treatment programs are highly recognized and respected in the field. Costin is an award winning activist and a sought after speaker at national and international conferences.

In 1996 after several years of treating eating disorder patients in hospital settings, Ms Costin opened Monte Nido, a one of a kind residential treatment facility. The success of her program led to the opening of two more residential facilities, two-day treatment programs and two transitional living houses. Monte Nido and Affiliates are known as premier treatment facilities in the US and regularly accepts patients from abroad.

For more information about Carolyn and her programs please visit:

www.carolyncostin.com or www.montenido.com