

## Letter of Advice

*Chan Sheng Xian Marius*

**4A (13)**

Dear Mr. Cho and Mrs. Cho,

I'm Jenny's best friend and I've noticed your daughter has been on a diet for a few months and has lost some weight, and I can't help notice that she's been more tired recently. She has told me that she thinks she's still. I'm getting a bit concerned because she doesn't look fat at all and rather it's her mind telling her that she's fat. It's quite possible Jenny has an eating disorder. As I wouldn't want her to be unhappy and hurt herself, I'd like to ask you to help her seek proper assistance.

Eating disorders are mental illnesses where one's mentality and state affect normal routine, and the way of eating causes one to be overweight, underweight or have other physical health problems like fatigue or physical heart pain. An example is bulimia where a patient eats a lot and then throws up to remove the food in fear of gaining weight. Jenny, however, shows signs of another eating disorder called anorexia nervosa where one stops eating the required average amount to be healthy and even lose weight because they have a mental image where they are always fat and have to keep losing weight.

I'm sincerely apologizing for being so serious and sudden for asking for help as I'm really worried about Jenny and, as her friend, I think you should know about her problem. On a brighter note, I've researched a bit and have found ways to help Jenny and also how you can help her.

The first and most vital way to help is send her to therapy. There may be some problems that are hidden from us that are causing her problem; just remember not to pry and let her tell you when she's comfortable. Give her compliments once in a while and reassure her that she looks fine and doesn't need to continue dieting. Sometimes reassurances and comments can help remind her about what's actually happening.

It will be a long process to recovery but she will be much happier in the end. Just please be patient with her. It may not be easy for her and she will appreciate any support and help she can get. I hope you will be accepting of her. Please let me know if there's any news or have any questions. As Jenny's friend, I'll try my best to help. I hope you all

have a nice day.

From,

Chris Wong