



INDICATIONS OF A NATURAL WEIGHT



Physical signs

- Regular menstruation or nocturnal emissions
- Normal hormone levels
- Weight maintained without restriction, restraint, bingeing, compensatory behaviours
- Normal blood pressure, heart rate, blood chemistry, temperature (not cold all the time), bone density
- Stable energy levels (not exhausted, agitated)

Cognitive signs

- Thinking flexibility, good attention & concentration
- Not obsessive, highly ritualised or frequently pre-occupied
- Improvement or absence of urges to engage in ED behaviours (e.g, binges, purging)

Psychological/Social signs

- Can eat flexibly, according to what want/feel like
- Eating comfortably with others
- Can eat what others have prepared (eg, at a restaurant), without concern
 - No food rules/rituals
 - Largely stable mood
- Starting to or returning to age appropriate milestones