

## IN THIS ISSUE

Welcome to the newsletter of Laura Cipullo Whole Nutrition in NYC and the L'ifestyle Lounge in Closter, NJ, founded by Laura Cipullo, RD, CDE, CEDRD, RYT and Past President of iaedpNY. Our mission is to redefine diet to habitual nourishment as is defined in the Webster's Dictionary. We work with individuals and families alike to prevent and treat eating disorders. Whether working with one of our RD's or taking a yoga class, you will have the opportunity to be in a weight-neutral space. This means there is no judgment about how much you weigh or how you look. Instead, our team helps you to focus on finding what foods, movements and breathing techniques are best for you. Our goal is to help you change your relationship with food and body through the application of what we call Positive Nutrition and the L'ifestyle. Our motto is "Eat Kale and Cupcakes." We are proud to share that Project Heal, a charity providing scholarships to individuals in need of eating disorder treatment, has licensed our motto! You can now support Project Heal Scholarships by buying tees, tanks and sweat-shirts that read "Eat Kale and Cupcakes!"

In theme with back to school and eating disorders, this newsletter shares insights on the differences between picky eating and problem eating amongst children (as well as adults). Our Paint and Poses instructor Meagan Janson, RYT shares some fun books to help create a positive, mindful lifestyle to read with your children. Know that lifestyle starts with nurturing positivity and compassion from pregnancy and throughout the life-cycle. Whether taking a prenatal yoga class, reading to your child, meal planning with our Health Coach, Adina Kelmen, CHC, AADP, RYT, or addressing picky eating with our RD, Elizabeth Adler, you will be fully supported.

## A Picky Eater or ARFID?

BY LAURA CIPULLO, RD, CDE, CEDRD

FOUNDER OF THE L'IFESTYLE LOUNGE

Is your child a picky eater or are his/her eating habits consistent with Avoidant Restrictive Food Intake Disorder (ARFID)? Most parents have experienced the child who at age two starts to refuse foods in effort to create independence from their parents and even to test boundaries. But, there is the child who continues with this behavior or develops anxiety around food and eating, impairing the child's ability to grow in height and weight. This child may have ARFID, a diagnosis reserved for the pickiest of picky eaters who avoid or restrict their dietary intake due to the sensory qualities of food or a fear surrounding food and eating, such as choking or vomiting.

How do you know if your daughter or son has ARFID? First of all, the decrease in food intake can occur or be diagnosed at any age. Typically, growth will be stunted, and the pediatrician will identify the impaired growth and development at the annual wellness visit. Some parents notice an increase in the child's level of anxiety, loss of appetite and or weight loss. Keep in mind, ARFID is not about weight unlike other feeding and eating disorders. Read the lists below to help determine if your child is simply a picky eater or possibly at risk for ARFID.

### Picky Eaters Versus "Problem" Eaters

*Adapted from Eating Recovery Center's Presentation ARFID: Integrative Psychotherapy and Nutrition Protocol for Assessment and Interventions, May 11, 2018 and TOOMEY & ASSOCIATES, INC. © 1990/2018*

- Decreased range or variety of foods, but will eat > 30 foods
- Foods lost due to "burn-out" usually resumed after 2 weeks
- Tolerates new foods on their plate and can touch or taste them
- Eats >1 food from most food/nutrition groups and textures
- Adds new foods to current foods in 15-25 steps

### Versus

- Restricted variety of food typically < 20 foods
- Foods lost, are not re-acquired at a later point
- Cries or has a meltdown when new foods are introduced
- Usually eats different foods from the family and usually eats alone
- Refuses entire categories of food textures or nutrition groups
- Adds new foods in > 25 steps

If your child's food behaviors are consistent with the above, consider seeking assistance from a registered dietitian specializing in eating disorders, and obtaining more information from centers specializing in ARFID such as Eating Recovery Center and <https://www.nyp.org/psychiatry/services/center-for-eating-disorders>.

### Additional References:

Kohn, J. B. (2016). *What Is ARFID?* Journal of the Academy of Nutrition and Dietetics, 116(11), 1872.



