

# Integrative Health Clinic In Toronto Warns About the Effects of Disordered Eating

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Mahaya Health, an integrative health clinic in Toronto, has warned that the health effects of disordered eating need to be better understood by people. It is important to realize that this is really a complex and challenging problem, particularly because it may be unnoticed, hidden by the patient's apparently healthy exterior. In some cases, it may be noticed that a particular person has an emaciated body but this may often be written off as the individual's decision for a "lifestyle change" or that they are on a fad diet.

Dr. Elena Rossi, ND, from Mahaya Health, explains, "You may be more familiar with eating disorders like anorexia and bulimia nervosa, but there are many more kinds of disordered eating. Some involve a preoccupation with healthy eating that begins to interfere with life. Some involve a relatively normal relationship with food, but a fraught relationship with exercise. Others involve certain routines or practices, or rules about eating. Sometimes, disordered eating is about eliminating food groups, or fasting, or cheat days. Any of it can be a problem."

Dr. Rossi advises people to examine their relationship with food. Because food is very much interconnected with human experience and emotion, people may use food as a coping strategy without even being aware of it. Many events in people's lives like holidays have to do with food. It may involve fasting or eating huge dinners resulting in everyone being uncomfortably full. Most people would celebrate an event, such as an award or an accomplishment, by eating dinner, while some may try to get rid of their sadness by eating certain foods, such as a pint of ice cream.

The result is that people often interact with food because of an emotion and how they feel, instead of thinking about what their body really needs. Disordered eating is truly a complex problem as many people may not be aware they have it. It involves certain core beliefs and thought patterns that have become such a part of their lives that they are assumed to be the truth. Naturopathic medicine may be able to serve as a tool to help people recover from disordered eating. This includes mind-body counselling, traditional Chinese medicine, acupuncture, nutrition, and homeopathy.

Mahaya Health, with Instagram page [https://www.instagram.com/mahaya\\_health\\_services/](https://www.instagram.com/mahaya_health_services/), is a health clinic with a team of specialists who work collaboratively and holistically. Their areas of expertise include hormonal health, sleep & mood disorders, mental-emotional health, prenatal care, and digestive health. They offer naturopathic medicine, osteopathy, massage therapy, Chinese medicine & acupuncture, psychotherapy, and pelvic floor physiotherapy & myofascial release.

Naturopathic medicine addresses the root causes of diseases and enables healing using a wide range of natural therapies. These include herbal medicine, clinical nutrition, physical treatments, homeopathy, acupuncture, and lifestyle counselling.

Osteopathy is a gentle manual medicine that is focused on movement, particularly the movement of the joints, energy, fluids, breath, and emotions. It is based on the principle that prevention of the circulation of any of those can result in pain, discomfort, or illness. The osteopathic practitioner strives to locate the blockage to help reset the movement. Osteopathy can be used for back pain, digestive problems, joint pain, stress, pregnancy, pediatric health, and emotional health.

Massage therapy involves the manipulation of soft tissues, such as muscles, tendons, ligaments, and fascia. Its purpose is to bring back those tissues to a healthy state. It is commonly used as a safe treatment for a number of common conditions, such as muscle sprains and strains, neurological pain, trigger points, and posture imbalances.

Acupuncture can be used to support the body's natural healing ability. Regular treatment can result in a balanced nervous system, decrease local and systemic inflammation, and enhancing a person's overall immunity. Chinese herbal medicine and acupuncture are often used for reproductive health concerns, stress reduction, pregnancy & postpartum care, and pain relief.

Those interested in learning more about treatments for disordered eating or other illnesses can visit the clinic's website or contact them on the phone or through email. People may also want to stay updated regarding the clinic through their Facebook page at <https://www.facebook.com/MahayaHealth>.

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**Mahaya Health**

*Mahaya Health is an integrative healthcare clinic in downtown Toronto. They offer naturopathic medicine, acupuncture, traditional Chinese medicine, psychotherapy, classical osteopathic manual therapy, registered massage therapy, and physiotherapy.*

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