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NEW MOVEMENT THERAPY HELPS THOSE WITH EATING DISORDERS

Remuda Programs for Eating Disorders, Nation's Leading Eating Disorder Treatment Center, Implements FORM, A Meditative Movement Therapy, into Treatment Program

PHOENIX (June 19, 2007) – Remuda Programs for Eating Disorders, the nation's leading eating disorder treatment center, has implemented a Pilates-type meditative movement therapy called FORM into its intensive, inpatient treatment program for women and teens with eating disorders.

FORM is a centering and meditative movement technique that's accompanied by deep breathing, stretching, specialized music and readings from the Bible. It helps patients learn to relax and release the anxieties and obsessions caused by their eating disorder.

"FORM teaches patients to breath deeply and stretch, easing the body aches and pains they may have because of their eating disorder," said Amy Gerberry, director of activities at Remuda Programs for Eating Disorders. "FORM also teaches compulsive exercisers to be more moderate in their exercise routines and helps improve trust and body image through the experience of acceptance by other participants in the class and techniques that teach people to welcome God's help in life's struggles."

Importantly, patients learn to distract from their eating disordered thoughts and behaviors and to relate to their bodies in a brand new, affirming manner. FORM is an excellent meditative outlet that benefits patients regardless of their faith.

FORM stands for Freedom Ordered Renewal Meditative Movement. It was developed by Kathryn Linehan, a documentary filmmaker and fitness teacher from Los Angeles. This growing movement is now being taught as a class at Pepperdine University.

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Patients at Remuda participate in FORM one to two times per week. “FORM is a practice that each patient can make her own,” said Kathryn Linehan, founder of FORM. “It’s a way to discover that Scripture can sing to the heart. The intent is to fill and nourish every aspect of our being with God’s love and fruitfulness.”

Patient evaluations of the meditative movement therapy are excellent. Patients are learning not to take their bodies for granted. Women and girls with eating disorders usually hate their bodies, but through FORM they are discovering that their bodies are a gift from God. The meditative movements, relaxation techniques and prayer powerfully communicate this understanding. Additionally, patients are reporting improvements with mood, relaxation, and stress relief.

About Remuda Programs for Eating Disorders

Remuda Programs for Eating Disorders offers Christian inpatient and residential treatment for women and girls of all faiths suffering from an eating disorder. Each patient is treated by a multi-disciplinary team including a Psychiatric and a Primary Care Provider, Registered Dietitian, Masters Level therapist, Psychologist and Registered Nurse. The professional staff equips each patient with the right tools to live a healthy, productive life. For more information, call 1-800-445-1900 or visit www.remudaranch.com

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