

Title: 2006 Bulimia Case-Study Follow-up

October 18, 2006

Greetings all,

Just a quick note to let you know that I just posted an updated version of the bulimia case study. The new material (follow-up note for 2006) is included below.

Blessings,

Dr. Lehman/Karl

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Additional material in 10/2006 updated version of the bulimia case study (inserted at the appropriate places in the case study):

Follow-up note (October 8, 2006): As of October 2006, it has been almost 6 years since Mary's initial healing and almost 3 years since she tapered off of her psychiatric medications. In spite of a very stressful year that included caring for 7 children, moving across the country, a miscarriage, a full term pregnancy with multiple medical complications, and the dramatic hormonal changes following delivery, Mary has remained free of both bulimia and depression. With respect to bulimia, she writes: "I can honestly say that [during this past, very stressful year] resorting to old, bulimic 'coping' skills did not enter my mind. It's as truly GONE as it ever was...." She has been able to get healing for other issues as they have come up, but she has not had to deal with any symptoms of bulimia.

Ironically, Mary also reports: "I had to stop using one local physician, who, after reading my history, retorted that, 'No one gets healed of bulimia.' I said I understood that, but that I was in fact healed, and was no longer bulimic. He told me that was nonsense, and that 'while it's clear you have psychological issues for needing to believe you're healed, I can assure you, you are not healed.'" This response from a *Christian* physician is sad, but understandable in light of the current main-stream understanding that bulimia is a chronic condition that can be managed but not cured.

October 2006 addendum regarding "remaining issues": After a long series of unusual circumstances that had prevented ongoing Theophostic[®]-based therapy/ministry, Mary has received more ministry, with additional perceived benefit. She now continues to receive ongoing "preventive" ministry as issues come up. I think this has contributed to the good news that she has remained free of bulimia and depression, without needing to resume

medication, even though this past year has included many intense stressors.