**[Loose Women](https://scout.tveyes.com/)**

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We all know how stressful middle age can be, especially for

women. Research released today shows and other thing we should be worried about. More and more middle-aged women are developing eating disorders in their 40s or 50s. Big life changes like divorce or a death of a parent is being blamed. Do you think a midlife trauma, like something that I just mentioned, divorce, or a death of a parent, do you think that could trigger a eating disorder later in life? Imagine if your world is completely turned upside down and you feel like you have lost all control of it, I can see how by restricting your food, and I think this is a fact, you would feel like you have some control back into your life. I could see how that would happen. You have talked about having a eating disorder throughout your life. Yes, I have talked about it throughout. You have talked about having that problem. Yes. I think think there is that kind of disorder. But I think there could be an emergency

disorder, where something in your life keeps of something like that. And you have talked about how food is wrapped up with the mission. In your house, food was at the centre of every family argument or fantastic event or whatever. Whereas, in my life, I have a healthy attitude to food, I think, because my mum was like, either all you do not get anything else. But I do identify with this. This is 15% of women in their 40s and 50s. That is pretty high. And it is eating disorders that we usually associate with younger women, of course. A lot of it is wrapped up in divorce. I do think, my stability, I feel, is wrapped up in the fact that I have a

stable home life. I think if that rock was pulled out from under me, I do not know how I would react to that because I do not feel old enough to just go, I do not want to eat anybody else. So I may want to enter dating again. But the way that society operates is that you are judged on the way you look. Men my age and a lot older would be going for 35-year-olds. Do you think you could not rule out that that could happen to you? I would probably have a facelift. I would look in the mirror and think, who is going to look at me? Everyone is! Beauty and brains. Another way it could happen is when you have a breakup, you are so emotional. A lot of people say when they are very emotional, they stop eating. I actually eat more. I

could see how that could carry on. I have got a relationship with food. But mind feels like it is out of my control. If something dramatic happens or when I split up with my partner, the thought of eating mixed me feel sick. When I do eat, my stomach does its own thing where it turns over. And it comes right out. I know that is not nice to him. That is what happens with my food. If I am feeling stressed or anxious, it just goes straight through me. I have no control over it. What is your relationship like with it? I have been bigger than I am now. I was probably a bit too big for my own frame, for what my bones can carry. Thanks a lot (!) That is a pretty normal body. I am

not medically overweight. I remember looking at magazines and seen pictures of women who were really slim and what you are supposed to look like and just getting anxiety from just looking at the pictures. And would you then almost use that for not eating? I physically could not. I thought, I do not look anything like that person. It's like when you have that heartache and you have that churning. Some people overeat or some people do not eat. That is a similar thing, isn't it? If you do not get a job, it is the same thing. This report says that divorce is centred to it. Family concerns, death of loved ones. We all have different ways of coping with nerves. Some days you have a nervous stomach. I am like you. You said would you use that to not eat? It is not an option. I'm just not hungry. You put food in your mouth

and it does not taste right. You can see how it starts like that. One going through a breakup. And then you get these reactions of people saying that you look amazing. And you think, even though everything is going crazy around me, I am getting thinner and getting great resources. Further down the line... My mother works in an anorexic unit for young girls. You can have anorexic episodes. She said the amount of times we would have the mother coming in and we could see that she was having an anorexic episode. And you could not say anything because they were in their own denial. It is quite a broad spectrum. Is this something you know about at home? Maybe a trauma has triggered a problem with food for you. Maybe you have never had an issue with eating in the past, but something in your

later life has caused a problem with food for you. Get in touch with us. Send us an email, contact us via Instagram or twitter or you can go on our Twitter page. And loads of conversations continue on Facebook. For more information on helplines that are available, go to our website. There are plenty of links there. We have got a few comments, haven't we? Are we doing them now? I was very confused. Lisa says, "She was diagnosed with anorexia at 42 after her husband walked out on her family." I wonder how much there is out there for older people. With the menopause, so much goes bonkers inside of you. You feel like you have lost your youth and looks. People go, you forgive them when

hey are younger. I have been told to shut up. There are more information helplines on our website. We have got plenty of links up there as well.