

## **\*\*\*NEWS RELEASE\*\*\***

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## **EATING DISORDERS AWARENESS WEEK IS FEBRUARY 24-MARCH 2**

# **When wrestling with disordered eating, ‘let go and let God’ is easier said than done, says AHG founder**

*‘Amidst the modern pressures to look perfect or have everything under her own control, your girl needs to know that she is loved just the way she is’*

**CINCINNATI, Ohio** — Studies show that about [50% of preadolescent girls and 30% of preadolescent boys dislike their bodies](#), which tragically can lead to eating disorders. [Twenty-two percent of adolescents](#) worldwide struggle with disordered eating, which can lead to dehydration, kidney or heart failure, osteoporosis, and even death. While conditions such as anorexia, bulimia and binge-eating disorder affect people of all ages and genders, they are [twice as prevalent](#) in females than males, making adolescent girls an especially vulnerable population. How can parents foster a Christ-centered perspective on body image and encourage their daughters to embrace their God-given worth?

For Christian families watching their daughter suffer from an eating disorder, knowing how to best address these struggles from a biblical worldview can be difficult. *“No parent wants to feel helpless when it comes to their child,” said American Heritage Girls (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org)) Founder and Executive Director Patti Garibay. “Food is meant to be life-giving and nurturing, and it can be extremely painful to watch your girl suffer due to something so out of our control.*

*“Luckily, there are ways parents and mentors can help guide girls struggling with disordered eating and even prevent any food-related issues in the future. First and foremost, your girl’s body is a temple to the Most High God — it’s invaluable that she understands how precious she is to her Creator. Amidst the modern pressures to look perfect or have everything under her own control, your girl needs to understand that she is loved just the way she is.”*

In the latest episode of the [Raising Godly Girls podcast \(RGG\)](#), Garibay is joined by Dr. Rhona Epstein, a licensed psychologist, addiction counselor, and author with over three decades of experience in helping individuals find freedom from disordered eating and food addiction. Dr. Epstein shares her personal journey of recovery and how it ignited her passion to help others heal. Through a Biblical lens, Dr. Epstein provides practical advice for breaking free from the cultural pressures that fuel disordered eating, emphasizing the transformative power of aligning self-worth with God’s design rather than societal ideals. Together, Garibay and Dr. Epstein dive into the realities of body image issues, discuss what disordered eating looks like in girls, and explore how parents can model healthy relationships with food and self-image.

*“The root of any eating disorder is the need for control,” noted Garibay. “The antithesis of control is surrender. As believers, we are instructed to surrender our lives to God and live according to His will. But*

*‘letting go and letting God’ is easier said than done! If your daughter struggles with always needing to be in control, hear this: you cannot force this out of her. Those who obsess over control need to be in control of their surrender. What you can do is give her the tools to navigate this surrender — and point her back to the One who should really be in control.”*

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “Raising Godly Girls” one-minute [radio feature](#) to equip, affirm and strengthen those on the journey to help their girls heal from [disordered eating](#).

*American Heritage Girls* was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. At *AHG*, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives *AHG* girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. If none exists in a given area, families can bring the *AHG* Program to their own area. An *American Heritage Girls* Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#). To hear more about the purpose, mission and vision of *AHG* from *Founder and Executive Director Patti Garibay*, [click here](#).

Today, there are [Troops](#) in all 50 states and girls being served in six countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](#) and enjoy the *AHG* program alongside their parents. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine.

*AHG* offers various resources under [“Raising Godly Girls,”](#) including a [weekly podcast](#), one-minute radio features, a blog, and guides for parents. All “Raising Godly Girls” platforms and materials offer guidance and biblically based advice on various topics affecting girls today, such as bullying, identity, anxiety, and body image issues. “Raising Godly Girls” provides parents, educators, and faith community leaders with tools, resources, and Scripture-based advice to help raise girls after God’s own heart.

*AHG*’s new podcast, [“Raising Godly Girls,”](#) features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](#). Additionally, the [“Raising Godly Girls Minute” with Patti Garibay](#) airs on 1000+ Christian radio stations across the country.

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To schedule interviews with *Patti Garibay*, founder and executive director of *American Heritage Girls*, contact [Media@HamiltonStrategies.com](mailto:Media@HamiltonStrategies.com), Beth Bogucki, 610.584.1096 ext. 105, Dawn Foglein, ext. 100, or Jeff Tolson, ext. 108.

To inquire about airing the [“Raising Godly Girls Minute” with Patti Garibay](#), contact [Michael Hamilton, 610.584.1096, ext. 101](#).