

## "A girl with Anorexia" - A Poem by Dr Javed Latoo

It all started at school when I was only sixteen  
Getting increasingly worried about my weight;  
All I wanted then was to get more slim and lean  
Fearing if I ate any food I may get overweight.

My whole life revolved around counting calories  
Making frantic efforts to avoid any fattening food;  
Surviving on just soup, toasts, coffee and berries  
The fear of being judged resulted a life in seclude.

Tireless dread of fatness and flabbiness of body  
Pushing to reduce weight by all means possible;  
Excessive exercises turning me thin like nobody  
Self induced vomiting made me feel horrible.

Things got even worse when I secretly started using  
Some water tablets and laxatives to look slimmer;  
My family got concerned when they saw bruising  
Finding me like a walking skeleton as I got leaner.

Thinning of hair, bad breath, dizziness, feeling cold  
Were just a few of the symptoms I experienced daily;  
Low moods and emaciation made me look very old  
Treading my days with a fat image in my head dizzily.

I lost all the features that made my body feminine  
Breasts, sexy hips, shining teeth and glowing skin;  
My worried family's apprehensions were genuine  
While I still dreamed of being a beautiful girl within.

It was impossible to convince me that I was not fat  
Until my nervous parents forced me to see a doctor;  
It has been a slow process of healing to arrive at  
The dawn where I saw the rebirth of their daughter.

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