



ALIVE!

Living with anorexia as a young person

I developed anorexia at 15 after ongoing abuse in the family home & school.

Dark periods and institutionalisation

8 years of being transferred from hospital to hospital,
spending 6- 7 months at a time;

living with acute mentally ill patients became all I knew.

By 19, I developed a chronic marijuana habit that took 4 years
off my life.

I also lost my Dad to cancer at this time.

At 21 I had a mild cardiac arrest in hospital; I had to be tube- fed.

Recovery and freedom

At 23 I made a decision to turn my life around and start to fight;
this was not an easy journey.

At 24 I was a year out of hospital, my weight was stable.

Time to be free & travel around Australia!

I am now free from drugs, anorexia and abusive men.

I have also discovered freedom through my faith.