

# EDCA NEWS

August 2018

## Mission Statement

The mission of the Eating Disorder Coalition of Arkansas is to unify treatment professionals and all those committed in order to optimize the quality of life of Arkansans affected by eating disorders. We seek to advance treatment, awareness, advocacy, and professional support for the eating disorders treatment community in Arkansas.

## Upcoming Events

**Support Group:** We have decided to temporarily suspend our weekly support group meetings.

**Eating Disorder Concerned Persons Group:** Hosted by Riverstone Wellness Center, this group is designed to provide support and practical guidance to persons concerned about someone who has, or may have, an eating disorder. This group is open to the public and meets weekly on Thursday evenings. Please call (501) 777-3200 or visit [riverstonewellnesscenter.com](http://riverstonewellnesscenter.com)



## A Tidbit about a Little Nutrient: Vitamins

Growing up, most of us hear ‘You need to take your vitamins!’ But what do we take our vitamins with? Do you take it on an empty stomach, with water, before meals or after? So let’s start at the beginning. Vitamins are organic compounds that are essential nutrients. Vitamins are divided into two groups; fat soluble and water soluble. This means that some vitamins are absorbed through fat and some through water.

Water soluble vitamins are not stored in the body and need to be replenished through the day. Your body can also easily get rid of them when there is an excess. Fat soluble vitamins are stored in fatty tissues and the liver. These are more difficult for your body to eliminate if needed and require fat to be absorbed.

Only two vitamins are made in or by your body. Vitamin K is made by the flora in you GI system and Vitamin D is made by



## How to Get Involved

- **Kroger Community:** Sign up with Kroger Community, and a portion of your Kroger spendings will be given back to the EDCA. Follow this link to get started:  
<https://www.kroger.com/account/enrollCommunityRewardsNow>
- **Amazon Smile:** Set up your Amazon Account through Amazon Smile. A portion of your spendings will be given back to the EDCA. Follow this link to get started:  
<https://smile.amazon.com>

## Free Recovery-Focused Apps

- Rise Up + Recover
- Recovery Record
- RealifeChange
- MindShift
- What's Up?-A Mental Health App

## Connect With Us

[edcofark@gmail.com](mailto:edcofark@gmail.com)

[www.edcoark.org](http://www.edcoark.org)

[facebook.com/edcofark](https://facebook.com/edcofark)

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getting sunlight through the skin. All vitamins are found in the foods we eat which is why a good variety of foods is so important.

Water soluble vitamins are C and the B vitamins. These are found in fruits, vegetables, and grains. They can be destroyed by heat or being exposed to the air. Vitamin C is an antioxidant that helps keep cells healthy and to make collagen. The B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic Acid, B6, Folic Acid, and B12) are helpful for energy and metabolism in different ways.

Fat soluble vitamins are A, D, E, and K. Vitamin A is an antioxidant that is important for visual health and supporting the immune system. Vitamin D is also used for immune support but also for bone maintenance. Vitamin E is not one nutrient but the collective name for 8 different fat-soluble vitamins with antioxidant properties. Vitamin K's main function is blood clotting, however, it can also reduce heart disease risk and reduce bone health.

All vitamins, water soluble or fat soluble, play important roles in maintaining a overall health. It is important to eat a balanced diet with good variety. In some cases, you may need to take vitamin supplements. It's a good idea to ask your health care provider first.