The L'ifestyle Lounge offers yoga classes (for all ages), mindfulness classes that provide structured time to reflect inward, and nutrition sessions with registered dietitians. Founded by Certified Eating Disorder Registered Dietitian and Registered Yoga Teacher, Laura Cipullo, the L'ifestyle Lounge serves as a self-care studio for all body types and ages, to teach clients how to live, eat and move mindfully.

# The Pressure of Picky Eating

BY ELIZABETH ADLER, MS, RD, CDN

REGISTERED DIETITIAN WITH WHOLE NUTRITION SERVICES AND THE L'IFESTYLE LOUNGE

Picky eating can develop at any age, in any environment, and around many different foods. Perhaps the pickiness is with an aversion to one type of food, a mushy or slimy texture, a strong smell, or the unappetizing memory of a particular food experience. Picky eaters may feel challenged and anxious when around foods like vegetables, fruit, dairy foods, sandwiches, or even pizza and pasta. However, picky eating is about more than just food.

Picky eating can be emotional, stressful, and may interfere with important life experiences like family meals, vacations, and birthday parties. Food may be everywhere, but there is nothing for the picky eater to eat! Can you imagine? The picky eater is stressed and hungry; and yes, the parent, caregiver, family member, or friend is stressed. These tension-filled experiences around food can lead to anxiety, fear, and, often, failure to meet expectations.

Through no one's fault, what may begin as picky eating often develops into pressured eating. The picky eater feels pressure to eat disliked

foods, pressure to finish the plate, or pressure to try new foods and like them. The food provider may feel pressure to ensure the picky eater is nourished with adequate amounts of food and a variety of nutrients for optimal health and development. Perhaps, the provider is preparing separate meals to cater to the picky eater's needs or the family has to suffer with bland food every night. Over some time, what may have started as an aversion to green vegetables has now evolved into a screaming match at the table over bowls of pasta and chicken fingers.

This past winter, the grandmother of two picky eaters, with increasingly limited diets, reached out for help. After a conversation about food and the experience of eating with the two siblings, I quickly learned that even the thought of trying new foods brought about shaking legs, crossed arms, and shaking heads. "I'm not going to like it, and I don't want to try it." With a history of feeling pressured to try and like new and old foods, and many conversations over the dining table on this topic, they grew resistant. Over some time, we worked together

to develop an open mind to food. Through our dining sessions, we tried pizza, pasta, dumplings, heroes, and make-your-own sandwiches while exploring past experiences with these foods, understanding their emotional responses, and practicing breathing and mindfulness with each bite. Creating a space of neutrality and emotional awareness around food led the two siblings to end our sessions with a more varied list of foods to enjoy, and an open mind to trying new foods in the future.

Neutralizing the emotional experiences of picky eating may help to release the build up of pressure at the table. A registered dietitian can provide a neutral environment where food is not good or bad, healthy or junk, loved or hated – food is something to taste, describe, and explore. The picky eater is no longer expected to like every food or finish every bite. He/she can rediscover an open-mind to textures, flavors, and food experiences. We cannot expect anyone to love every food, and we may need to be patient with our picky eaters experiences. Let us start by taking the pressure out of picky eating.

## What's New at the Lounge

### Physical Therapy with Elaine Waksman

Physical Therapist Assisted Stretch Class  
1 Instructor and 1-3 clients!



The Lounge now offers a small group stretch class (3 people per class) as well as One-on-One personalized stretching services for posture correction, performance enhancement and injury prevention. The class incorporates different stretching modalities including manual therapy

and proprioceptive neuromuscular facilitation known as PNF. Depending on your preferred workout regimen, you can stretch before or after your activity. Class is limited to 3 individuals at \$45.00 per person to allow for individual attention for each stretch.

The benefits of stretching includes increased muscle flexibility, joint mobility, and improved performance without risk of injury. In addition to the physiological benefits, consistent stretching may offer a reduction in stress, improved sleeping patterns and an increase in muscle relaxation. The Lounge recognizes the need for a Physical Therapist to formulate and guide the Practitioner Assisted Stretch class.

