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Midnight Rain: The Paradox of Eating Disorder Recovery and Type-1 Diabetes Management

C. M. F.

Editors' note: This piece contains description of disordered eating and mentions self-harm.

3:33AM, I'm sitting at my desk, staring at the computer screen. The room is dark, and the only light comes from the monitor. I'm thinking about the CD I just finished reading. It's a book about eating disorders, and I'm trying to understand the connection between eating disorders and Type 1 Diabetes. The author, A.I., discusses how eating disorders can be a coping mechanism for people with Type 1 Diabetes. I'm feeling a mix of emotions, and I'm not sure if I'm ready to write about this. I've been struggling with my eating habits since I was diagnosed with Type 1 Diabetes. I've been trying to eat healthy, but I can't seem to get it right. I'm feeling like I'm in a cycle of eating and not eating, and I'm not sure if I can ever break it. I'm feeling like I'm in a cycle of eating and not eating, and I'm not sure if I can ever break it.

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The Mustard Sandwich

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