### Beauty Counter with Laura Cipullo

Why we sell **Safer Skin Products** at the L'ifestyle Lounge and online at [www.beautycounter.com/LauraCipullo](http://www.beautycounter.com/LauraCipullo)



Beautycounter has created The Never List™ which is made up of approximately 1,500 harmful or questionable ingredients to prohibit from their product formulations, including the nearly 1,400 ingredients banned in the European Union. Over 80% of their ingredients in their products are natural or plant-derived.

### 8 Week Tai Chi Series with Phil Cross

Register for 9.12.18 \$95.00



Tai Chi w/Philip Cross is a gentle low impact workout which begins with gentle stretching and increases energy. It then incorporates the 12 classical tendon exchange exercises which promotes strength to tendons and bones. Class ends with the Tai Chi Long Form which integrates mind and body by creating balance and a healthy immune system. This class also decreases stress, improves posture and helps slow down the aging process.

### Yoga & Mindfulness



### Positive Nutrition



### Nutrition Sessions

### L'ifestyle Blog



Read our Latest Blog on Tai Chi

## MORE CLASSES AT L'IFESTYLE LOUNGE

### Self-Care Classes

Join Sue Ferreri, RYT or Meagen Jansen, RYT who are certified prenatal yoga teachers for one hour of self-care. Whether you are pregnant, post-partum or just want to move more easily and gently with your body, this class is for you. Bolsters and blankets are provided.

**Tuesdays at 9:30 am**  
**Sundays at 11:30 am**

### Yoga for Jr. Athletes Ages 10-12

Breathe, bend and stretch to increase focus, flexibility, balance and strength for academics and sports. This is a unique class created for boys ages 10 - 12 to learn mindfulness meditation, to connect with their bodies and mind. Our boys now have yoga just like all of the Pro-Teams!

**Saturdays 9 am**  
**10 Pack \$180.00**

## NEW FOR FALL AND BACK TO SCHOOL!

### Empower Young Women

#### EmpowHER (Ages 11-14)

14 week options  
with Sue Ferreri

**Tue Date:**

**9/11/2018 - 12/11/2018**  
**5:30 pm - 6:30 pm**

For tweens and teens wanting to develop a healthy relationship with food and body. This class is a moving meditation on the yoga mat while teaching girls to accept their mind/body and honor its' cue's off the mat. Two sessions will include mindful eating and nutrition by a Laura Cipullo Whole Nutrition and L'ifestyle Lounge Registered Dietitian. Think compassion and kindness!

**\$420.00 for 14 sessions**  
**\$3.00 Mat Rentals**  
**\$1.00 Water**

Two Make-Up Class Permitted.  
Please advise 24 hours in advance.

#### EmpowHER (Ages 15-18)

14 week options  
with Sue Ferreri

**Tue Date:**

**9/11/2018 - 12/11/2018**  
**6:30 pm - 7:30 pm**

To empower young women and help them develop a healthy relationship with food and body. This semester-long class is a moving meditation on and off the yoga mat, teaching body acceptance and mindfulness. Two sessions include mindful eating and nutrition education by a staff dietitian. Think compassion and kindness!

**\$420.00 for 14 sessions**  
**\$3.00 Mat Rentals**  
**\$1.00 Water**

Two Make-Up Class Permitted.  
Please advise 24 hours in advance.

#### Girl Power Hour (Ages 7-10)

14 Weeks  
with Sue Ferreri

**Fri Date:**

**9/14/2018 - 12/14/2018**  
**From: 5:15 pm - 6:15 pm**

For girls to develop a loving relationship with their bodies! Move with your body not against and learn all bodies fit. This is peace, love and poses! Each girl receives A Peace, Love and Poses Tank when signing up for 8 weeks or more.

**\$420.00 for 14 weeks**  
**\$3.00 Mat Rentals**  
**\$1.00 Water**

Two Make-Up Class Permitted.  
Please advise 24 hours in advance.

### Paint and Pose Kids Yoga Series for Ages K-4

In this class, kids will spend 25 minutes of painting and crafts followed by 25 minutes of yoga.

**Six week series**

**on Thursday's at 4:00pm**

**9/13, 9/20, 9/27, 10/4, 10/11, 10/18**



We will have a different project for each class. Paint your own yoga mat, beaded breathing bracelets, What makes you calm canvas painting, positive affirmation rock painting, creating yoga mandalas and dream catchers!

Our yoga portion of class will consist of breathing and relaxation techniques, learning yoga postures in a fun environment and lots of fun games!

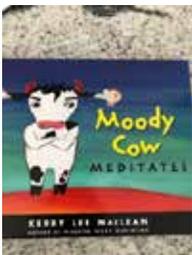
Just bring your smiles and be ready for some yoga fun!

# Picks for Introducing Mindfulness to Your Children

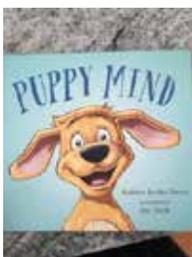
MEAGAN JANSON,  
RYT (PAINT AND  
POSES INSTRUCTOR)



A go-to book of breathing exercises and mindful activities for kids of all ages.



A sweet and funny story about a cow, who has a really bad day and calls on his grandfather for help. His grandfather is a master meditator. After Moody Cow learns his grandfather's "Calm Down Jar Technique," he is able to overcome his moody days much easier.



A boy who is frustrated with his bouncing thoughts learns that taking deep breaths everyday will help rest his "puppy mind."

## About Laura Cipullo Whole Nutrition and The L'ifestyle Lounge

### Laura's Credentialed Team



**LAURA CIPULLO**

Laura Cipullo is a Registered Dietitian, Certified Diabetes Educator, Certified Eating Disorder Registered Dietitian and four-time author, with offices in NYC and NJ. With almost 20 years of clinical nutrition experience, Laura weaves evidence-based science into treating her clients and her approach combines her credentialed expertise in nutrition, behavior change, the endocrine system, and psychology. Laura practices with a compassionate, mindful, 'wholistic' approach to positive nutrition. Her motto is "Eat Kale and Cupcakes!"

Follow Laura  
@LauraCipullo, and  
@lifestyleloungej



**LISA MIKUS**

Lisa Mikus, RD, CNSC, CDN is an author and nutrition expert specializing in adolescents through adulthood with disordered eating, eating disorders and diabetes. She is the co-author of Everyday Diabetes Meals, Cooking for 1 or 2 (Robert Rose, 2017). Lisa trained with Laura Cipullo during her dietetic internship and eventually came to work for Laura Cipullo While Nutrition Services in NYC. She has previously worked as a Certified Nutrition Support Clinician (CNSC) and clinical dietitian. She currently divides her time between LCWNS and the Mount Sinai's Eating and Weight Disorder Program, where she leads the nutrition program for adolescents and families struggling with eating disorders. Lisa and her husband reside in NYC.

Follow Lisa  
@EatKaleandCupcakes



**ELIZABETH ADLER**

Elizabeth Adler, MS, RD, CDN is a Registered Dietitian with Laura Cipullo Whole Nutrition Services in New York, NY and specializes in eating disorders, picky eating, women's health, and gastrointestinal concerns in NYC and NJ. Prior to joining Laura Cipullo Whole Nutrition, Elizabeth received a Master of Science degree in Nutrition Education at Teachers College Columbia University, completed clinical training in inpatient clinical and acute care and outpatient practice at Massachusetts General Hospital in Boston, MA, and worked as a dietitian at the Renfrew Center of New York. Elizabeth practices with a positive nutrition and all foods fit approach while aspiring to create a warm, open, and non-judgmental environment.

Follow Elizabeth  
@elizabethadler.rd



**ELAINE WAKSMAN**

Our PT Yogi is Elaine Waksman from NYC! She is a licensed Physical Therapist and yoga instructor who has been healing individuals with pain related issues for 20 years. Her philosophy and practice are based on her compassion for helping others achieve their wellness goals through manual therapy. Elaine's clients have been relieved of pain and suffering post injury and return to their normal life, stronger with a greater awareness of mind and body. Sign up now and we can almost promise you feel like you just had a massage!

[www.LauraCipullo.com](http://www.LauraCipullo.com) • Tel: 917-572-7137

Plus follow us on Instagram @LauraCipullo and @EatkaleandCupcake

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